

Regulations

In Road Races team placing shall be decided on the cumulative time of the scoring members of the team

1. 3 to score Men & Women
2. Master teams one category only
3. Championship medals will only be awarded to registered athletes
4. Athletes must be 18 years of age to compete in events of 10,000m and over
5. A female athlete becomes a Master on her 35th birthday
6. A male athlete becomes a Master on his 35th birthday
7. Registration numbers and date of birth must be shown on all forms

No Fax or Phone entries accepted

Medals

Senior Men:	1st, 2nd, 3rd individuals 1st, 2nd, 3rd Club Teams, - 3 to score
Senior Women:	1st, 2nd, 3rd individuals 1st, 2nd, 3rd Club Teams - 3 to score
Master Men:	1st, 2nd, 3rd individuals in each category M35 M40, M45, M50, M55, M60, M65, M70 & M75 1st, 2nd, 3rd Club Teams, M35 category only - 3 to score
Master Women:	1st, 2nd, 3rd individuals in each category: W35, W40, W45, W50, W55, W60 & W65 1st, 2nd, 3rd Club Teams, W35 category only - 3 to score

In team events athletes may only score in the category for which they declare.

Entries to: Competitions,
19 Northwood Court,
Northwood Business Campus,
Dublin 9