

Dublin Even-age Juvenile; Junior and Senior Championships, course details – 3rd November, 2013.



Note.

All Under-age starts will be from the same point.

All races up to U14s use the 1000m circuit only.

All races will be run anticlockwise.

First aid will be available just after the finish line.

Due to the large numbers taking part, some corralling of athletes on the start-line will be necessary. Club officials should agree this with their athletes before they come to the start-line.