

**Kildare County Board AAI
Cross Country Championships 2013**

County Cross Country Championships – Even Ages Suncroft – Oct 6th @ 12:00pm		
Age	Girls	Boys
U/10	600m	600m
U/12	1500m	1500m
U/14	2000m	2000m
U/16	3000m	3500m
U/18	4000m	5500m
Masters (o/35)	2000m	3000m
Novice	2000m	3000m

County Cross Country Championships – Uneven Ages Kildare Town – Oct 13th @ 12:00pm		
Age	Girls	Boys
U/9	500m	500m
U/11	1200m	1200m
U/13	1800m	1800m
U/15	2500m	3000m
U/17	3500m	4500m
U/19	4500m	6000m
Inter	3500m	6000m
Senior Sealed Handicap	3500m	6000m

County Cross Country Championships – Seniors Venue TBD – 12:00 pm		
Age	Women	Men
Senior	4000m	10000m