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**National Intermediate
Master &
Juvenile B
Cross Country Championships**

**Westport Demesne
Westport House
Sunday 9th February 2025**

Eircode: F28 TY45

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.

B Championships:

- Juvenile B Championships are open to athletes who have not received an individual medal (top 12) or a medal on a Regional, County or club team. **(Club teams although 4 to score all 6 athletes are presented with a medal so all 6 are ineligible).**
- Juvenile athletes who did not compete in regionals can take part in B Championships
- All athletes must be registered in 2024. (2023 Ages apply for February Comp)
- All competing athletes **must** be entered online either by their club or county whether competing as an individual or on a team.
- Club teams; 6 to run, 4 to score.
- County teams, 6 to score.

Age Category	B Cross Country Distance
11	1000m
13	1500m
15	2500m
17	3000m

Medals:

Individuals - Top twelve to medal

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

National Intermediate & Masters Cross Country:

1. Intermediate athletes must be 20 years of age or over on the 31st of December in the year of competition.
2. 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
3. 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 Championships
4. An athlete who has never been an individual medal winner or a scoring member of the winning club at National Senior 4000m Cross Country Championship (2016 onwards)
5. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards
6. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or a scoring member of the winning club or county team at National Senior Grade A Championships
7. An athlete who has never been on a representative team at Senior International Level
8. 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.
9. Master's athletes on day of competition in 5-year buckets, (O35, O40, O45 etc)
10. Entries open to all AAI members
11. 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.
12. 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.
13. An O50 can be declared for a O35 team or an O50 Team but not both.

	Distance	Number to Run	Number to Score	Number to Run	Number to Score
		Club		County	
Intermediate Women	5000m	8	4	12	6
Intermediate Men	8000m	8	4	8	4
Masters Men 35+ / 50+	7000m	8	4	12	6
Masters Women 35+/50+	4000m	8	4	8	4
Masters 65+	4000m	6	3	8	4

Registration:

All registration via entry4sports Portal

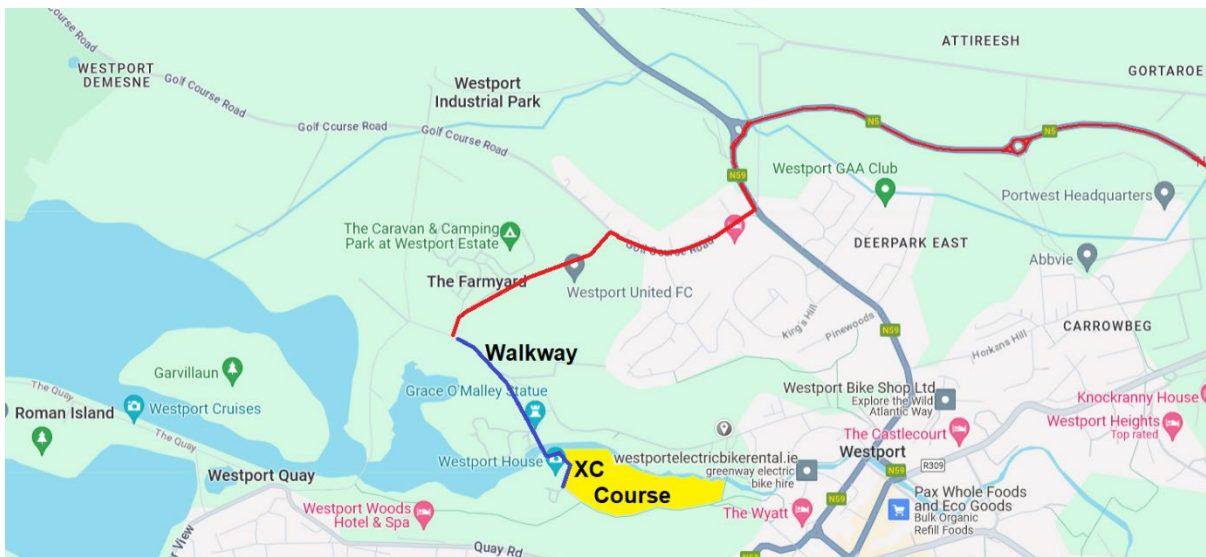
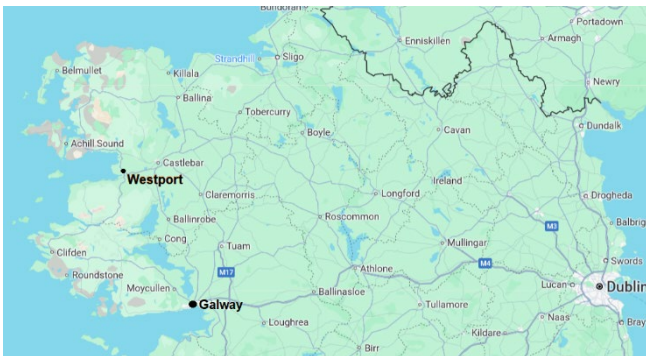
Intermediate & master's	1160
Juvenile B Champs	1161

