

Leinster Novice and Master's Road Championships

Gowran Monday 2nd May, 2016

Event	Time Approx.	Distance
Novice Ladies	12:00pm	3km
Novice Men	12:20pm	6km
Master's Ladies	1:00pm	3km
Master's Men	1:20pm	6km

Master Teams

Master's become eligible on his/her 35th birthday

Master's Ladies Club and County O.35 3 to score

Master's Ladies Club and County O.50 3 to score

Master's Men Club and County O.35 4 to score

Master's Men Club and County O.50 3 to score

**** Any O50 Master looking to compete as part of an O35 team must enter as part of the O35 team from the outset – no changing on the day of the event****

Novice Teams

Novice Ladies Club and County 4 to score

Novice Men Club 4 to score

Novice Men County 6 to score

Novice Athletes eligibility

Must be age nineteen years or over in year of competition

Cross Country and Road are treated as separate identities.

"An athlete who has no individual medal 1st 2nd 3rd from any Provincial or National Road Race".

Junior athletes do not break their Novice status in any of above rules

Entry Fees - Indv. €6. Club €25 County €25

Entries via Athletics Ireland – link on athleticsleinster.com

Please note you have option to pay online or pay by cheque (choose entry option according to payment method).

Cheque payments are to be forwarded along with a note clearly stating club/county and the individual/team entries you are paying for to:

Athletics Leinster

Sports Development Project

Claremont Stadium

Navan

Co. Meath

Race numbers to be collected on the day of the event no later than 11:15am.