



Athletics Leinster



Cross Country Booklet 2026

Revision 2
31/08/2026



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1. Welcome

On behalf of the Athletics Leinster Committee, welcome to our Cross County programme of events for 2026. While looking forward to another successful season of competition, we extend our sincere thanks to our athletes, parents, club officials and supporters for their continued commitment to athletics. Without the continued support of our volunteers at Club, County and Regional level our events would not be possible - thank you for your dedication to make our championships and events possible. We encourage anyone interested in supporting athletics to get involved, as volunteers play a vital role in the success of our sport - talk to a member of the committee and we can advise on a pathway.



I hope all athletes and officials enjoy positive and memorable experiences throughout the season, build friendships and create lasting memories. The supportive environment fostered across our clubs, counties, provinces and beyond is essential in helping young athletes develop and remain involved in the sport.

It is inspiring to see our athletes continuing to achieve success on the national and world stage while showcasing the exciting opportunities for the next generation to excel at all levels.

Thank you to both club and county boards for providing venues, volunteers and support to facilitate the championships - we look forward to working with you.

Finally, I would like to thank the members of the Athletics Leinster Committee. As volunteers, we work together to support our athletes and ensure they have the best possible experience at our Provincial Championships. We wish everyone a successful and enjoyable season ahead.

Yours in sport,

Catriona

Chair,

Athletics Leinster



2. Fixtures

Date:	Sunday 18 th January 2026	Start Time:	11:30am		
Hosted By:	Athletics Carlow				
Venue:	Carlow GAA Training Grounds, Netwatch Training Centre, Lumcloon, Fenagh, Co. Carlow, R21 YY09				
Competition:	Day 1, Juvenile Relays and Intermediate and Masters Championships				
Age Group	Distance	Club Team	No. to Score	County Team	No. to Score
Intermediate Women	5,000m	Undeclared	4	Undeclared	4
Intermediate Men	8,000m	Undeclared	4	Undeclared	6
Masters Women (O35+)	4,000m	Undeclared	3	Undeclared	3
Masters Women (O50+)		Undeclared	3		3
Masters Men (O35+)	7,000m	Undeclared	4	Undeclared	4
Masters Men (O50+)		Undeclared	3	Undeclared	4
Masters Men (O65 and older)	4,000m				3
U12 Relay	4 x 250m				
U14 Relay	4 x 500m				
U16 Relay	4 x 500m				
Entry Deadline:	Standard Entries: 11:59pm Friday 9 th January 2026 Late Entries: 9:59pm Tuesday 13 th January 2026				

Date:	Saturday 24 th October 2026	Start Time:	11:30am		
Hosted By:	Kilkenny County Board				
Venue:	Ballyshaun, Gowran, Co. Kilkenny, R95 FE04				
Competition:	Day 2, Even Age Juvenile, U20 & Novice Championships				
Age Group	Distance	Club Team	No. to Score	County Team	No. to Score
U10	1,000m	Non-championship race* (See Section 8)			
U12	2,000m	8	4	15	6
U14	3,000m	8	4	15	6
U16	4,000m	8	4	15	6
U18	5,000m	Undeclared	4	Undeclared	6
U20	5,000m	Undeclared	4	Undeclared	4
Novice Women	4,000m	Undeclared	4	Undeclared	4
Novice Men	6,000m	Undeclared	4	Undeclared	6
Entry Deadline:	Standard Entries: 11:59pm Friday 16 th October 2026 Late Entries: 9:59pm Tuesday 20 th October 2026				



Date:	Saturday 7 th November 2026	Start Time:		11:30am	
Start Time:	11:30am				
Hosted By:	Newbridge Athletic Club				
Venue:	Curragh Racecourse, Curragh, Co. Kildare, R56 RR67				
Competition:	Day 3, Uneven Age Juvenile & Senior Championships				
Age Group	Distance	Club Team	No. to Score	County Team	No. to Score
U9	800m	Non-championship race* (See Section 8)			
U11	1,500m	8	4	15	6
U13	2,500m	8	4	15	6
U15	3,500m	8	4	15	6
U17	4,500m	8	4	15	6
U19 Girls	5,000m	Undeclared	3	Undeclared	3
U19 Boys	5,000m	Undeclared	4	Undeclared	4
Senior Women	6,000m	Undeclared	4	Undeclared	6
Senior Men	9,000m	Undeclared	4	Undeclared	6
Entry Deadline:	Standard Entries: 11:59pm Friday 30 th October 2026 Late Entries: 9:59pm Tuesday 3 rd November 2026				