Restrictions:

No dogs allowed on site except for guide dogs.

No Balls are permitted on site.

Directions to Westport Demesne:

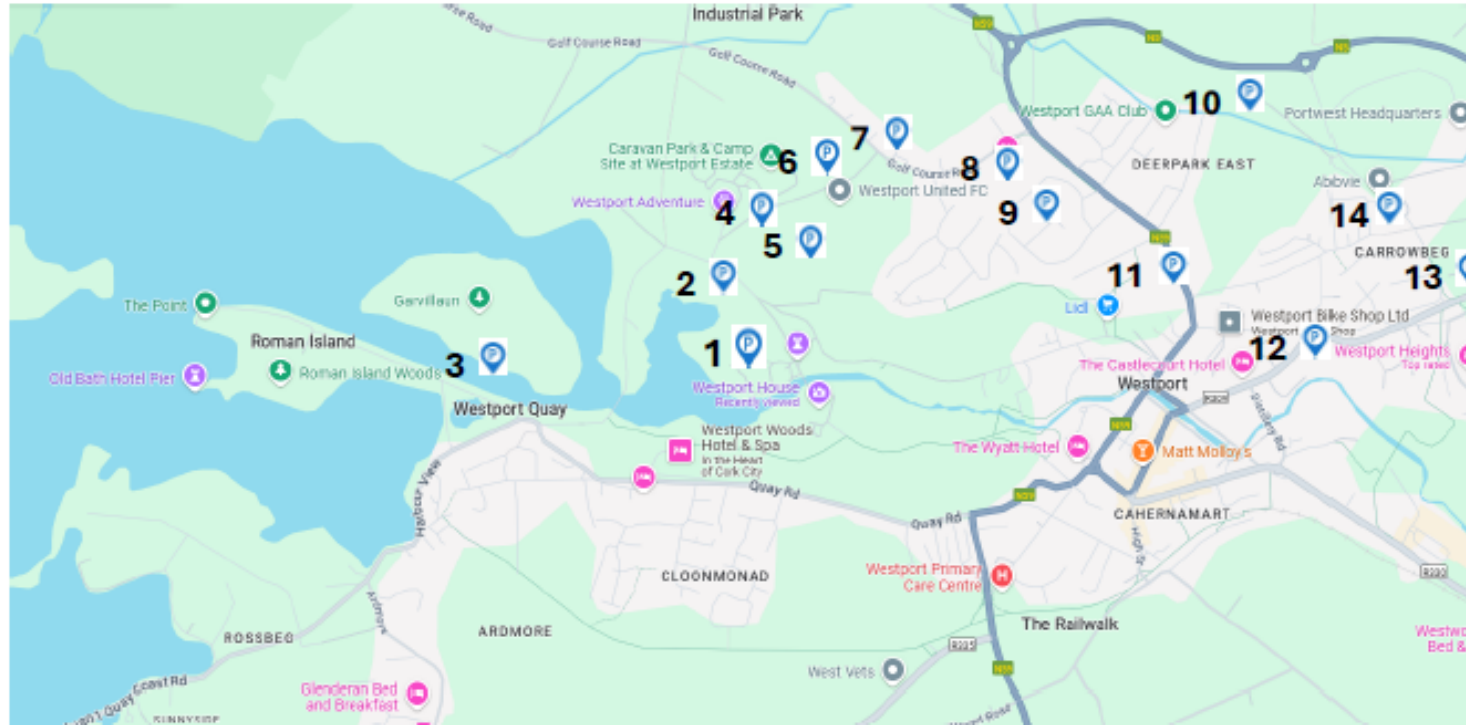




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Car Parking



Car Parking will be in fourteen locations and traffic management will determine which of these are open at any given time.

