



# CROSS COUNTRY

Supported by **ChampionChip Ireland**



11<sup>th</sup> January 2014

VENUE- MOIRA DESMESNE,  
MOIRA, CO ARMAGH

(Easy access, 800m FROM MOIRA JUNCTION ON M1)

Fast, flat parkland course.

*All entrants will wear the 'championchip' to record finishing positions*

ALL ENTRIES ON THE DAY.

ENQUIRIES TO [eric.frizzell@bt.com](mailto:eric.frizzell@bt.com)

[www.cityoflisburnac.co.uk](http://www.cityoflisburnac.co.uk)

## **TIMETABLE.**

**11:50** PRIMARY SCHOOLS RACES. (1000M)

**12:00** YEAR 8 GIRLS AND BOYS (1 MILE)

**12.10** YEAR 9 AND 10 GIRLS AND BOYS (2 MILES)

**12:25** UNDER 18 RACE  
GIRLS (2MILES) AND BOYS (3 MILES)

Medals for the first five individuals in each race.  
Entry fee £2.00 per person.

***12.45 Ladies and Veteran Ladies- 3 miles***

***13.15 Senior and Veteran Men- 4miles***

Entry fee £5

### **Prizes:**

**Senior Ladies and Senior Men's 1<sup>st</sup> 3 individuals.  
£30, £20, £15**

**Vets Cash Prizes 1<sup>st</sup> £15  
035, 040, 045, 050, 060.  
(athletes must be 035,040 etc on day of race)  
(Only one prize per entry)**

