



Irish Life health National Cross Country Championships



National Even Age, Junior & Senior
Cross Country Championships
Sunday 25th November 2018,
Sport Ireland, National Sports Campus, Dublin

EVENT	DISTANCE	LAPS	TIME
GIRLS U12	2000m	2x 1000m	11.30
BOYS U12	2000m	2x 1000m	11.43
GIRLS U14	3000m	2x 1500m	11.55
BOYS U14	3000m	2x 1500m	12.10
GIRLS U16	4000m	1x 1000m & 2x 1500m	12.25
BOYS U16	4000m	1x 1000m & 2x 1500m	12.43
GIRLS U18 & JUNIOR WOMEN	4000m	1x 1000m & 2x 1500m	13.00
BOYS U18 & JUNIOR MEN	6000m	4x 1500m	13.20
SENIOR WOMEN & U23	8000m	4x 2000m	13.45
SENIOR MEN & U23	10000m	5x 2000m	14.25

1000m lap	
1500m lap	
2000m lap	
START	
FINISH	
CHECK IN & OFFICIAL MERCHANDISE	
LAST LAP CAFE	
TOILETS	
FIRST AID	
PRESENTATION AREA	



Directions to the National Sports Campus



The following are directions to the National Sports Campus.

****It is strongly advised that all XC event traffic driving to the event should travel via the N2 Derry/Ashbourne road and follow signposts to the sports campus to avoid congestion at the Blanchardstown Slip Road.****

ALL EVENT TRAFFIC TO ENTER THROUGH GATE B OF THE SPORTS CAMPUS(PLEASE SEE MAP) - MAIN ENTRANCE = NO ENTRY!

By car from the M50.

There are two junctions which can be taken to get to the sports campus from the M50.

Junction 5 (RECOMMENDED ROUTE)

Take the exit at Junction 5 on the M50 for Finglas/Derry N2. Going northbound stay in the left lane (signposted N2 Derry/Ashbourne). Take Exit 2 for St.Margarets/Blanchardstown R135. There are a number of roundabouts on this route. At the first roundabout take the first exit, continue straight through the next two roundabouts then take a left at the next roundabout. Continuing forward go straight through the next two roundabouts then take a left at the next roundabout signposted Ballycoolin road/ NSC. At the next roundabout take a right turn and the sports campus entrance will be the first entrance on the left hand side **(Gate B)**.

Junction 6

Take the exit at junction 6 on the M50 for Blanchardstown. Going southbound stay in the left lane (signposted Cavan/ Blanch'town N3)and follow the road around until you see the slip road for Blanchardstown Shopping centre, going northbound stay in the right lane (signposted N3 Navan). Once approaching the slip road for Blanchardstown shopping centre stay in the right lane of the sliproad. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge.

Continue up Snugborough Road passing the main entrance to the sports campus on your right and take the next right turn into the Sports Campus **(Gate B)**.

By Car from the City Centre.

