

Leinster Novice and Master's Road Championships

Gowran, Co Kilkenny - Monday 6th May, 2019

Hosted by Gowran AC

Event	Time Approx	Distance
Master's Ladies	12:00 pm	3km
Master's Men	12:25 pm	6km
Novice Ladies	1:00 pm	3km
Novice Men	1:20 pm	6km

Master Teams

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

Master's Ladies Club and County O35	3 to score
Master's Ladies Club and County O50	3 to score
Master's Men Club and County O35	4 to score
Master's Men Club and County O50	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. Entry lists will be posted online the weekend before the event and should be checked to ensure details are correct **

Novice Teams

Novice Ladies Club	4 to score
Novice Ladies 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 or 3rd from any provincial or National Road Race."

Entry Fees – Indv. €8.00* Club €25* County €30*

*Plus any fee payable for online entry.

Link via athleticsleinster.org and Athletics Leinster FB page