



Cork Athletics County Juvenile-B, Novice-B, Intermediate Cross-Country Championships 2023 (Ballynoe)

Juvenile Distances

U9:	750m	(1x 750)
U11:	1000m	(1x 1000)
U13:	1500m	(1x 1500)
U15:	2500m	(1x 1000 + 1x 1500)
GU17:	3000m	(2x 1500)
BU17:	3000m	(2x 1500)
GU19:	4000m	(1x 1000 + 2x 1500)
BU19:	6000m	(4x 1500)

	750m
	1000m
	1500m

Adult Distances

Ladies Nov-B: 4000m (1x 1000 + 2x 1500)

Men Novice-B: 6000m (4x 1500)

Ladies Inter: 5000m (2x 1000 + 2x 1500)

Men Inter: 8000m (2x 1000 + 4x 1500)