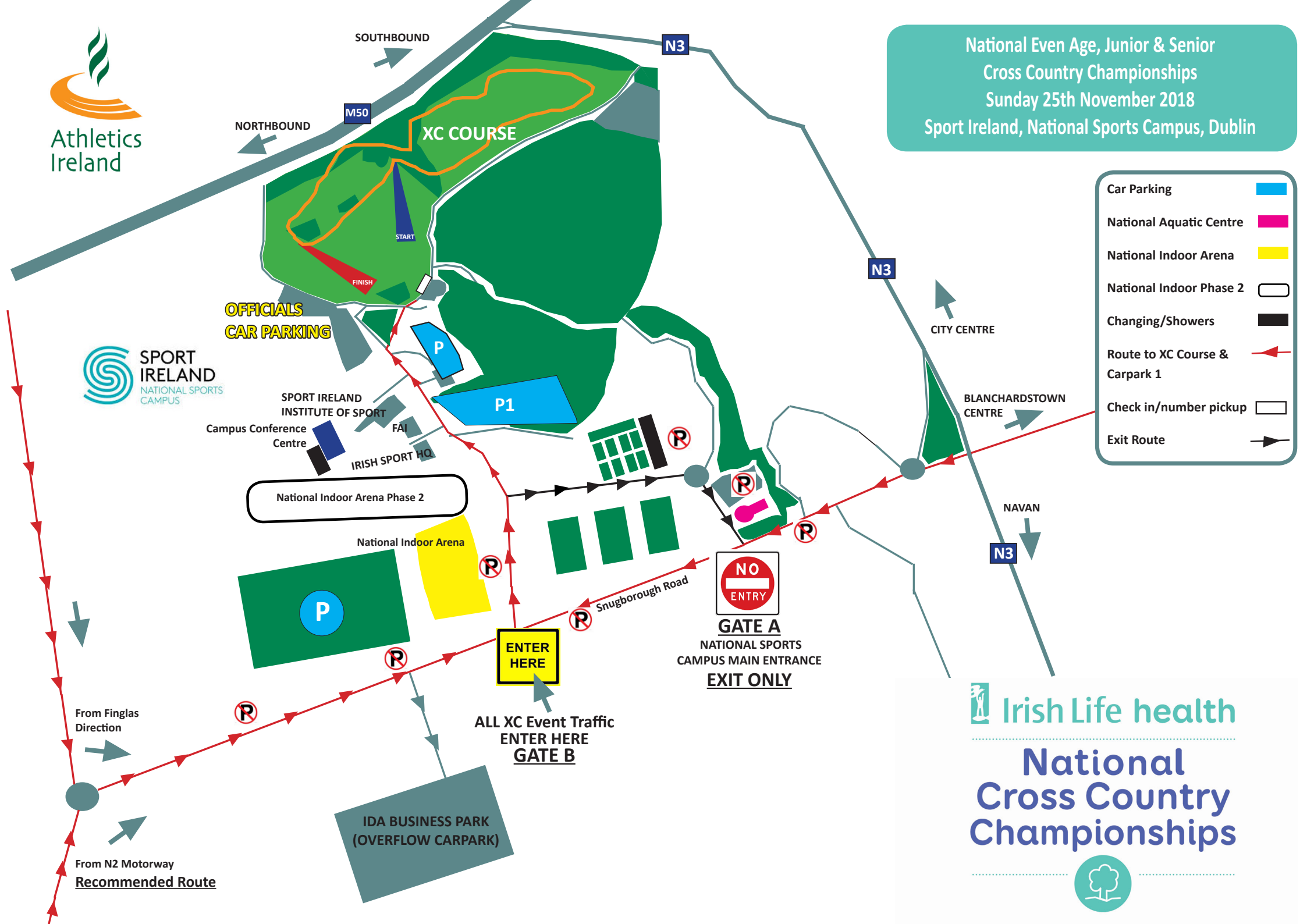
Take the Navan Road to the Blanchardstown M50 Roundabout. Continue straight through the junction and take the slip road to the left and stay in the right hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road passing the Main entrance to the Sports Campus taking the next right turn through **Gate B**.

By Bus from the City Centre.

Please take the 38A from the Hawkins Street in the City Centre to Snugborough Road in Blanchardstown. The bus Stop is located directly outside the Nationals Sports Campus.



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Car Parking	
National Aquatic Centre	
National Indoor Arena	
National Indoor Phase 2	
Changing/Showers	
Route to XC Course & Carpark 1	
Check in/number pickup	
Exit Route	

Irish Life health

National Cross Country Championships

From Finglas Direction

From N2 Motorway
Recommended Route

ALL XC Event Traffic ENTER HERE GATE B

NO ENTRY

GATE A
NATIONAL SPORTS CAMPUS MAIN ENTRANCE
EXIT ONLY

Please follow the Directional Signage and Digital Signage to the Sports Campus

All Cross Country Traffic Enter Through Gate B (See map)

No Entry via the Main Entrance of National Sports Campus : EXIT ONLY

Please take direction from members of An Gardai and Traffic Stewards

ARRIVE EARLY TO ALLOW TIME FOR TRAFFIC AND PARKING

