

**Kildare County Board AAI
Cross Country Championships 2014**

County Cross Country Championships – Even Ages Suncroft – Oct 5th @ 12:00pm		
Age	Girls	Boys
U/10	600m	600m
U/12	1500m	1500m
U/14	2500m	2500m
U/16	3500m	3500m
U/18	4000m	5000m
Masters (o/35)	3000m	3000m
Novice	3000m	3000m

County Cross Country Championships – Uneven Ages Kildare Town – Oct 12th @ 12:00pm		
Age	Girls	Boys
U/9	500m	500m
U/11	1200m	1200m
U/13	2000m	2000m
U/15	3000m	3000m
U/17	4000m	4000m
U/19	4000m	6000m
Inter	3500m	6000m
Senior Sealed Handicap	3500m	6000m

County Cross Country Championships – Seniors Curragh – Nov 30th @ 12:00 pm		
Age	Women	Men
Senior	4000m	10000m