

## Donegal Even Ages & Masters Cross Country Championships

**Date:** Sunday 4th October 2009

**Start:** 12pm (Masters races @ 12pm & 12.20pm, Juvenile competitions to start after Masters races)

**Venue:** Finn Valley Centre Stranorlar (new course in close proximity to Finn Valley Centre)

**Ages:** Under 8 (not a Championship race), 10, 12, 14, 16, 18

**Info:** Masters Women course (3k), Masters Men (5k)

## Donegal Uneven Ages & Novice Cross Country Championships

**Date:** Sunday 11th October 2009

**Start:** 12pm (Novice races @ 12pm & 12.20pm, Juvenile competitions to start after Novice races)

**Venue:** Fintragh, Killybegs

**Ages:** Under 9 (not a Championship race), 11, 13, 15, 17, 19

**Info:** Novice Women course (3k), Masters Men (6k)

## Sportshall Athletics

A number of Sportshall competitions were also agreed. Further details will issue regarding the age categories and the format for the events.

Date	Time	Host Club	Venue
Sat 17th Oct 09	11 am	Tir Chónaill AC	Donegal Town
Sat 21st Oct 09	11 am	Rosses AC	Dungloe
Sat 5th Dec 09	11 am	Lifford AC	Raphoe
Sat 9th Jan 10	11 am	Inishowen AC	Carndonagh
Sat 27th Feb 10	11 am	Letterkenny AC	Letterkenny

If you have any queries, please do not hesitate to contact me.

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Juvenile Competiton Secretary  
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