Date:	Saturday 28 th November 2026	Start Time:	11:30am		
Start Time:	11:30am				
Hosted By:	Oughaval A.C.				
Venue:	Stradbally Hall, Stradbally, Co. Laois, R32 X8CH				
Competition:	Day 4, Juvenile B & Juvenile Mixed Relay Championships				
Age Group	Distance	Club Team	No. to Score	County Team	No. to Score
U11	1,000m	Undeclared	4	Undeclared	6
U13	1,500m	Undeclared	4	Undeclared	6
U15	2,500m	Undeclared	4	Undeclared	6
U17	3,000m	Undeclared	4	Undeclared	6
U11 Mixed Relay	4 x 250m				
U13 Mixed Relay	4 x 250m				
U15 Mixed Relay	4 x 500m				
U17 Mixed Relay	4 x 500m				
Entry Deadline:	Standard Entries: 11:59pm Friday 20 th November 2026 Late Entries: 9:59pm Tuesday 24 th November 2026				



3. Entry Details

3.1 Online Entry Details

All entries to be done online, via the links available on the Athletics Leinster website at <http://www.athleticsleinster.org>

Entry links will be published in advance of each competition.

3.2 Individual Entries (*all age categories*)

Individual Entries shall be done using the above entry system.

3.3.1 Team entries U11 to U17

Club and County U11 to U17 team entries will be as in previous years, with the following options for entering county teams:

(i) Declared Team –

County Official completes the online entry and list the name of each athlete on the team.

Only athletes named at time of entry will score for team places at the championships.

No changes on the day to named County teams

(ii) Undeclared Team

County Official selects this option online and all athletes from a county are automatically categorised as being on the county team, if they have already been entered by their club.

If not entered by their club, the athlete cannot compete as they will not have a race number and therefore are not entered.

No on the day team declarations will be accepted.

3.3.2 Team Entries U18 Upwards

All **club** cross country teams from U18 upwards (U18, U19, U20, Novice, Intermediate, Senior, Masters) will be **undeclared** teams, with all clubs to enter athletes as individuals (with no additional club team fee). Athletes will be automatically assigned to their club team.

All **county** cross country teams from U18 upwards (U18, U19, U20, Novice, Intermediate, Senior, Masters) will be **undeclared** teams. All clubs to enter athletes as individuals, while counties register county team and pay fees separately. Athletes will be automatically assigned to their county, on condition that county team is entered and paid by entry closing date.



3.4 Entry Fees

Table 1 contains the schedule of Individual Entry Fees for 2026 and Table 2 contains the Schedule of Team Entry Fees for 2026.

Table 1. Schedule of Individual Entry Fees 2026

Category	Standard Entry Fee	Late Entry Fee
U11 – U16	€5	€10
U17 – U19	€6	€12
U20	€8	€16
Novice	€12	€24
Intermediate	€12	€24
Senior	€12	€24
Masters	€12	€24

Table 2. Schedule of Team Entry Fees 2026

Category	Standard Entry Fee	Late Entry Fee
Relay Team	€15	€30
Club Team	€30	€60
County Team	€30	€30

4. Spectators

4.1 Spectator Tickets

Spectator tickets for non-athlete and non-officials over the age of 16 can be purchased online, via the following link:

<https://eventlist.store/athleticsleinster/tickets>

Tickets may also be purchased at the venue. There will be no cash transactions available on the day.

4.2 Spectator Entry Fees

Spectator entry fees for 2026 shall be as set out in Table 3.

Table 3. Schedule of Spectator Fees 2026

Ticket	Fee
One-Day Ticket (advance purchase online)	€6
Multi-Day Ticket (advance purchase online)	€5 per day
One Day ticket on the day (online or at the venue)	€7



4.3 Spectator Entry Rules

Tickets will be exchanged for **wristbands and these must be worn at all times** to gain admittance to the venue. Wristbands that have been removed or deemed by the gate official to have been tampered with will be confiscated and the individual who presented it will be refused admission unless they purchase / present a new / unscanned ticket.

