



123.ie All Ireland Schools Cross Country Championships 2024
(Hosted by Rathfarnham WSAF Athletics Club)

This year's [123.ie](https://www.123.ie) All Ireland Schools' Cross Country Championships will take place in **Tymon Park, Tallaght, Dublin on Saturday 9th March 2024** at 12 Noon (Hosted by Rathfarnham WSAF Athletics Club). Please allow plenty of time for parking near the venue as shown later in document.

Timetable:

Minor Girls (1 Full Lap of the 2,000m Course)	2,000m	Call Up 11:50am	Race 12 Noon
Minor Boys (1 Full Lap of the 1,000m Course followed by 1 Full Lap of the 1,500m Course)	2,500m	Call Up 12:05pm	Race 12:15pm
Junior Girls (1 Full Lap of the 1,000m Course followed by 1 Full Lap of the 1,500m Course)	2,500m	Call Up 12:20pm	Race 12:30pm
Junior Boys (1 Full Lap of the 1,500m course followed by 1 Full Lap of the 2,000m Course)	3,500m	Call Up 12:40pm	Race 12:50pm
*Presentation	Minor and Junior Team Medals –		1.10pm
Intermediate Girls (1 Full Lap of the 1,500m course followed by 1 Full Lap of the 2,000m Course)	3,500m	Call Up 1:20pm	Race 1:20pm
Intermediate Boys (1 Full Lap of the 1,000m course followed by 2 Full Lap of the 2,000m Course)	5,000m	Call Up 1:40pm	Race 1.40pm
Senior Girls (1 Full Lap of the 1,500m course followed by 1 Full Lap of the 2,000m Course)	3,500m	Call Up 2:05pm	Race 2:05pm
Senior Boys (3 Full Laps of the 2,000m Course)	6,000m	Call Up 2:20pm	Race 2:25pm
*Presentation	Intermediate and Senior Team Medals –		15.00pm





Race 1 Minor Girls 2000m (12 Noon) – From Start, ONE FULL Lap of the 2000m course, into FINISH

Race 2 Minor Boys 2500m (12.15pm) – From Start, ONE Full Lap of the 1000m course, followed by ONE Full lap of the 1500m course, into FINISH

Race 3 Junior Girls 2500m (12.30pm) - From Start, ONE Full Lap of the 1000m course, followed by ONE Full lap of the 1500m course, into FINISH

Race 4 Junior Boys 3500m (12.50pm) - From Start, ONE Full Lap of the 1500m course, followed by ONE Full lap of the 2000m course, into FINISH

Race 5 Inter Girls 3500m (1.20pm) - From Start, ONE Full Lap of the 1500m course, followed by ONE Full lap of the 2000m course, into FINISH

Race 6 Inter Boys 5000m (1.40pm) - From Start, ONE Full Lap of the 1000m course, followed by TWO Full laps of the 2000m course, into FINISH

Race 7 Senior Girls 3500m (2.05pm) - From Start, ONE Full Lap of the 1500m course, followed by ONE Full lap of the 2000m course, into FINISH

Race 8 Senior Boys 6000m (2.25pm) - From Start, THREE Full Lap of the 2000m course, into FINISH

1000m Lap



The following races utilise this **1000m Lap**

Race 2 Minor Boys 2500m – From Start, ONE Full Lap of the **1000m** course, followed by ONE Full lap of the 1500m course, into FINISH

Race 3 Junior Girls 2500m - From Start, ONE Full Lap of the **1000m** course, followed by ONE Full lap of the 1500m course, into FINISH

Race 6 Inter Boys 5000m- From Start, ONE Full Lap of the **1000m** course, followed by TWO Full laps of the 2000m course, into FINISH

1500m Lap



The following races utilise this **1500m Lap**

Race 2 Minor Boys 2500m – From Start, ONE Full Lap of the 1000m course, followed by ONE Full lap of the **1500m** course, into FINISH

