



*Munster Juvenile Cross  
Country Competition Booklet  
2015/2016*

All Enquiries to Munster Cross Country Secretary,  
Michael Lillis.  
E-Mail: [ccsecretary@munsterathletics.com](mailto:ccsecretary@munsterathletics.com)

*[www.munsterathletics.com](http://www.munsterathletics.com)*



## ***Code of Ethics and Good Practice for Children's Sport***

### ***Policy Statement for Munster Athletics***

*Munster Athletics is fully committed to safeguarding the well being of all of its members. Every individual in Munster Athletics should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the*

### ***Athletics Ireland Code of Ethics and Good Practice for Children in Athletics***

*In Munster Athletics, our first priority is the welfare of the young people and we are committed to providing an environment which will allow participants to perform to the best of their ability, free from bullying and intimidation.*

*This is an extract from the Policy Statement of Athletics Ireland Code of Ethics and acts as a guide for all rules. The Code has been distributed by Athletics Ireland to all Munster Clubs & is readily available from Athletics Ireland & on the Munster Athletics website at [www.munsterathletics.com](http://www.munsterathletics.com).*

*Keep up to date with all Child Welfare issues at the Athletics Ireland Child Welfare Facebook Page.*



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## Munster Council Officers 2015

Position	Officer
Chairman	Mossie Woulfe, Limerick
Vice Chairman	John Devine, Clare
Administration Secretary	Esther Fitzpatrick, Cork
Treasurer	Patrick O'Donoghue, Kerry
Assistant Treasurer	Albert Doyle, Tipperary
Registrar	John Copithorne, Cork
PRO Juvenile	Aisling Hoey, Tipperary
PRO Masters	James Sexton, Clare
Junior, U/23, Senior & Masters T&F Competition Secretary	Esther Fitzpatrick, Cork
Junior, Senior & Masters Indoor Competition Secretary	Padraig Kelly, Cork
Juvenile Indoor & Outdoor Track & Field Competition Secretary	Anne Cullinane, Limerick
Cross Country & Road Competition Secretary	Michael Lillis, Clare
Child Officers	Male - Tim Fitzpatrick, Cork Female - Mary Meagher, Cork
Equipment Officer	Karl O'Connell, Cork
IT Officer	Michael Godley, Kerry
Munster Rep. National Executive	Jim Ryan, Tipperary
Munster Rep. National Competition Committee	Tim Ahern, Cork
Munster Rep. National Juvenile Committee	Tim Fitzpatrick, Cork

## Munster Council Contacts

Contact	E-mail
General Information	<a href="mailto:info@munsterathletics.com">info@munsterathletics.com</a>
Administration Secretary	<a href="mailto:secretary@munsterathletics.com">secretary@munsterathletics.com</a>
Senior T&F Competition Secretary	<a href="mailto:tfsecretary@munsterathletics.com">tfsecretary@munsterathletics.com</a>
Juvenile Competition (Indoor & T&F) Secretary	<a href="mailto:juvenilesecretary@munsterathletics.com">juvenilesecretary@munsterathletics.com</a>
Senior Indoor Competition Secretary	<a href="mailto:seniorindoorsecretary@munsterathletics.com">seniorindoorsecretary@munsterathletics.com</a>
Cross Country Competition Secretary	<a href="mailto:ccsecretary@munsterathletics.com">ccsecretary@munsterathletics.com</a>

## 2015 Age Categories

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### 2015 Age Categories (as per AAI Juvenile Competition Booklet 2015)

1. Age categories calculated from 31<sup>st</sup> December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.
3. Please note all ages in this booklet should be read as UNDER the stated age.

Age 9 Born 2007

Age 10 Born 2006

Age 11 Born 2005

Age 12 Born 2004

Age 13 Born 2003

Age 14 Born 2002

Age 15 Born 2001

Age 16 Born 2000

Age 17 Born 1999

Age 18 Born 1998

Age 19 Born 1997

## Club Apparel

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All Munster Clubs should be aware of the protocol around competition apparel.

