

Dublin Masters Cross Country Championships

Sunday 6th January 2019.

St Annes Park, Raheny

(Hosted by Raheny Shamrock A.C)

Masters Women 3,000m 1.00pm

Any number to run – 4 to score

Masters Men 6,000m 1.30pm

Men Over 65+ 3,000M

(Run in conjunction with Masters Men's Race can complete 6,000m if required by team)

Any number to run 4 to score

Entry Fees: Teams €50.00, Individuals €10.00

(Fee increased due to having to use Chipped Timing)

N.B. Masters now starts at Over 35s

All age Groups catered for

Teams Over 35 and 50

Collect Numbers at Start Line

Race HQ. Raheny GAA Club.

Entries to:

Bernie Dunne, 14 Marley Grove, Rathfarnham, Dublin 16.

Email: berniedunne21@gmail.com. Phone 087 – 9830567

Closing Date 2rd January 2019.