

**National Novice
&
Juvenile Uneven Age
Cross Country
Championships**

**Navan Racecourse
Sunday 3rd December
2023**

Eircode: C15 A623

Event Start time: 11:30am

Check-in 90 min before event

(Check-in Closes 45min before event start time)

Juvenile Regulations:

WA Rules apply.

Club singlets and appropriate footwear must be worn.

Athletes may move up one age group only, U10 may run U11 Cross Country.

All entries must be approved by the Regional Secretaries

Regional Secretaries must forward a copy of the regional results to Head Office

Qualifiers:

Top 12 from each Region

The first four (4) club teams in the 11-19 age group all must qualify for their Regional Cross-Country Championships.

Three (3) teams each from Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams

In the 17-19 age groups **individual** open entry will apply provided the athlete has been entered in the Regional Cross-Country Championships.

There is no open entry for Club or County Juvenile teams.

Open entries must be with Nationals at closing date for competition.

Teams:

Province, 12 athletes to run with 6 to score.

County, 10 athletes to run with 6 to score.

Club, 6 athletes to run with 4 to score.

All athletes must be registered.

Pacing of athletes will mean disqualification. Please inform club officials and parents.

Only athletes declared on the team sheets will score.

Spot Checks will be undertaken.

No electronic devices are allowed at any time in the call up area or competition.

Medals:

First 12 Individuals

First 3 Regional, County and Club Teams, 6 medals awarded.

Novice Regulations:

Entries open to all AAI members

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

An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the National Novice Championships

An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships

An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championship

An athlete who has never been an individual medal winner or a scoring member of the winning club at National Senior 4000m Championship. (2016 onwards)

An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards

An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or

An athlete who is a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country, or Track Championships

An athlete who has never represented Ireland at any World Athletics or EAA Senior International Championship

Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win.

Athletes can run as individual and as part of a team, **all athletes entered as part of a team are deemed to have entered individually as well.**

Team events:

Athletes can be entered on a single club & a single county team only.

Teams can have unlimited subs on the day of the event.

County Teams have the option of not declaring individuals on the team in which case the first scoring athletes across the line will be made a team.

Club teams entered by club secretaries only.

County teams entered by county secretaries only, Including non-declared teams.

Inter Club & County	Distance	Club max	Club min no.	County max no.	County min
Novice Men	6,000m	8	4	12	6
Novice Women	4,000m	8	4	8	4

Registration:

All registration via [entry4sports Portal](#)

Novice Entries	930
Juveniles Entries	931

Restrictions:

