

Rás na hÉireann

Larry McGuill



Rás na hÉireann

Cross Country 2019

incorporating the Noel Mc Guill / Sandra Floyd Cups
Battle of the Boyne Site, Oldbridge Drogheda

Sunday February 17th 2019

Girls	12:00	Under 9 (Born 2011 or after)	500m
Boys		Under 9 (Born 2011 or after)	500m
Girls	12:10	Under 11 (Born 2009 or 2010)	1000m
Boys		Under 11 (Born 2009 or 2010)	1000m
Girls	12:20	Under 13 (Born 2007 or 2008)	1500m
Boys		Under 13 (Born 2007 or 2008)	1500m
Girls	12:35	Under 15 (Born 2005 or 2006)	2500m
Boys		Under 15 (Born 2005 or 2006)	2500m
Girls	13:00	Under 17 (Born 2003 or 2004)	3000m
Boys		Under 17 (Born 2003 or 2004)	4000m

Prizes : 1st 6 individuals plus top 3 teams of 4 athletes in all juvenile races.

Mixed	13:00	Open Fun Race	3000m
Ladies	13:30	Senior, Junior & Masters	4000m
Men	14:00	Senior, Junior & Masters	6000m

Prizes

- 1st 10 seniors, 1st three Juniors (under 20), 1st 3 O-40, 45, 50 & 55 Masters
- 1st 3 club teams (teams to include any combination of Senior, Junior or Master)
- 1st Men team will be awarded the Noel McGuill Cup.
- 1st Ladies team will be awarded the Sandra Floyd Cup

All Juvenile Race Entries €5

Senior and Master Race Entry fee €10

NO GATE FEE ON THE DAY

Entries online at <https://register.primoevents.com/ps/event/Rsnahireann>

Contact Ras at tydunleer04@gmail.com or on 087 7975701

With kind permission of the OPW

Athletics Ireland Permit

Location of Larry McGuill Ras na hÉireann : On the South bank of the River Boyne, 3km north of Donore Village.
The site is sign-posted: off the N51 (Slane/Drogheda), off the M1 (Dublin/Belfast), and off the N2 (Slane/Ashbourne).