

# THE GLOHEALTH

NATIONAL INTER COUNTY

CROSS COUNTRY CHAMPIONSHIPS

SUN. 14TH OF FEBRUARY 2016

PALACE GROUNDS, TUAM, CO.GALWAY

12.00

JUNIOR WOMEN

4000m

12.20

JUNIOR MEN

6000m

12.45

SENIOR WOMEN

8000m

13.25

SENIOR MEN

10,000m



Athletics Ireland