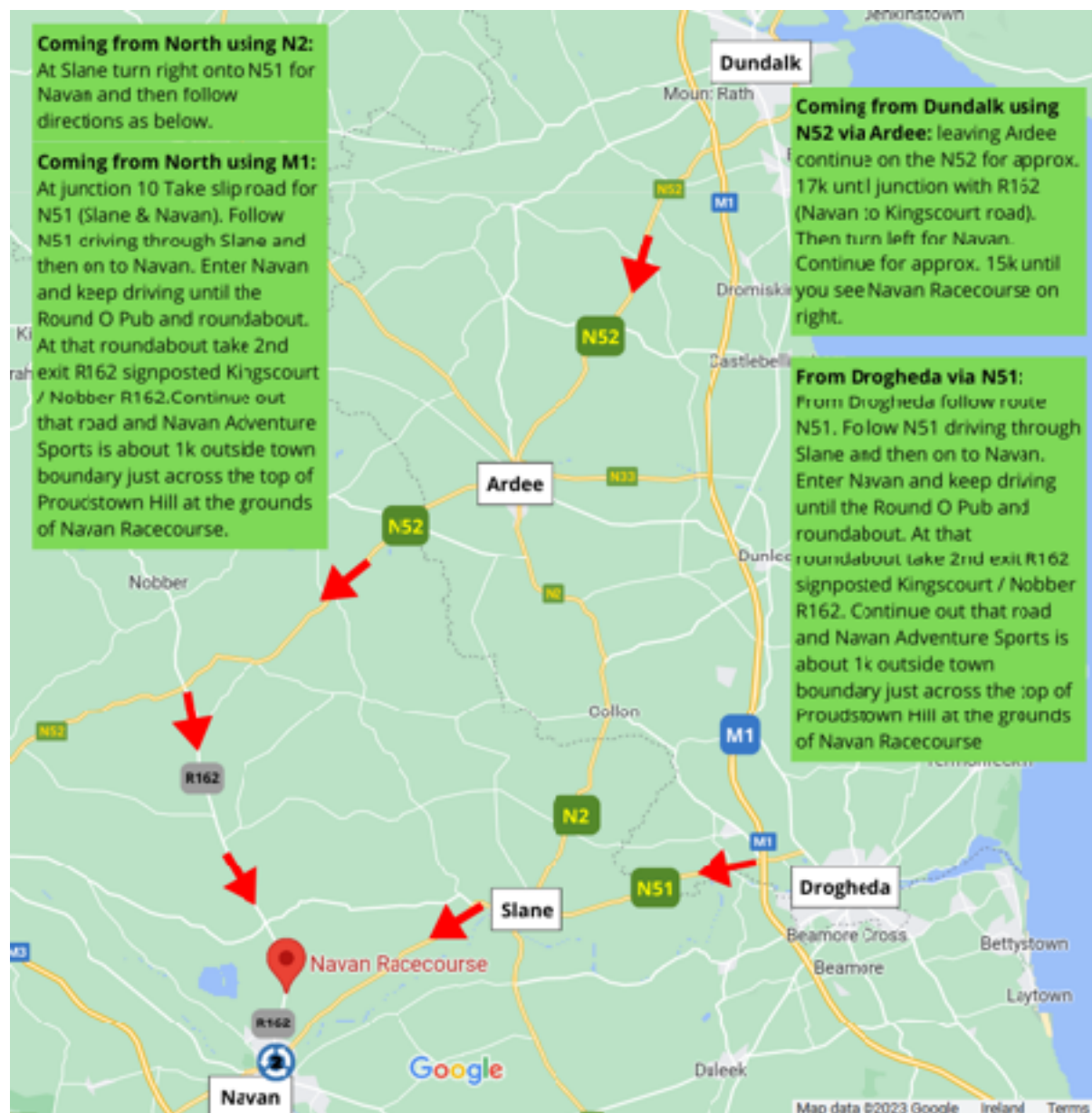
No dogs are allowed on site except for guide dogs.

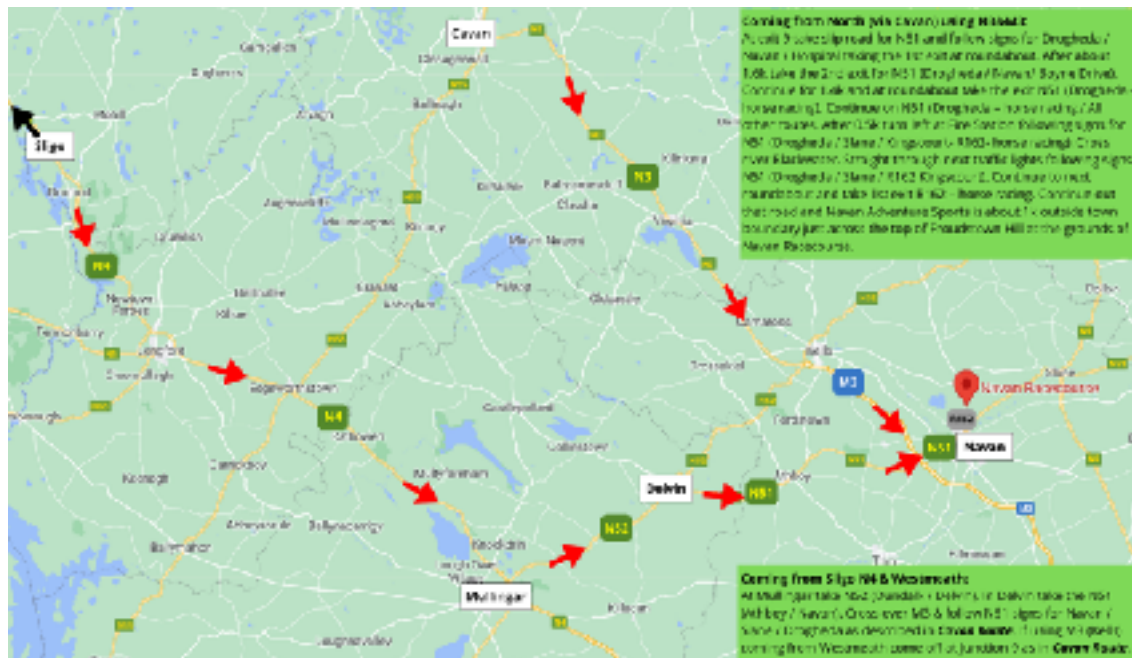
Directions to the Navan Racecourse:

