



Dublin Team Selection



A trial race for those eligible to compete
on the Dublin team at Leinster level
will be held on race day

2 minutes (Women) and 4 minutes (Men)
after respective race starts.

All results for the Dublin Championships will be posted on the
Dublin web site: WWW.dublinathletics.ie

Dublin Novice Entry Form

Club _____ Colours _____

Men Women Date of Birth _____
Reg. No. _____ Name _____

RESERVES			

All athletes must be registered for the
current season.
Club singlet must be worn.

I certify that the above named athletes are eligible to compete
for the above named club in the
Novice Cross Country Championships.

Signed _____ Club Sec. _____

Entries to:

Tom McCormack,
18, Rutland Avenue, Crumlin, D12

Qualification for Novice Cross Country Championship

Novice athletes must be 19years of age or over on the 31st December in the year of competition.

1. Any athlete who has not won an individual (1st, 2nd, 3rd) medal at Novice, Intermediate or Senior Cross Country, at National, Provincial or County level, is eligible to compete in the Dublin Novice Cross Country and Road Championship.
2. Any athlete who has not won a 1st Team medal at Dublin Novice Cross Country Championship, or a 1st Team medal at Intermediate or Senior medal at National, Provincial or County level is eligible to compete in the Dublin Novice Cross Country and Road Championship.
3. Any athlete who has not won a medal at track championships at 1500 metres or longer at National, Provincial or County level is eligible to compete in the Dublin Novice Cross Country

Dublin Athletic Board
c/o Aine Pobjoy,
3, Verbena Grove, Sutton, D 13

Novice Cross Country Championships

(Hosted by Donore Harriers)

Phoenix Park

Sun. 3rd October 2010
(Entries close 19th September)

Novice Women 1.00 pm
3000 metres
8 to run 4 to score

Novice Men 1.30 pm
6000 metres
8 to run 4 to score

Entry Fee

EUR 30.00 per team EUR 5.00 per individual

Novice promoted by Donore Hrs.
**Check-in and numbers
on course**

Entries to:

*Tom McCormack,
18, Rutland Avenue, Crumlin, Dublin 12
WWW.dublinathletics.ie*