

Dublin Novice Cross Country Championships

Sunday 6th October 2019

Phoenix Park

(Hosted by Donore Harriers)

Juvenile Races start at 11.00am.

Novice Women 4,000m 1.45pm

Any Number to run – 4 to score

Novice Men 6,000m 2.15pm

Any Number to run – 4 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 087 – 9830567

Closing Date 3rd October 2019

New Eligibility Rules:

- 1) *Team Medals won in Road Championships do not affect eligibility to compete in Dublin Novice and Intermediate Cross-Country Championships*
- 2) *Inter county gold team medals won in the Leinster Cross Country Championships do not affect eligibility to compete in Dublin Novice and Intermediate Cross-Country Championships.*