Using Sat-Nav:

53°40'59.5"N 6°40'24.3"W

Or Google Maps: Navan Adventure Sports or Navan Racecourse





Driving from Galway using M4
 A junction 2 side exit for Kinnegad. Then follow the R145. Continue on the R148 through the village of Omead. To pass Omead then follow the R162 to Longwood. It is the route that comes up on the Route Planner. Drive through Longwood following the route to the roundabout site and exit to the left on to road. At the roundabout take 2nd exit and turn over the river bridge, when you turn right for Navan (R161). Drive into Navan and at the roundabout take the 2nd exit right following the R161 to the R117. At the roundabout take the 2nd exit and turn over the river bridge, when you turn right you will pass the 2nd exit lights and then turn into right lane to take road to Kingspan (R162). Drive to Kingspan. Continue to roundabout and take 2nd exit Kingspan. The other R162. Continue on the road and Navan Avenue Sports is about 10 minute drive boundary just across the top of the town will be the grounds of Navan Racecourse.

There is a speed delay when road works are in place. The R147 from Mevagh is the better coming from Dublin using M3 could be taking that route. To avoid that area of the town it is possible to divert which would be longer (post by 40 min) but would expect quicker.

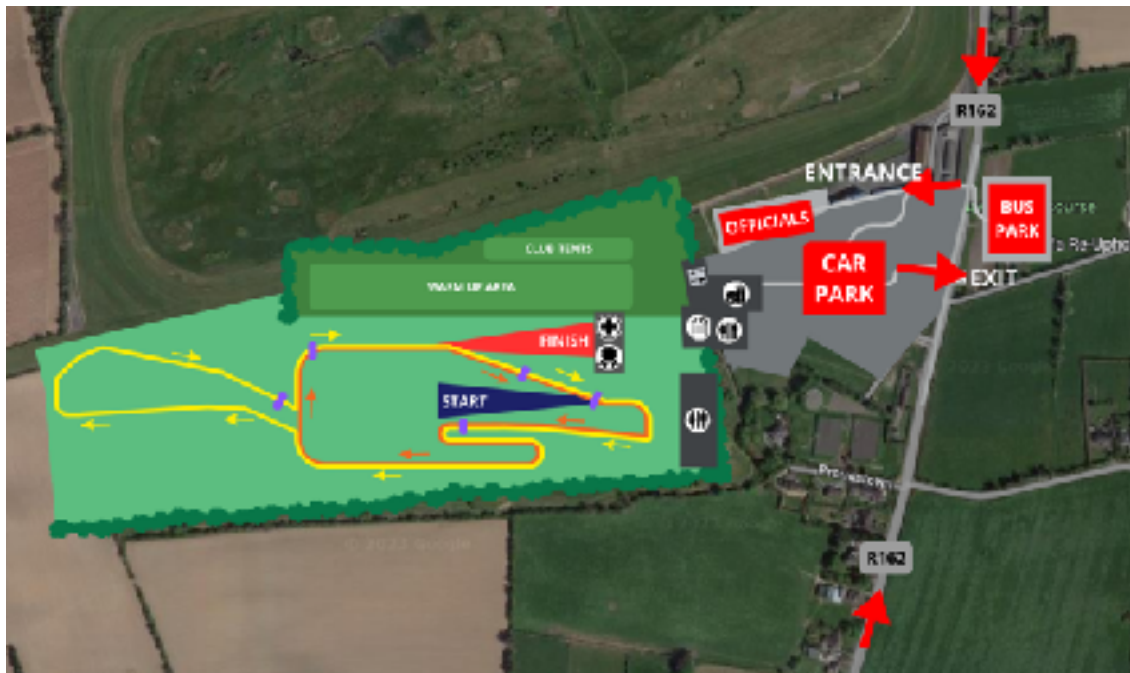
Drive to Kinnegad An old road from the time of the Vikings (see House of the Kings) is the route that can be taken by town. The R147 from Mevagh is about 10 min to Omead. The route is signposted for Mevagh. Continue into town parking. There are roundabout lights at the roundabout. Turn left at those lights onto St. Peter's Park Rd. Continue straight, making the road temporary, get some roundabout, you take the left exit onto N51 signposted Kingspan N51 & Navan. For the sign for Kingspan, follow the R161 to Kingspan. The other R162. Turn right and continue to roundabout and take 2nd exit. Take the 2nd exit to Kingspan (R162) and the route direction is as above. Have a look at the Maps or Google Maps to see what you can do with the direction route.