Car parks 1,2 & 3 access from the Quay Road.

Car parks 4,5,6,7,8 & 9 access from the Golf Course Road.

Car parks 10,11,12,13 & 14 access from the N5 Old Castlebar Road.

Please always obey the instructions of marshals as they direct you to the available parking spaces.

All car parks are within a 15-minute walking distance or less. If you are staying in accommodation in the town, please leave your car there and walk a short distance to the course.

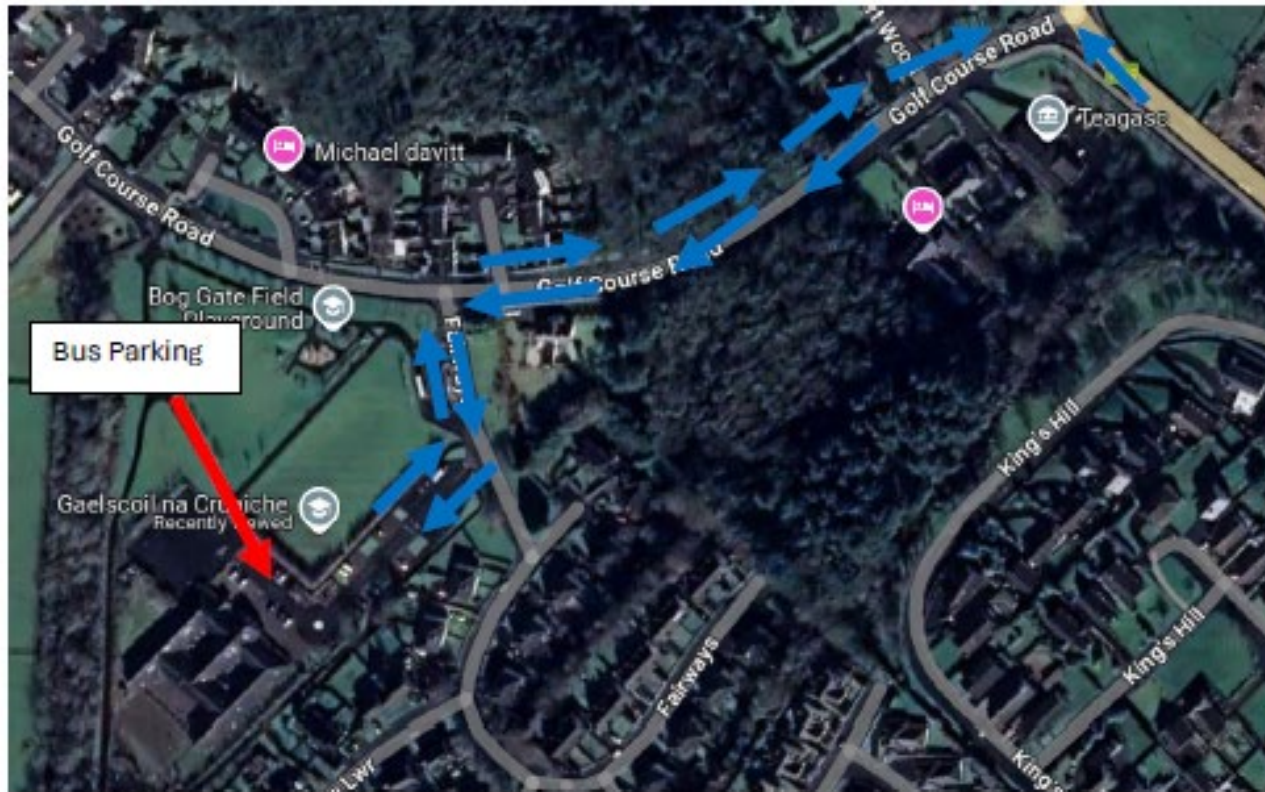
There will be **NO ACCESS** to Westport House on the day via Church Lane.