No dogs (other than service dogs) will be permitted to enter.

5. Rules of Competition

5.1 Officials

Athletics Leinster Officials and Club Officials are vital in ensuring our Championships can take place and run smoothly.

It is the responsibility of **all clubs to provide officials for competitions** in which their athletes are competing, as requested by the Athletics Leinster Cross Country Secretary. It is expected that **one official is provided for every 10 athletes** the club has entered per day of an event. Officials must sign in at the check-in desk on the day of competition and must be available to officiate for the duration of the competition.

Failure of a club to provide officials **may result in a club's athletes not being permitted to compete.**

All officials are to be **shown respect at all times. Verbal or physical abuse will not be tolerated**

5.2 Competition Rules

5.2.1 All Athletics Leinster Cross Country competitions shall be subject to **World Athletics Competition and Technical Rules**, except where otherwise stated in this booklet.

5.2.2 All entrants must be **registered with Athletics Ireland** in the year of competition.

5.2.3 Athletes are **allowed to compete in the relevant age groups only** (see Table 4).

5.2.4 Athletes may **only wear official club clothing** (singlet/crop top/t-shirt). If no official club top is available, a plain white t-shirt is permitted. No other form of dress is allowed, including Athletics Ireland National Apparel.

5.2.5 Only athletes who are officially entered and have a valid race number are permitted to run. **Valid race number must be worn.** Passing on numbers is not allowed.

5.2.6 Athletes are **not permitted to carry or use electronic recording or transmission equipment** during competition.

5.2.7 **Under no circumstances will pacing or running alongside competitors be allowed during races.** Running alongside athletes during a race by those not participating in that race may lead to athlete and/or team disqualification.



Violation of any of the above rules may result in disqualification of individual athletes and/or teams, and may be subject to Athletics Leinster Disciplinary Procedures.

5.3 Athletics Leinster Juvenile Relays

Eligibility:

Juvenile Relays are open to all registered athletes affiliated to Athletics Leinster, which comprises the Counties of the Province of Leinster, excluding Dublin and Longford.

Age categories for Relays (Day 1):

Ages: U12, U14 and U16. An athlete may move up one age group to compete (e.g., an U11 can move up to U12).

Age categories for Mixed Relays (Day 4):

Ages: U11, U13, U15 and U17. An athlete may move up one age group to compete (e.g., an U10 can move up to U11).

In Mixed Relays, clubs may enter multiple teams; all members of a team may move up one year to make up teams.

Mixed Relay teams must comprise of 2 male and 2 female athletes.

5.4 Athletics Leinster U18 and U20 Combined Race

1. U18 athletes may choose to enter both U18 and U20 age categories (or just U18).
2. By default, U18 athletes will be assigned to the U18 category for individual placing. As such, for the purposes of individual medals, U18 athletes will only be eligible for the U18 category, even if entered in both.
3. For team scoring, U18 athletes can count on BOTH U18 and U20 teams, on condition that they have ENTERED on teams in BOTH events.

In summary, an U18 athlete may score on BOTH U18 and U20 teams (if entered on those teams) but may only compete for an U18 individual medal.

Medals and scoring in the event is thus as follows:

1. The first three U20 athletes across the line are placed 1st, 2nd and 3rd U20 and presented with individual U20 medals (U18 are excluded).
2. The first twelve U18 athletes across the line are placed 1–12 at U18 and presented with individual U18 medals.
3. Under 20 team results will be listed containing the names of all athletes who entered as U20.
4. U18 athletes can score on U18 and U20 teams, on condition that they have ENTERED on teams in BOTH events.



5.5 Athletics Leinster 'B' Cross Country

Eligibility:

Juvenile 'B' Cross Country is open to athletes who did not win a medal at the Athletics Leinster Cross Country Championships in 2026, in any age group – even or uneven, i.e., an individual top-12 place medal, or a medal as a scoring member of a top 3 placed club or county team.