- Official Club singlets must be worn in all Munster competitions. If Club singlet is not available, a plain white vest or tee-shirt is acceptable.
- National Apparel is to be worn only when representing Ireland at International Competition. No athlete should compete wearing Athletics Ireland shorts at a Munster Event.
- In general shorts should be single colour, not patterned. While a Nike/Adidas etc logo is acceptable, multi-coloured or patterned shorts are not.
- Where possible shorts should complement the singlet, if in doubt black is always acceptable.



## Competition Code of Conduct for Parents, Coaches & Mentors

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Parents/Guardians should lead by example

- Adopt a positive attitude to their children's participation
- Respect officials' decisions and encourage children to do likewise
- Do not exert undue pressure on your child.
- Never admonish your own child or any other child for their performance
- Be realistic in their expectations
- Show approval for effort, not just results
- Never embarrass a child or use sarcastic remarks
- Applaud good performances from all children
- Do not criticise children's performances
- Do not seek to unfairly affect a result
- Do not enter the competition area unless specifically invited to do so by an Official in charge
- Never use foul language or provocative language/gestures to Officials
- Do not question an Officials decisions or integrity
- Encourage children to respect and accept the judgement of officials
- Promote Fair Play

Check the programme for the Referee/Childrens Officers name – these are the people to speak to if you have a complaint. **The Munster Child Officers are Mary Meagher (female officer) & Tim Fitzpatrick (male officer).**

### **ANY BREACH OF THIS CODE MAY LEAD TO YOUR EXCLUSION FROM FUTURE EVENTS**

Athletics Ireland is fully committed to providing a positive, fair & safe environment for our children and officials. Athletics Ireland acknowledges that without the commitment of our officials, who give freely and generously of their time, it would not be possible to provide competitive opportunities for your children.

Officials have a duty to be impartial, fair & fully informed of competition rules & regulations





## Permission for Use of Photographic/Film/Video Equipment

**In line with the recommendation in Athletics Ireland's Code of Conduct, Munster Athletics request that any person wishing to engage in any video, zoom or close range photography should register their details with Michael Lillis, the Munster Cross Country Secretary. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.**





## Fixtures 2015 – March 2016



Date	October 2015	Venue
Wed 14th	GloHealth Munster Schools Combined Events Championships	Nenagh Indoor Stadium
Sun 18th	AAI Autumn Open Cross Country	Phoenix Park, Dublin
Sun 25th	Munster Novice, U/23 & Juvenile Even Age Cross Country Championships	WIT Sports Campus, Carriganore, Co. Waterford
Mon 26th	National Marathon AAI Championships	Dublin

Date	November 2015	Venue
Sat 7th	GloHealth All-Ireland Schools Combined Events Championships	AIT International Arena, Athlone
Sun 8th	Munster Senior & Juvenile Uneven Age Cross Country Championships	Beaufort, Co. Kerry
Sat 14th	British & Irish Masters Cross Country	Santry Demesne, Dublin
Sun 22nd	GloHealth National Inter-Club & Juvenile Even Age Cross Country Championships	Santry Demesne, Dublin
Sun 29th	Munster Masters & Juvenile "B" Cross Country Championships	Cappawhite, Co. Tipperary

Date	December 2015	Venue
Sun 6th	GloHealth National Novice & Juvenile Uneven Age Cross Country Championships	St. Augustine's College, Dungarvan, Co. Waterford
Sat 12th	Schools Combined Events International	Emirates Arena, Glasgow
Sun 13th	European Cross Country Championships	

Date	January 2016	Venue
Sat 2nd	Munster Junior & U/23 Women's Indoor Championships & Munster Juvenile & Youth Boys Pentathlon Championships	Nenagh Indoor Stadium
Sun 3rd	Munster Junior & U/23 Men's Indoor Championships & Munster Juvenile & Youth Girls Pentathlon Championships	Nenagh Indoor Stadium
Sat 9th	GloHealth 4k Cross Country, Juvenile "B" Championships & Juvenile Relay Championships	ALSAA, Dublin
Sun 10th	Munster Intermediate & Junior Cross Country Championships & Juvenile Inter-County Cross Country Relay Championships	Cork (venue tbc)
Sat 16th	ANI International Cross Country	Greenmount
Sat 16th	AAI National Indoor League - Round 1	AIT International Arena,

