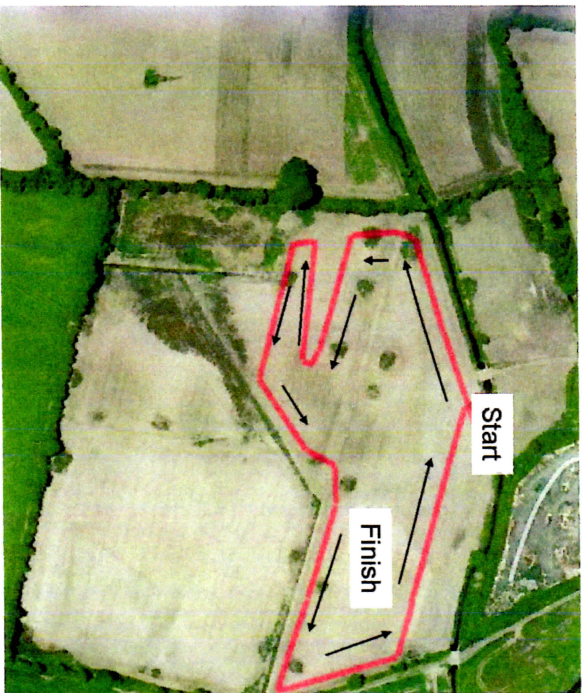
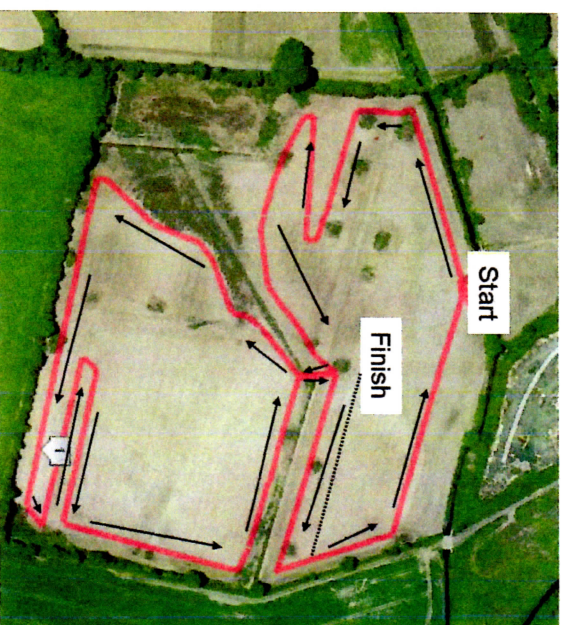


Lap B = 1,000m



Lap D = 2,000m



Leinster Even Age, Novice & Master Cross Country Championships 2013

Category	Distance	Loop
U12 (Girls & Boys)	2000m	1 Lap D
U14 (Girls & Boys)	3000m	1 lap B + 1 Lap D
U16 (Girls & Boys)	4000m	2 Laps D
U18, Novice & Master Ladies	4000m	2 Laps D
U18, Novice & Master Men	6000m	3 Laps D