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Carpark 9 (Club Buses)

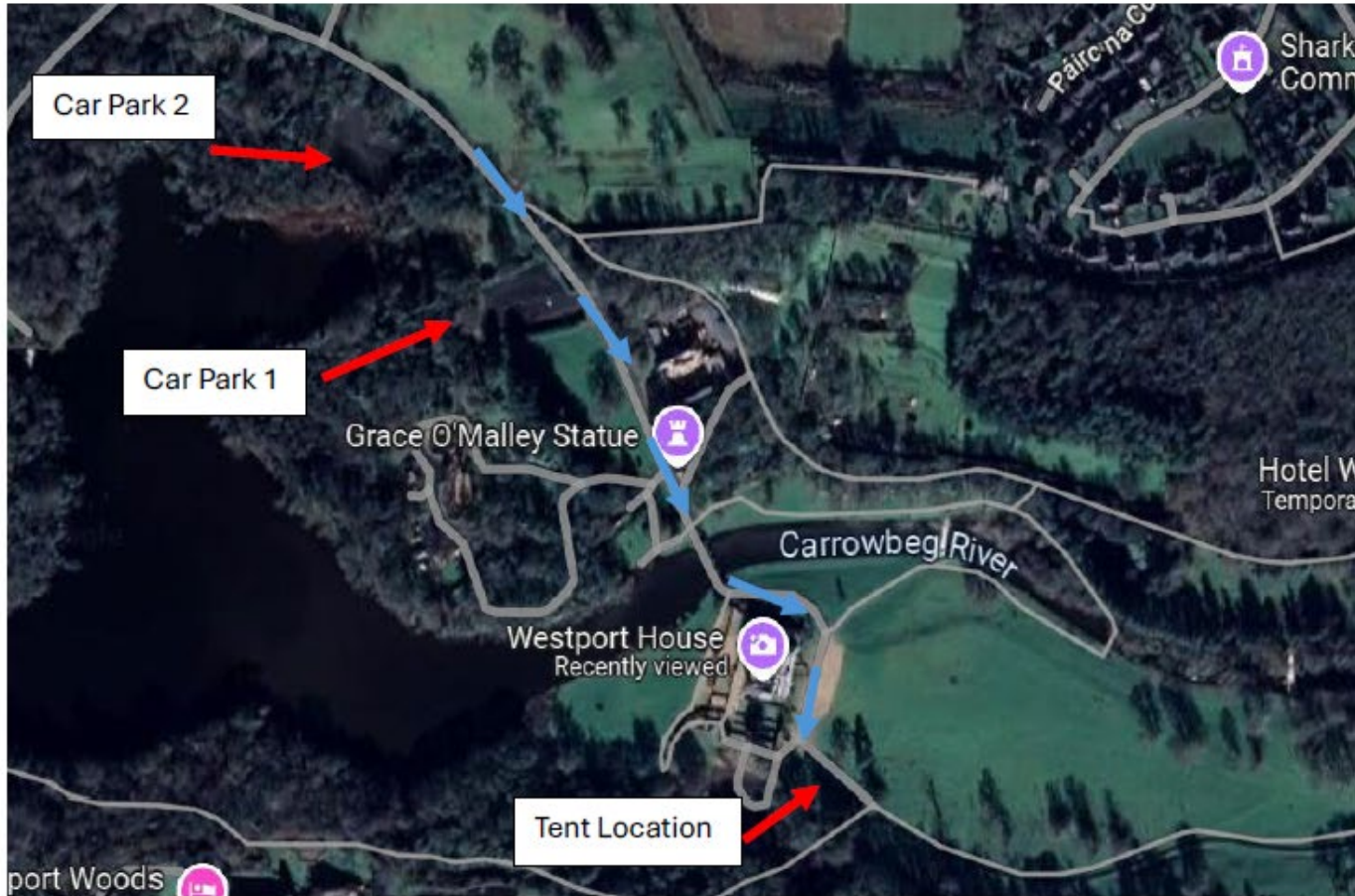


 **Club Buses**

Club buses must Park in Car Park 9 beside Gaelscoil Na Cruaiche F28R243 and arrive via the New Road.



Carpark 1 and Carpark 2 - Club Tents and Parking



Club Tents

Clubs wishing to bring club tents to the event must arrive at Westport House before 8:45am to access Car Parks 1 & 2.

Clubs are responsible for transporting their own club tents from the car park to the tent area (300m approx)

No vehicular access will be permitted onto the event site for transport of club tents.

If arriving later than 8:45am, you may not be able to access car park 1 or 2 so please arrive early.