		Athlone
Sun 17th	Munster Senior & Masters Indoor Championships	Nenagh Indoor Stadium
Sat 23rd	GloHealth National Indoor Combined Events Championships - All Age Categories	AIT International Arena, Athlone
Sun 24th	GloHealth National Intermediate & Masters Cross Country Championships	Dundalk I.T. Co. Louth
Sat 30th	Munster Star Awards	Listowel, Co. Kerry
Sat 30th	AAI National Indoor League - Round 2	AIT International Arena, Athlone
Sun 31st	AAI National Junior & U/23 Indoor Championships	AIT International Arena, Athlone

Date	February 2016	Venue
Fri 5th	Irish Universities Indoor Championships	tbc
Sat 6th	Munster Juvenile Indoor Relay Championships	Nenagh Indoor Stadium
Sat 6th	AAI National Indoor League Final	AIT International Arena, Athlone
Sun 7th	Munster Convention	Cork (venue tbc)
Sun 7th	GloHealth AAI Indoor Games	AIT International Arena, Athlone
Sun 7th	European Club Cross Country Championships	Turkey
Thurs 11th	GloHealth Munster Schools Cross Country Championships	Cork I.T.
Sat 13th	Munster U/9 to U/12 Indoor Championships	Nenagh Indoor Stadium
Sun 14th	Munster U/9 to U/12 Indoor Championships	Nenagh Indoor Stadium
Sun 14th	GloHealth Inter County Cross Country Championships	tbc
Sat 20th	Munster U/13 to U/19 Indoor Championships	Nenagh Indoor Stadium
Sun 21st	Munster U/13 to U/19 Indoor Championships	Nenagh Indoor Stadium
Sat 27th	GloHealth Senior Indoor Championships	AIT International Arena, Athlone
Sun 28th	GloHealth Senior Indoor Championships	AIT International Arena, Athlone

Date	March 2016	Venue
Sat 5th	GloHealth All-Ireland Schools Cross Country Championships	Sligo Racecourse
Fri 11th - Sun 13th	World Universities Cross Country Championships	Italy
Sat 12th - Sun 13th	European Winter Throws	tbc
Sat 12th	GloHealth Juvenile Indoor Championships - Day 1	AIT International Arena, Athlone
Sun 13th	GloHealth Juvenile Indoor Championships - Day 2	AIT International Arena, Athlone
Thurs 17th - Sun 20th	World Indoor Championships	Oregon, USA
Sat 19th	GloHealth Juvenile Indoor Relay Championships - Day 3	AIT International Arena, Athlone
Sat 19th	SIAB Schools International Cross Country	Callendar Park, Falkirk, Scotland
Sun 20th	GloHealth National Master Indoor Championships	AIT International Arena, Athlone
Tues 29th - Sun 3rd April	European Master Indoor Championships	Italy

## Munster Athletics Juvenile Cross Country Regulations 2015/2016

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- Regions must forward a copy of the Regional Club results to Head Office
- **Start time 11.30**
- IAAF Rules apply
- Athletes may move up **ONE** age group except for the U/9 age group. To compete U/9, the minimum age is **EIGHT** years (ie. all athletes must turn 8 years old in 2015, no athlete turning 7 in 2015 may compete).
- Spot Checks will be undertaken
- **First four (4) club teams** in the 11-18 age group all must have competed in the Provincial/Regional Cross Country Championships. **There is no follow-on All Ireland competition for U/9, U/10 & U/19 age groups. They compete at Munster level only.**
- Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region Of Dublin qualify for County Teams.
- For National Championships, in the 17 & 18 age groups **OPEN ENTRY** will apply **provided** the athlete has competed in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY. An U/18 athlete may score on the Junior Team if selected & entered as well as score on the U/18 County & Provincial Team but may not score on both Club teams. **Teams Must Be Entered In The Correct Age Category Before the Closing Date for Entries**
- All entries for Nationals to go through Regional Secretaries
  - **Province:** 12 athletes to run with 6 to score
  - **County:** 10 athletes to run with 6 to score
  - **Club:** 6 athletes to run with 4 to score
- Athletes must be registered
- Pacing of athletes will mean disqualification. Please inform club officials and parents.
- Only athletes **declared** on the team sheets will score.
- **It is strongly recommended that all athletes wear the correct footwear. No earphones should be worn at any time in call area or competition.**
- Fees: Club Free

