



# Athletics Ireland

## AUTUMN OPEN CROSS 2015

2.00pm 5k Open Race

Women all Categories,

Master Men: 65+

1st, 2nd, 3rd Overall

1st Master Women: 35,40, 45.....

1st Master Men: 65,70

1st Junior Women

2.45pm 8k Open Race

Men & Women

1st, 2nd, 3rd Overall

1st Master Men: 35,40, 45.....

1st Junior Men

Incorporating the Masters  
XC Trials

(Master Athletes must compete  
in their appropriate distance for  
Selection Purposes)

**Sunday 18th October**  
**Magazine Fort, Phoenix Park**

Online Entry €15 : [www.athleticsireland.ie](http://www.athleticsireland.ie)

Entry on the day from 11.30am (€20)

Registration/Number pick-up: Magazine Fort, Phoenix Park

Changing/Refreshments - Donore Harriers Club House, Chapelizod



Chip timing supplied by



Precision Timing