

# **Dublin Senior and Junior Cross Country Championships**

**Sunday 6th November 2016**

**Santry Demesne**

**(Hosted by Clonliffe Harriers)**

**Juvenile Races start at 11.00am.**

**Junior Women 4,000m 1.15pm**

**Any Number to run – 4 to score**

**Junior Men 6,000m 1.45pm**

**Any Number to run – 4 to score**

**Senior Women 6,000m 2.15pm**

**For the Jim McNamara Perpetual Cup**

**Any Number to run – 4 to score**

**Senior Men 10,000m 2.45pm**

**For the Padraig Keane Perpetual Cup**

**Any Number to run 6 to score**

**Entry Fees: Teams €30.00, Individuals €5.00**

**Entries to: Bernie Dunne,**

**14 Marley Grove, Rathfarnham, Dublin 16.**

**Email:berniedunne21@gmail.com.**

**Phone 01 5584190    Mobile 087 9830567**

**Closing Date 2nd November 2016.**