Age categories for 'B' Cross Country:

Age categories: Under 11, 13, 15, 17. (See Table 4 for eligibility)

In 'B' cross country, all entrants to be entered as individuals.

Club or County team entries are not required; every athlete will be automatically assigned to their club and county team and results will be determined by the first 4 club athletes and the first 6 county athletes across the line; no team declaration is necessary.

5.6 Athletics Leinster Novice Cross Country

Eligibility:

An athlete who has no individual medal 1st, 2nd or 3rd from any Provincial or National Novice, Intermediate and/or Senior Cross Country Championship.

An athlete must be aged 19 years or over on the 31st December in the year of competition.

U20 athletes do not break their Novice status in cross country.

5.7 Athletics Leinster Intermediate Cross Country

Eligibility:

An athlete who has no individual medal 1st, 2nd or 3rd from any Provincial or National Intermediate and/or Senior Cross Country Championship.

An athlete must be aged 20 years or over on the 31st December in the year of competition.

5.8 Athletics Leinster U23 and Senior Combined Race

Under 23 athletes must be aged between 20 and under 23 years on the 31st December in the year of competition, under 23 athletes must declare and must indicate correctly on entry form.

Athletes entered in Senior must be 18 years of age or over on the 31st December in the year of competition.



Scoring in the event is as follows:

1. The first three athletes across the line are placed 1st, 2nd and 3rd Seniors and presented with individual Senior medals (even if an U23 athlete).
2. The first three U23 athletes outside of the top three overall in the race are placed 1st, 2nd and 3rd at U23 and presented with individual U23 medals.
3. U23 results will be listed containing the names of all athletes who entered as U23.
4. There shall be no U23 teams; U23 athletes shall score on Senior teams.

5.9 Athletics Leinster Masters Cross Country

Eligibility:

An athlete becomes eligible for Masters competition on his or her 35th birthday.

Age categories for Masters:

5-year age groups, (O35, O40, O45 etc) on day of competition. Men O35 to O70, Women O35 to O60. O35 means being an age of at least 35 years on the day of competition.

5.10 Age Groups 2026

1. Age categories calculated from 31st December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age, with the exception of Master athletes.
3. Age Categories for 2026 apply to all Athletics Leinster Juvenile competitions in this booklet.
4. For U11 to U19, all athletes may compete in their own age group and one age group up (e.g., an U10 can also compete at U11 event but not U12).
5. Under 20 athletes must be aged at least 16 years and under 20 years on 31st December in year of competition.

Table 4. Age Categories for 2026

Age Category	Year of Birth
U11	2016 or 2017
U12	2015 or 2016
U13	2014 or 2015
U14	2013 or 2014
U15	2012 or 2013
U16	2011 or 2012
U17	2010 or 2011
U18	2009 or 2010
U19	2008 or 2009
U20 (individual entry)	2007 or 2008
U20 (team entry)	2007, 2008, 2009 or 2010



5.11 Start Area, Finish Area, Cross Country Course and Medal Presentation Area

These areas are for officials and athletes only. COACHES and PARENTS are STRICTLY NOT ALLOWED in these areas at any time. Those found to be in violation of this guideline risk disqualification of their athletes and possibly their club.

Please stay outside of the perimeter ropes around the course and above areas at all times.

5.12 Photography

In line with the recommendation in Athletics Ireland's Code of Conduct, Athletics Leinster requests that any person(s) wishing to engage in any video, zoom or close range photography should register their details with the Athletics Leinster Cross Country and Road Secretary prior to commencing. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.

