

Dublin Senior and Junior Cross Country Championships

Sunday 4th November 2018

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 1st November 2018.