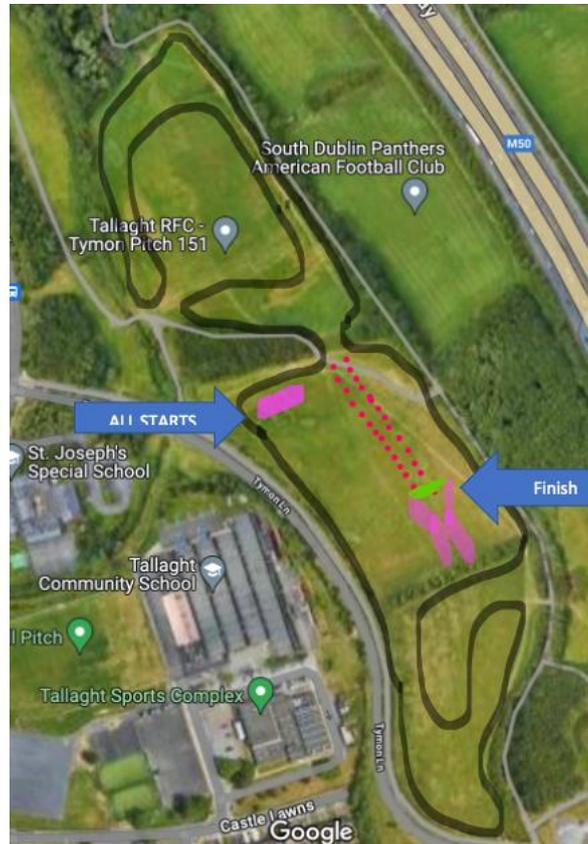
Race 3 Junior Girls 2500m - From Start, ONE Full Lap of the 1000m course, followed by ONE Full lap of the **1500m** course, into FINISH

Race 4 Junior Boys 3500m - From Start, ONE Full Lap of the **1500m** course, followed by ONE Full lap of the 2000m course, into FINISH

Race 5 Inter Girls 3500m - From Start, ONE Full Lap of the **1500m** course, followed by ONE Full lap of the 2000m course, into FINISH

Race 7 Senior Girls 3500m - From Start, ONE Full Lap of the **1500m** course, followed by ONE Full lap of the 2000m course, into FINISH

2000m Lap



The following races utilise this **2000m Lap**

Race 1 Minor Girls 2000m – From Start, **ONE FULL Lap** of the **2000m** course, into **FINISH**

Race 4 Junior Boys 3500m - From Start, **ONE Full Lap** of the 1500m course, followed by **ONE Full lap** of the **2000m** course, into **FINISH**

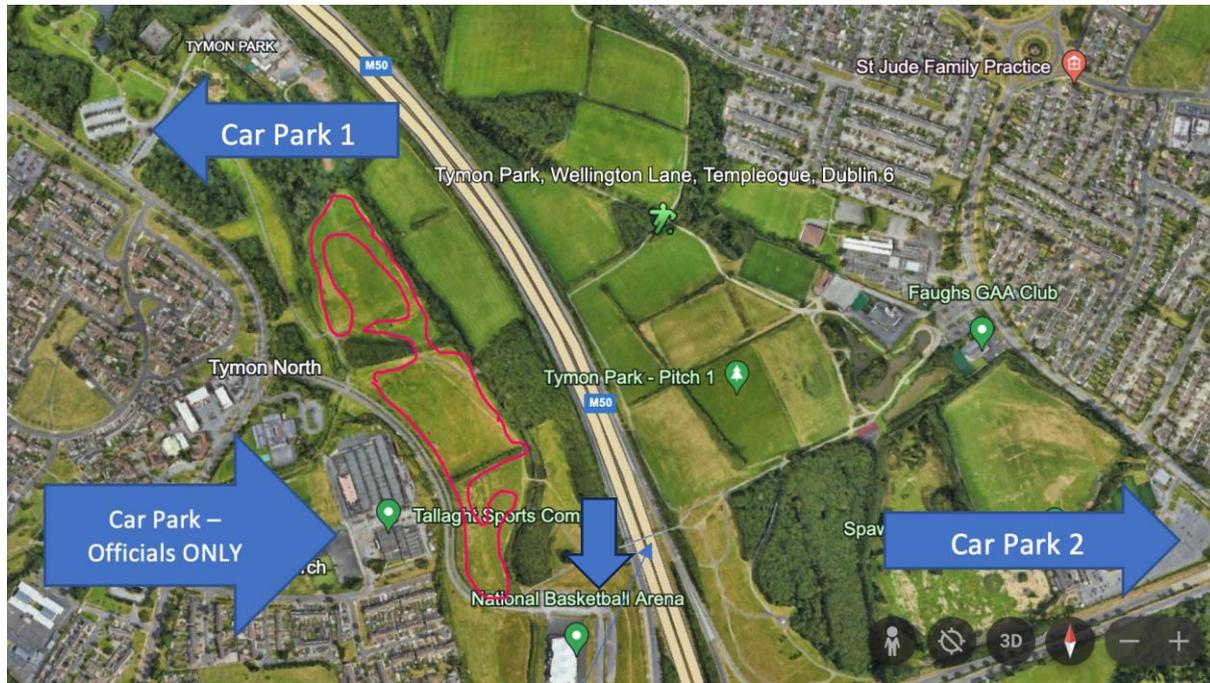
Race 5 Inter Girls 3500m - From Start, **ONE Full Lap** of the 1500m course, followed by **ONE Full lap** of the **2000m** course, into **FINISH**