6. Medal Awards

6.1 Medal Awards Per Category

Medals will be awarded to individuals and teams as follows:

Table 5. Medal Awards per Category

Age Category	Individual	Club Teams	County Teams (Women)	County Teams (Men)
U11 to U19	Top 12	Top 3	Top 3	Top 3
U20	Top 3	Top 3	Top 3	Top 3
U23	Top 3	Top 3	Top 3	Top 3
Novice	Top 3	Top 3	Top 3	Top 3
Intermediate	Top 3	Top 3	Top 3	Top 3
Senior	Top 3	Top 3	Top 3	Top 3
Masters				
O35	Top 3	Top 3 (combined from O35 and older)	Top 3 (combined from O35 and older)	Top 3 (combined from O35 and older)
O40	Top 3			
O45	Top 3			
O50	Top 3	Top 3 (combined from O50 and older)	Top 3 (combined from O50 and older)	Top 3 (combined from O50 and older)
O55	Top 3		Top 3 (combined from O60 and older)	
O60	Top 3			
O65	Top 3			Top 3 (combined from O65 and older)
O70	Top 3			
Relays				
All juvenile relays		Top 3		



6.2 Sub and Non-scoring Team Member Medals

Subs and non-scoring team member medals can be purchased for adult and juvenile club or county medal winning teams, at a cost of €3 each, payable on the day. These medals will not be engraved.

6.3 Athletics Leinster Cross Country Trophies and Special Awards

The following trophies/awards will be presented at the next annual Athletics Leinster Star Awards after the completion of the cross country season.

Table 5. Athletics Leinster Cross Country Trophies and Awards

Trophy/Award	Awardee	Basis of Calculation
Morrissey Cup	Best Club at Athletics Leinster Juvenile Cross Country Championships	Points awarded to top 3 club teams in each juvenile race as follows: 1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point. Award to greatest cumulative total.
Foley Cup	Best County at Athletics Leinster Juvenile Cross Country Championships	Points awarded to top 3 county teams in each juvenile race as follows: 1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point. Award to greatest cumulative total.
Paddy Ward Shield	Best Club at Athletics Leinster Juvenile “B” Cross Country Championships	Points awarded to top 3 club teams in each juvenile race as follows: 1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point. Award to greatest cumulative total.
Johnny Ryan Cup	Best County at Athletics Leinster Juvenile “B” Cross Country Championships	Points awarded to top 3 county teams in each juvenile race as follows: 1 st place – 3 points, 2 nd place – 2 points, 3 rd place – 1 point. Award to greatest cumulative total.

7. Entries to National Cross Country Championships

7.1 U11 to U19 Individuals

Athletics Leinster will enter the top 12 placed (juvenile) individuals at the Athletics Leinster Cross Country Championships on Athletics Leinster teams to compete at the National Cross Country Championships.



7.2 U11 to U19 Club and County Teams

The top 4 placed teams at the Athletics Leinster Cross Country Championships in girls and boys U11, U12, U13, U14, U15, U16, U17, U18 and U19 qualify for the National Cross Country Championships.

It is the **responsibility of Club and County Secretaries to enter teams** that have qualified from the Athletics Leinster Cross Country Championships to the National Championships. This is done using the entry system available on the Athletics Ireland entries website. Athletics Ireland will check the entries and any team entered that has not qualified through Athletics Leinster will not be allowed to participate as a team and the cost of entry will be forfeited and not returned by Athletics Ireland.

It is the responsibility of Club and County Secretaries to ensure that only teams that have qualified through Athletics Leinster are entered for the National Championships.

7.3 U17, U18 and U19 Individuals

There is OPEN entry for U17, U18 and U19 individuals only, subject to the following:

In accordance with Athletics Ireland Rules, in the U17, U18 and U19 age groups, open entry will only apply for individuals, **provided the athlete had entered the corresponding Athletics Leinster Cross Country Championships**. Requests for open entry shall be submitted by email to the Athletics Leinster Cross Country Secretary (athleticsleinsterxcsec@gmail.com) for approval.

Once approved by the Athletics Leinster Cross Country Secretary, the athlete may be entered by their Club Secretary. Athletics Ireland will seek confirmation (from Athletics Leinster) that a request to enter as an individual in these events was made, and approval obtained, before accepting an entry as valid.

7.4 U17, U18 & U19 Club and County Teams

Club and County Secretaries shall enter teams and approved U17, U18 and U19 athletes directly using the entry system available on the Athletics Ireland entries website. Payments for entries will be made by Club and County Secretaries directly to Athletics Ireland.