County	20 Euro
Individual	2 Euro

- **Juvenile “B” Competition is open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at Munster or National Championships.**
- Entries through Club or County Secretary for “B” Competition.
- Entries through County Secretary for Inter County Relays. County Singlets must be worn
- Online Entry will be in operation for all Munster Cross Country Competitions. All details can be found on the “Forms” page of the Munster Athletics website at [www.munsterathletics.com](http://www.munsterathletics.com). **No Postal Entries will be accepted.** Payment online is preferable but cheques/postal orders will also be accepted & must be with the Munster Cross Country Competition Secretary, Michael Lillis **by the Wednesday prior to the event.** All cheques/postal orders to be made payable to Munster Athletics.

**Any Athletes who qualify for National Cross Country Championships & who are unable to attend on the day, please let the Munster Cross Country Secretary, Michael Lillis know without delay so that a substitute can be added to the Munster team. **Contact Michael at [ccsecretary@munsterathletics.com](mailto:ccsecretary@munsterathletics.com) or 065 9050051.****

## Munster/National Cross Country Championships 2015/16

Date	October 2015	Venue
Sun 25th	Munster Novice, U/23 & Juvenile Even Age Cross Country Championships	WIT Sports Campus, Carriganore, Co. Waterford

Date	November 2015	Venue
Sun 8th	Munster Senior & Juvenile Uneven Age Cross Country Championships	Beaufort, Co. Kerry
Sun 22nd	GloHealth National Inter-Club & Juvenile Even Age Cross Country Championships	Santry Demesne, Dublin
Sun 29th	Munster Masters & Juvenile "B" Cross Country Championships	Cappawhite, Co. Tipperary

Date	December 2015	Venue
Sun 6th	GloHealth National Novice & Juvenile Uneven Age Cross Country Championships	St. Augustine's College, Dungarvan, Co. Waterford

Date	January 2016	Venue
Sat 9th	GloHealth 4km Cross Country, Juvenile "B" Championships & Juvenile Relay Championships	ALSAA, Dublin
Sun 10th	Munster Intermediate & Junior Cross Country Championships & Juvenile Inter-County Cross Country Relay Championships	Cork (venue tbc)
Sun 24th	GloHealth National Intermediate & Masters Cross Country Championships	Dundalk I.T., Co. Louth

Date	February 2016	Venue
Sun 14th	GloHealth Inter County Cross Country Championships	tbc

**Medals:**

<b>"A" Championships</b>	<b>First 12 individuals</b>	
	<b>First 3 Regional, County, Club teams</b>	
<b>"B" Competition</b>	<b>First 12 individuals</b>	
	<b>First 3 County and Club teams</b>	

**Fees:**

<b>Club</b>	<b>Free</b>	
<b>County</b>	<b>€20</b>	
<b>Individual</b>	<b>€2</b>	
<b>Relay Teams</b>	<b>€10</b>	

- **Payment online with entries. Any Cheques/Postal Orders to be made payable to Munster Athletics & must be with the Munster Cross Country Secretary on the Wednesday prior to the event.**

## “A” Cross Country Distances

<b>Girls</b>	<b>Distances</b>	<b>Boys</b>	<b>Distances</b>
09	750m	09	750m (Munster Only)
10	1000m	10	1000m (Munster)
11	1500m	11	1500m
12	2000m	12	2000m
13	2500m	13	2500m
14	3000m	14	3000m
15	3500m	15	3500m
16	4000m	16	4000m
17	4000m	17	5000m
18	4000m	18	6000m
19	4000m	19	6000m

## Development (“B”) Cross Country Distances

<b>Girls</b>	<b>Distances</b>	<b>Boys</b>	<b>Distances</b>
09	750m	09	750m (Munster only)
11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

## Juvenile Cross Country Inter-County Relays

*Munster Juvenile Inter-County Relays – Sunday 10<sup>th</sup> January 2016*  
*National Juvenile Inter-County Relays – Saturday 9<sup>th</sup> January 2016*

