

Timetable for Athletics Leinster Intermediate and Masters Cross Country Championships and Juvenile Relays - Sunday the 18.01.2026

Age Group	Distance	Start Time	Duration of Race (minutes)
Girls U12	4x250m	11.30am	10
Boys U12	4x250m	11.40am	10
Girls U14	4x500m	11.50am	15
Boys U14	4x500m	12.05pm	15
Girls U16	4x500m	12.20pm	15
Boys U16	4x500m	12.35pm	15
<i>Time allowed to set up for Intermediate and Masters races</i>			
All Master Women (O/35+) and Master Men (O/65+)	4,000m	1.00pm	25
Master Men (O/35 to age 64)	7,000m	1.25pm	30
Intermediate Women	5,000m	1.55pm	25
Intermediate Men	8,000m	2.20pm	40