7.5 U20, Novice, Intermediate, Senior and Masters Individuals

There is OPEN entry to National Championships for individuals in the following categories:

- U20
- Novice
- Intermediate
- Senior
- Masters

Entry may be made directly to National championships using the Athletics Ireland entry system available on the Athletics Ireland website



7.6 U20, Novice, Intermediate, Senior and Masters Club and County Teams

There is OPEN entry to National Championships for club and county teams in the following categories:

- U20
- Novice
- Intermediate
- Senior
- Masters

Entry may be made directly to National championships using the Athletics Ireland entry system available on the Athletics Ireland website.

8. Non-championship Races

Host clubs or county boards may opt to provide non-championship races for younger juveniles on Day 2 and Day 3. If so, the local organising committee will be responsible for handling entries, hosting the race(s) and awarding of any prizes. Athletics Leinster will have no responsibility for these events.

9. Athletics Leinster Cross Country Performance Squad

Athletics Leinster host an annual Cross Country Performance Squad in conjunction with Dublin Athletics.

Criteria for eligibility for these squads will be made available by the Athletics Leinster Coaching and Development Officer and communicated to clubs.

Eligible athletes will be invited to register for the squads to avail of group training sessions and testing (where appropriate), education workshops and resources to support their preparation for the cross country season.

10. Athletics Leinster Appeals Procedure

Protests concerning the result or conduct of an event shall be made ***within 20 minutes of the official announcement of the result*** of that event.

Any protest in the first instance shall be made orally to the Referee by the athlete or someone acting on their behalf.

The Referee may decide the protest or refer it to the Jury of Appeal.

To arrive at a fair decision the Referee should use any available evidence they feel is necessary.

If the Referee makes a decision, there shall be a right of appeal to the Jury. The appeal to the Jury should only come after a decision by the Referee.

An appeal to the Jury of Appeal must be made within ***20 minutes of the official announcement of the amended result of an event arising from the decision made by the Referee***, or of the advice being given to those making the protest, where there is no amendment of any result.



The appeal to the Jury must be presented on the official Appeals Form available on request at “Check-In”, signed by a responsible club official on behalf of the athlete or team and shall be made within 20 minutes following the decision of the Referee and shall be accompanied by a €20 fee in cash which will be forfeited if the appeal is unsuccessful.

The Jury of Appeal shall consult all relevant persons, including the relevant Referee (except when their decision is to be fully maintained by the Jury of Appeal).

If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.

The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.

The Jury of Appeal shall, in the first instance, be comprised of the Athletics Leinster Chairperson, the Athletics Leinster Cross Country and Road Secretary and the Track Referee on the day. In the case of a conflict of interest on any matter an alternate shall replace the conflicted member(s) for the determination of that issue. In the event that any member/alternate of first instance is unavailable on the day of competition they may be substituted by the Athletics Leinster Vice Chairperson, the Athletics Leinster Treasurer or such other Athletics Leinster Officers as are present on the day, as appropriate.

All appeals will be dealt with on the day. The decision of the Jury of Appeal shall be final and there shall be no further right of appeal.

A copy of the Appeals Form is included in Appendix A of this booklet.



Appendix A – Appeal Form

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**Appendix B – Athletics Leinster Executive Committee 2026**

Role	Name	Email
Chairperson	Catriona Duffy	catriona.athleticsleinster@gmail.com
Vice Chairperson	Joe Walsh	
Secretary	Anne Brennan	athleticsleinstersec@gmail.com
Treasurer	Ciara Heneghan	leinstertreasureraai@gmail.com
Assistant Treasurer		
Cross Country and Road Secretary	Paul Archbold	athleticsleinsterxcsec@gmail.com
Assistant Cross Country and Road Secretary	Greg Duggan	athleticsleinsterxcsec@gmail.com
Indoor Track and Field Competition Secretary	Majella McGrath	athleticsleinsterindoorsec@gmail.com
Outdoor Track and Field Competition Secretary	David Denieffe	athleticsleinsteroutdoorsec@gmail.com
Coaching and Development Officer	Paul Archbold	athleticsleinsterdev@gmail.com
IT, Registrar & Technical Support	Andrew Lynam	leinsteral@gmail.com
PRO	Mary Daly	
PRO	Adrian Martin	
Child Welfare Officer	Margaret Daly	
Child Welfare Officer	Joe Walsh	