

Leinster Novice and Master's Road Championships

Gowran Monday 4th May, 2015

Event	Time	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

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

Ind. €6. Club €25 County €25

Entries via Precision Timing – 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 to:

Leinster Athletics Treasurer

Michael Tynan

10 Ballygran Court

Celbridge

Co Kildare or presented at registration on the day of the event when collecting number/s.