Warm Up Area



Warm up Route

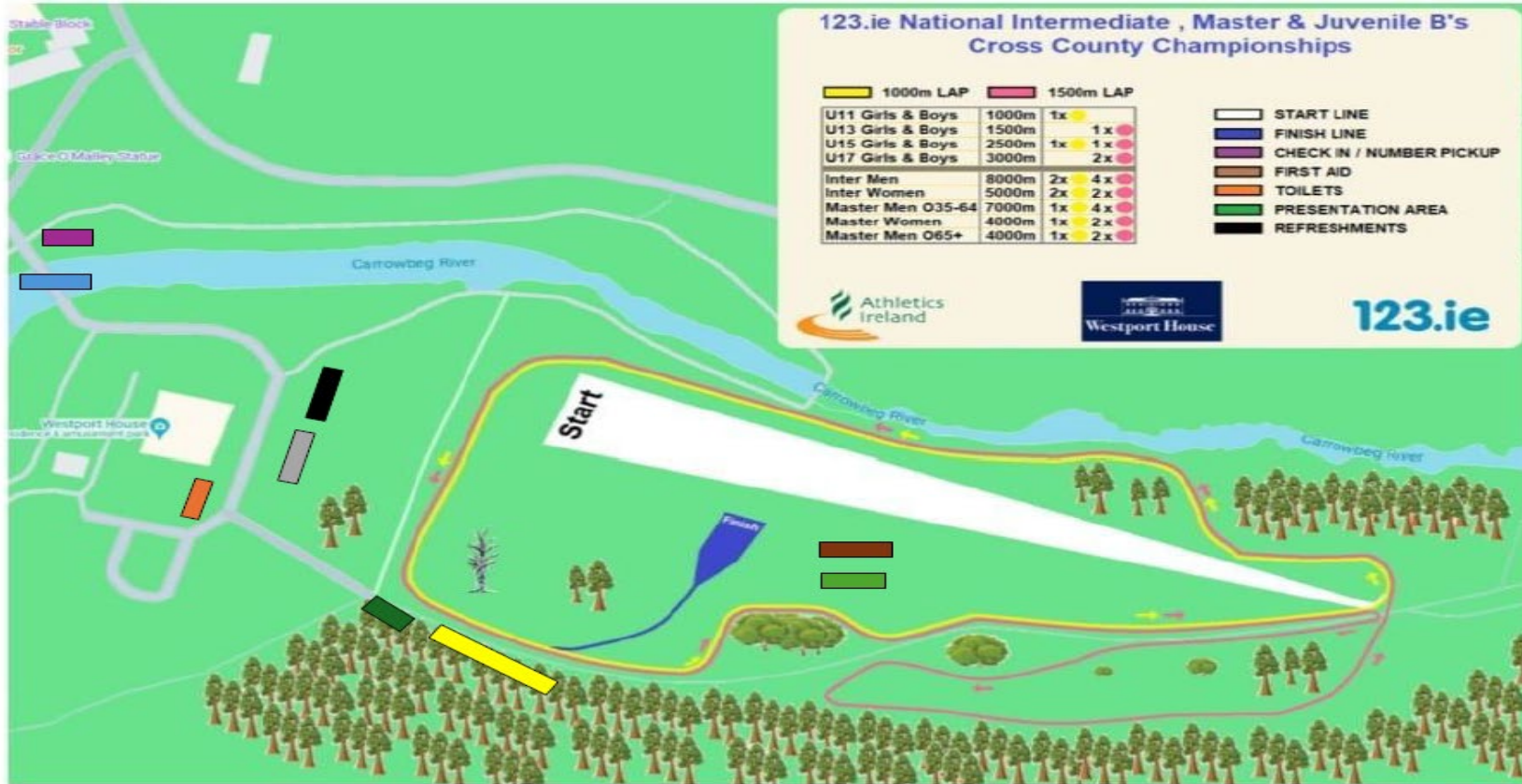
There is a gravel trail located close to the course that can be used for warming up.

Please note there is **NO Entry** to the gardens at the front of the house on the day.

Westport House is a private estate so please respect the grounds.