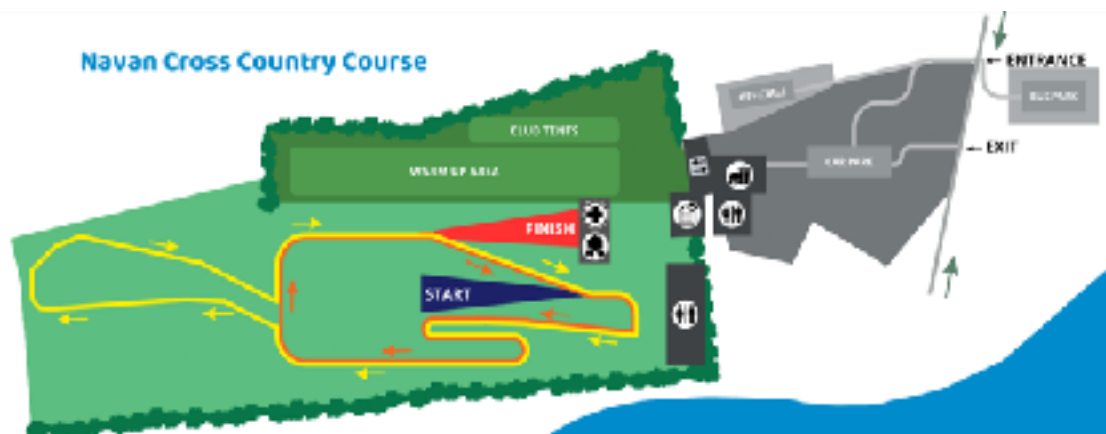


Parking

A one-way system will be in operation for entering and exiting the venue.



Navan Cross Country Course



DISTANCES

- 1,500m
- 1,000m

LEGEND

- Food & Beverages
- Toilets
- Results
- Check-in
- First Aid



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Age Group	Distance	Lap
U11 Girls	1500m	●
U11 Boys	1500m	●
U13 Girls	2500m	● ●
U13 Boys	2500m	● ●
U15 Girls	3500m	● ● ●
U15 Boys	3500m	● ● ●
U17 Girls	4000m	● ● ● ●
U17 Boys	5000m	● ● ● ●
U19 Girls	4000m	● ● ● ●
U19 Boys	6000m	● ● ● ●
Novice Women	4000m	● ● ● ●
Novice Men	6000m	● ● ● ●

EVENT TICKETS



**123.ie National Novice and
Uneven Age Cross Country
Championships**



SCHEDULE

EVENT	DISTANCE	LOOPS
GIRLS U11	1500m	1x 1500m
BOYS U11	1500m	1x 1500m
GIRLS U13	2500m	1x 1000m & 1x 1500m
BOYS U13	2500m	1x 1000m & 1x 1500m
GIRLS U15	3500m	1x 1500m & 1x 2000m
BOYS U15	3500m	1x 1500m & 1x 2000m
GIRLS U17	4000m	2x 2000m
BOYS U17	5000m	1x 1000m & 2x 2000m
GIRLS U19	4000m	2x 2000m
NOVICE WOMEN	4000m	2x 2000m
NOVICE MEN	6000m	3x 2000m

123.IE NATIONAL NOVICE & UNEVEN AGE CROSS COUNTRY CHAMPIONSHIPS
NAVAN RACECOURSE, PROUDSTOWN RD, NAVAN, CO. MEATH