



**123.ie Senior, Junior and Juvenile
Even Age Cross Country
Championships**



**Gowran Demesne, Kilkenny
Sunday November 19th 2023**

**Welcome to our
Programme**

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Welcome from 123.ie

On behalf of 123.ie, I'm delighted to welcome you to Gowran Demesne, Kilkenny for the 2023 edition of the 123.ie Senior, Junior, & Juvenile Even Age Cross Country Championships.

123.ie is proud to be a sponsor and partner of Athletics Ireland. We recognise the very important role that participation in athletics plays, providing a platform for tens of thousands of people across Ireland to be the best they can be.

The 123.ie brand is built on 'always trying for better' and that's what our Irish athletes do every day. Sport is great for creating shared experiences and inclusive sports, like athletics, have no boundaries. People from all walks of life can become involved in the sport.

The National Cross Country Championships gives us the chance to see the best of our international and club athletes in action as they compete for National Titles and individual honours, and for some, the honour of representing Ireland at the European Cross Country Championships in Brussels on December 10th.

We acknowledge the great work by so many in ensuring these championships take place. I would like to express our gratitude to Athletics Ireland President John Cronin, Chief Executive Hamish Adams, the organising committee, volunteers, officials and all the Athletics Ireland staff who work hard to make these events something we all can be proud of.

Finally, I wish every athlete the best of luck, and I hope everyone who is lucky enough to be in attendance will get behind all of our athletes at the 123.ie National Cross Country Championships.

*Best wishes,
Elaine Robinson
Managing Director*

President's Address



On behalf of Athletics Ireland, I am delighted to welcome our athletes and spectators to the Gowran Demesne in County Kilkenny for the 2023 edition of the 123.ie National Cross-Country Championships. Following a hugely successful Track and Field season in the summer, culminating with the exciting World Championships held in Budapest, attention very much has turned to what promises to be a thrilling period for Irish cross country running.

Well done to the organisers of the County and Regional Championships which has resulted in producing the qualifiers for the juvenile events today. With national titles and places on the European Cross-Country team at stake, I am sure all the athletes will produce a day of cross country running for us all to remember.

Our gratitude to Elaine Robinson and our sponsors in 123.ie for their support of our Championships. The athletics community is very excited about this sponsorship and today marks the first anniversary of this exciting partnership.

Thank you for the organisation of this weekend's event to both the Juvenile and Competition Committees under the direction of Amanda Hynes and Andrew Lynam; along with Geraldine Stewart, Valerie O'Brien, David Daly and James Welsh from the Competition Department who have worked closely with all the stakeholders internal and external to finalise preparations.

This weekend would not be possible without our volunteers, and all the stakeholders involved, and I wish to extend our thanks to all of you who give up your time to help promote and grow our sport. Thank you to all in Gowran AC, the host club, Eddie Scally and Joe Scriven from Gowran Park Race and Golf Course and the landowners Eamonn Nolan and Paul Farrell. A special thanks to the host club LOC chaired by Eamonn Kelsey for the outstanding preparation of the venue and the logistics required for today's major event.

The National Senior Championships returns to Kilkenny for only the second time since 1881, having been hosted in Kilmacow by St Senan's in 1984. Gowran AC are a vibrant club who we congratulate on the celebration of their 40th anniversary last year. This is the third National Championships hosted following on from the Novice and Uneven Juvenile Championships in December 2021 and the Masters/Intermediate and Juvenile B Championships in February of this year, today is the completion of the full cycle of National Cross-Country Championships. Well done Gowran AC on this brilliant achievement.

I will take this opportunity on behalf of all to wish the selected athletes, support staff, coaches, and management team every success for the forthcoming European Championships in Brussels on December 10th. Finally, wishing all our athletes and families, coaches and club and county managers an enjoyable and successful Championship. I am looking forward to meeting many of you today and at our next Championships in Navan next month.

*John Cronin President
Athletics Ireland*



123.ie
NATIONAL CROSS COUNTRY CHAMPIONSHIPS
TIMETABLE

RACE TIMES:

- . GIRLS U12 2,000m 11.30am
- . BOYS U12 2,000m 11.43am
- . GIRLS U14 3,000m 11.55am
- . BOYS U14 3,000m 12.10pm
- . GIRLS U16 4,000m 12.23pm
- . BOYS U16 4,000m 12.43pm
- . GIRLS U18 & JUNIOR WOMEN 5,000m 13.00pm
- . BOYS U18 & JUNIOR MEN 5,000m 13.25pm
- . SENIOR WOMEN & U23 9,000m 13.45pm
- . SENIOR MEN & U23 9,000m 14.30pm

Please note this timetable is subject to change, if necessary the programme will be brought forward.

Doping is cheating, AAI is committed to drugs free sport

[EVENT PREVIEW](#)

Entries



[ENTRIES ONLINE](#)

Live Results (MyRunResults)



Event Officials



**THANK YOU TO ALL OF OUR
OFFICIALS, VOLUNTEERS, AND
STAFF.**

