



Irish Life health National Cross Country Championships



NATIONAL NOVICE & JUVENILE UNEVEN AGES
COW PARK, DUNBOYNE, CO. MEATH
SUN. 15TH DECEMBER 2019

EVENT	DISTANCE	LAPS	TIME
GIRLS U11	1500m	1x 1500m	11.30
BOYS U11	1500m	1x 1500m	11.40
GIRLS U13	2500m	1x 1000m & 1x 1500m	11.50
BOYS U13	2500m	1x 1000m & 1x 1500m	12.05
GIRLS U15	3500m	2x 1000m & 1x 1500m	12.20
BOYS U15	3500m	2x 1000m & 1x 1500m	12.40
GIRLS U17	4000m	1x 1000m & 2x 1500m	13.00
BOYS U17	5000m	2x 1000m & 2x 1500m	13.25
GIRLS U19	4000m	1x 1000m & 2x 1500m	14.00
BOYS U19	6000m	4x 1500m	14.20
NOVICE WOMEN	4000m	1x 1000m & 2x 1500m	14.40
NOVICE MEN	6000m	4x 1500m	15.10

1000m lap

1500m lap

START

FINISH

CHECK IN/NUMBER PICKUP

LAST LAP CAFE

TOILETS

FIRST AID

PRESENTATION AREA



M3 PARKWAY SHUTTLE ROUTE



M3 PARKWAY EXIT JUNCTION 5 M3



XC PARKING

FREE SHUTTLE BUS SERVICE

SUNDAY 15TH DECEMBER

FROM M3 PARKWAY

OPERATING TIMES

09:00-16:00

DEPARTING EVERY 5 MINUTES

It is **STRONGLY ADVISED** to avail of parking at the M3 Parkway and use the shuttle buses to get to the course.

Travel time from M3 parkway to drop off point at Dunboyne Train station is 5mins. This leaves you with a 5min Walk to Course.

DUNBOYNE TRAIN STATION

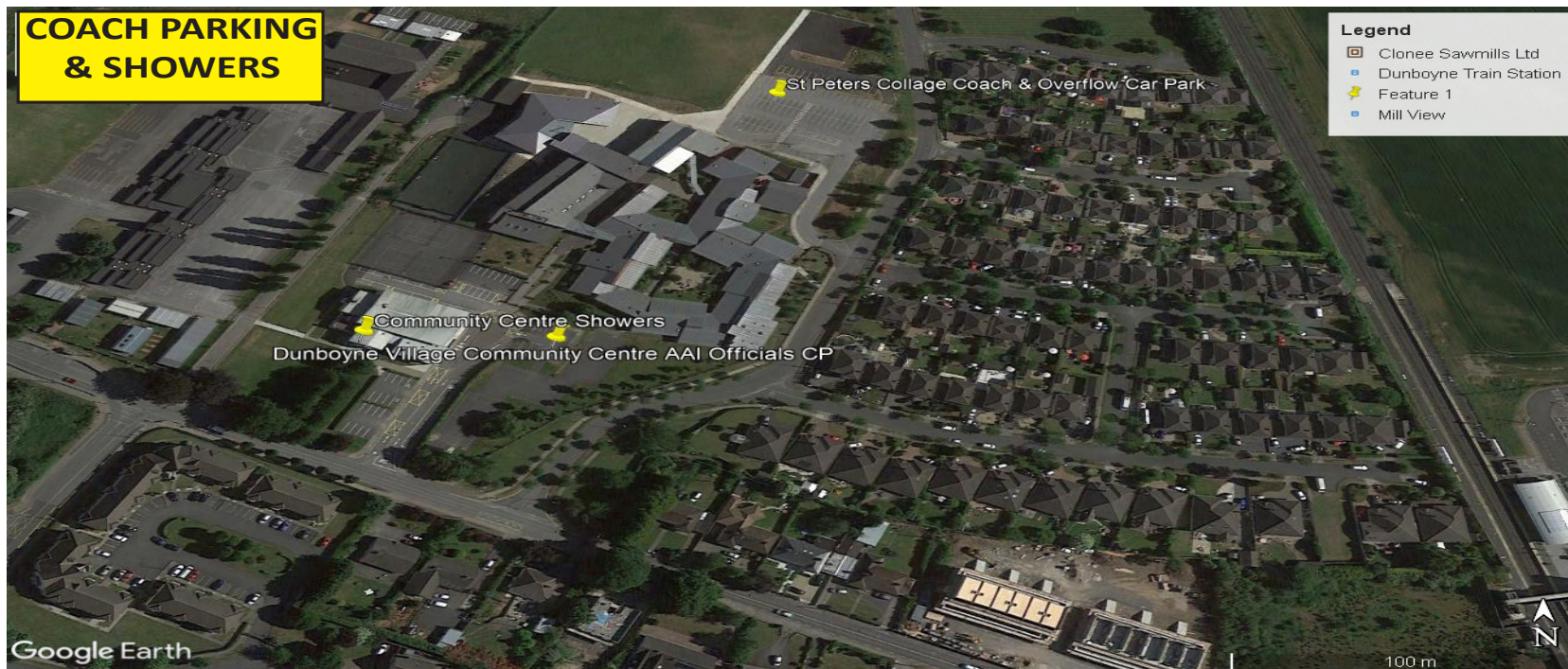
Parking also available in Dunboyne Train station.

Please note there is a charge of €3.50 for parking for the day at the train station.

Advanced Parking for Dunboyne Train station can be paid for online:

<https://www.apcoaconnect.ie/locationDetail/?id=1728>

COACH PARKING & SHOWERS



ONSITE FACILITIES

NUMBER COLLECTION
TOILETS
CATERING
OFFICIAL MERCHANDISE
RESULTS
FIRST AID

SHOWERS

OFFSITE

AVAILABLE AT DUNBOYNE
COMMUNITY CENTRE
AND DUNBOYNE A.C.
CLUBHOUSE

COACH PARKING

AVAILABLE AT ST.PETERS
COLLEGE IN DUNBOYNE
VILLAGE

COWPARK



Please follow the Directional Signage and Digital Signage to M3 Parkway for Shuttle Bus service to Course.

Shuttle Buses will run every 5 mins from 09:00am until 4pm.

For Juvenile Races: Cross Country Traffic advised to Park at M3 Parkway and use shuttle buses.

Alternative parking at Dunboyne Train Station(Daily fee of €3.50 applies)

For Novice Races: Cross Country Traffic advised to use Dunboyne A.C. Carpark and local school carparks as these will be available later in the day only.

No Entry to Cow Park for Cross Country Parking. Pedestrian access only.

Please take direction from members of An Gardai and Traffic Stewards

ARRIVE EARLY TO ALLOW TIME FOR TRAFFIC AND PARKING