Race 6 Inter Boys 5000m- From Start, **ONE Full Lap** of the 1000m course, followed by **TWO Full laps** of the **2000m** course, into **FINISH**

Race 7 Senior Girls 3500m - From Start, **ONE Full Lap** of the 1500m course, followed by **ONE Full lap** of the **2000m** course, into **FINISH**

Race 8 Senior Boys 6000m- From Start, **THREE Full Lap** of the **2000m** course, into **FINISH**

Car Parking Options



Pedestrian Crossing from Spawell side of Tymon Park

Parking will be available at the National Basketball Arena for Competitors & spectators.

National Basketball Arena, 8 Tymon Lane, South Dublin, D24 N449, County Dublin

From Car Park 1 – 500m Walk to the XC Course along pedestrian pathway

From Car Park 2 – 2 options

Option 1 – Walk from the Spawell Overflow Car Park only to Faughs GAA Club Carpark and walk along pathway to left of GAA pitch and up the hill to the M50 Pedestrian Bridge Crossing (see Map)

OR

Option 2 – Leave Spawell Overflow Car Park, turning right for 150m to major roundabout, turn right along bicycle path (towards the M50) and after 350m, access Tymon Park, via Pedestrian Gateway and proceed to XC course via M50 Pedestrian Bridge Crossing.

There are plenty of additional parking options adjacent to the main entrance into the Basketball Arena off Castletymon Road.



Athlete REGISTRATION

Registration (collection of Numbers) will take place in the Tallaght Community School Hall (Officials Car Park ONLY). Access from the Tallaght Community School to the course via a private Gate Entry point next to the Course.

TOILETS

There are Porto Loo Toilets next to the Start area with additional MALE toilets in the Tallaght Community Sports Complex (side entrance only) and Female toilets off the Tallaght Community School Hall

NOTE – NO FEMALE ATHLETES PERMITTED TO USE THESE TOILETS IN DIRTY RUNNERS – SHOES MUST BE REMOVED

FOOD/BEVERAGES

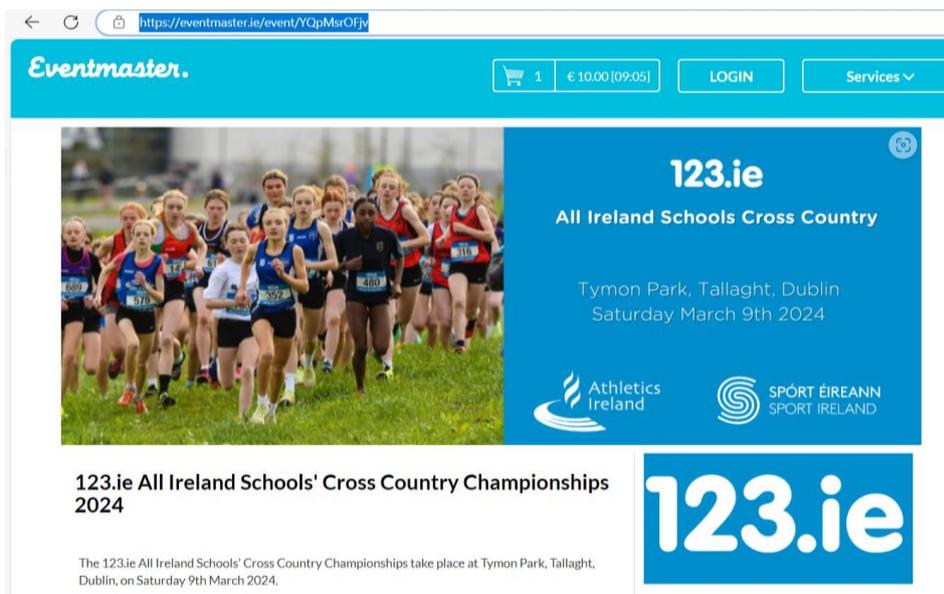
Last Lap Café will cater for all your need in the Centre Field (adjacent to Start/Finish area).

EVENT HOODIES

Hoodies will be available on the day from Ken Barrett Leisure Wear

EVENT TICKETS: VIA Eventmaster, please click on the link below.

[123.ie All Ireland Schools' Cross Country Championships 2024 - Buy Tickets \(eventmaster.ie\)](https://eventmaster.ie/event/YQpMrOFjv)



COORDINATED BY Enda Fitzpatrick & Adam Jones