

# *South Munster Schools' Athletic Association*

([www.southmunstersports.com](http://www.southmunstersports.com))

Chairperson: Mr. Ronan O'Sullivan (Davis College, Mallow)  
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Hon. Treasurer: Mr. George Bradfield (Bandon Grammar School)

## Cork Post Primary Schools Cross Country Challenge Races

### Friday 8<sup>th</sup> December Slieveroe, Riverstick

Dear Teacher,

The annual Cork Post Primary Schools Cross Country Challenge races are scheduled to take place again this year at the Cork Athletic Board's land near Riverstick on Friday Dec 8<sup>th</sup> with a 1:00pm start. The objective of this event is to increase participation in the sport and allow athletes to try out cross-country running over shorter distances than those to be held in the schools' championships after Christmas. Any school interested in competing is asked to email Liam O'Brien ([liamobrien001@hotmail.com](mailto:liamobrien001@hotmail.com)) by **Tuesday 5<sup>th</sup> December** specifying the number of athletes attending and give a contact e-mail address for the coach/teacher in charge. On this occasion there is no need for names or entry fees before the 8<sup>th</sup> December.

#### **Cork Schools Cross-Country Challenge Event:**

- The race distances and order are as follows, run on a 1000m lap course: **1<sup>st</sup> year girls 1 lap, 2<sup>nd</sup>/3<sup>rd</sup> year girls 1 lap, 4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> year girls 1 lap, 1<sup>st</sup> year boys 1 lap, 2<sup>nd</sup>/3<sup>rd</sup> year boys 2 laps, 4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> year boys 3 laps**. There will be 6 races in total run in the above order with the first race starting at **1.00pm sharp**.
- **Entries emailed to [liamobrien001@hotmail.com](mailto:liamobrien001@hotmail.com) before Tuesday December 5<sup>th</sup>. Name of school, email address of teacher in charge and approximate numbers competing will suffice.**
- Schools pay an entry fee of **3 Euro per athlete** on the day.
- There will be individual medals for the first ten athletes across the line in each race.
- Medals will be awarded to the first three teams overall in each race. The girl's races will have **three athletes to score** (medals to the scoring three athletes) and the boy's races **four athletes to score** (medals to the scoring four). Medals are kindly sponsored by Cork County Board AAI.