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-  Club Tents
-  Entry Point
-  Merchandise Tents
-  Information Tent



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National Cross Country Championships

NATIONAL INTERMEDIATE MASTER & JUVENILE B CROSS COUNTRY CHAMPIONSHIPS

**SUNDAY 9TH FEBRUARY 2025
WESTPORT DEMESNE
WESTPORT HOUSE**

TIME	EVENT	DISTANCE
11:30	GIRLS U11	1000m
11:40	BOYS U11	1000m
11:50	GIRLS U13	1500m
12:00	BOYS U13	1500m
12:10	GIRLS U15	2500m
12:25	BOYS U15	2500m
12:40	GIRLS U17	3000m
13:00	BOYS U17	3000m
13:30	MASTER WOMEN & MEN O65	4000m
14:00	MASTER MEN O35-O64	7000m
14:40	INTERMEDIATE WOMEN	5000m
15:10	INTERMEDIATE MEN	8000m



Provisional Timetable

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WESTPORT HOUSE

ACCOMODATION



THE CAMPSITE
Located beside Westport Adventure, our Campsite is surrounded by the scenic beauty of Westport House's historic farmyard buildings and orchard.

Escape to the outdoors and reconnect with nature at our luxury campsite at Westport House. Cycle The Great Western Greenway, climb Crough Patrick or explore the ancient lands of Achill Island – no matter what activity you choose, we guarantee spectacular views and unforgettable experiences.

THE CARAVAN PARK

Park your caravan, camper van or motorhome amidst the wild beauty of Co. Mayo.

Caravan pitches include access to hot showers, electrical points and laundry facilities. Caravan users can take advantage of our Football pitch and recreation room, as well as avail of discounted entry to Westport House and The Ocean Spirit Leisure Centre.



THE GLAMPING VILLAGE

Enjoy a glamorous Glamping night under the stars in the heart of Ireland's Wild Atlantic Way. Surround yourself in unspoiled nature as you awaken to mesmerising views of gorgeous greenery, serene woodlands, and beautiful native wildlife. With 400 acres of Irish countryside at your fingertips, there's no end to the adventures that await you.

STAY OVERNIGHT AT WESTPORT ADVENTURE



FOR THE YOUNG AND THE YOUNG AT HEART

ACTIVITIES:

- ✓ Net Park
- ✓ Giant Slides
- ✓ Climbing Tower
- ✓ Orienteering
- ✓ Playground
- ✓ Swan Pedalos
- ✓ Road Train
- ✓ Westport Express
- ✓ Diggers
- ✓ Disc Golf
- ✓ Interactive Gaming Zone
- ✓ Giant Swing
- ✓ Quarry's Edge Leap
- ✓ Twin Zipline



PERFECT FOR FRIENDS & FAMILY

BOOK ONLINE AT WWW.WESTPORTADVENTURE.IE

WESTPORT ADVENTURE WESTPORT ESTATE

WILL YOU ANSWER THE CALL OF ADVENTURE?



TWIN ZIPLINE



AERIAL TREKKING



CLIMBING ZONE



THE QUARRY EDGE LEAP



GIANT SWING



LARGEST NET PARK



PLAYGROUND



INTERACTIVE GAMING ZONE

Introducing Westport Adventure, the new outdoor adventure park at Westport Estate. Face challenging adventures, and immerse yourself in unforgettable outdoor activities. Conquer heights, seek adrenaline thrills, and take on Ireland's largest Net Park.

CATERING

Gracy's

MAINS

PULLED PORK €13.00

Slow-cooked pulled pork served on a floured bap with BBQ relish, chipotle mayo, pickles & fries

CLASSIC BEEF BURGER €13.00

Classic prime Irish beef burger on a brioche bun with lettuce, tomato, pickles, cheese, burger mayo & fries

CHICKEN SKEWER €13.00

Chicken skewer with hot sauce & fries

VEGAN FALAFELS €13.00

Vegan falafels with harissa dip & fries

CLASSIC HOT DOG €13.00

Classic hot dog on a Waterford Bla with pickled onion, mustard mayo & fries

CHICKEN GOUJONS €13.00

Chicken goujons & fries with garlic aioli

FRIES €5.00

Fries & garlic aioli

JUNIOR

3 OZ BEEF BURGER €10.00

3 oz beef burger on a burger bun with ketchup & fries

MINI HOT DOG €10.00

Mini hot dog on a floured bun with ketchup & fries

CHICKEN TENDERS €10.00

Chicken tenders, garlic aioli & fries