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- All athletes must be registered. (2015 Ages apply)
- Entries through County Secretary for Relay Championships
- County Singlet must be worn.
- No Entries on the day
- All teams must be pre-entered with team list, date of birth, registration number
- First 3 teams receive medals; A sub must be declared and present on the day to receive medal.
- **1 team per County per age group**
- **There is no follow-on All Ireland competition for U/10 Relays**

**Athletes who qualify for National Cross Country Relay Championships & who are unable to attend on the day, please let the Munster Cross Country Secretary, Michael Lillis know without delay so that a substitute can be added to the Munster teams. Contact Michael at [ccsecretary@munsterathletics.com](mailto:ccsecretary@munsterathletics.com) or 065 9050051.**

### Cross Country Inter County Relays

Girls	10	4 x	250m Relays (Munster Only)
Boys	10	4 x	250m Relays (Munster Only)
Girls	12	4 x	500m Relays
Boys	12	4 x	500m Relays
Girls	14	4 x	500m Relays
Boys	14	4 x	500m Relays

*At National level, this competition will be held with 4km Cross Country & Juvenile “B” Championships & at Munster level, this competition will be held with Intermediate & Junior Cross Country.*

## MUNSTER CONVENTION

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The 2016 Munster Convention will be held on **Sunday 7<sup>th</sup> February 2016** in Cork. More details will be posted at [www.munsterathletics.com](http://www.munsterathletics.com) at a later date.

## MUNSTER STAR AWARDS

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The 2015 Munster Star Awards will be held on **Saturday 30<sup>th</sup> January 2016** in Listowel, Co. Kerry. Award Winners will be announced & more details will be posted at a later date at [www.munsterathletics.com](http://www.munsterathletics.com).

## Munster Star Award Winners 2014

### Indoor & Track and Field Awards

Clare	Laura Power	Ennis Track A. C.
Clare	Tony Odubote	Ennis Track A. C.
Cork	Vicki Cusack	Liscarroll A.C.
Cork	Jack Murphy	Leevale A.C.
Kerry	Aoife Doyle	Star of the Laune A. C.
Kerry	Jason Foley	Lios Tuathail A. C.



Limerick Limerick	Ciara Neville Stanley Ikeh	Emerald A. C. Limerick A. C.
Tipperary Tipperary	Maria Carey Daniel Ryan	Newport A. C. Moycarkey C.C. A. C.
Waterford Waterford	Siobhan Whelan James Murphy	Ferrybank A. C. Waterford A. C.
Junior Women Junior Men	Grace McKenzie Sam Healy	Belgooly A. C. Leevale A. C.
Under 23 Women Under 23 Men	Lilly Ann O'Hora Cormac Lynch	Dooneen A. C. Marian A. C.
Senior Women Senior Men	Claire Fitzgerald Barry Healy	Tralee Harriers A. C. Youghal A. C.
Master Women	Elaine Cronin	Gneeveguilla A. C.
Master Men	John Murphy	Liscarroll A. C.
International Award	Joe Gough	West Waterford A.C.
Hall of Fame		Cork
Patsy O'Connor Officer Award		Michael Gregan, Tramore A.C. Waterford

### **Achievement Awards**

Michelle Finn		Leevale A.C.
Siobhan O'Doherty		Borrisokane A.C.
Laura Crowe		An Riocht A.C.
Louise Shanahan		Leevale A.C.
Adam King		Iveragh A.C.
Kelly Proper Phil Healy Sarah Lavin		Ferrybank A.C. Bandon A.C. UCD

### **Club Awards**

Indoor	Juvenile Junior/Senior Masters	Leevale A. C. Leevale A. C. Ennis Track A. C.
Track & Field	Juvenile Junior/Senior Masters	Leevale A. C. Leevale A. C. Waterford A. C.

### **County Awards**

Indoor & T/F	Juvenile	Cork
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Indoor & T/F	Senior	Cork
Indoor & T/F	Masters	Cork

### **Juvenile Cross Country Awards**

Clare	Eoin O’Looney	Kilmurray Ibrickane North Clare A. C.
Cork	Rhona Pierce	Leevale A. C.
Kerry	Darragh Browne	Lios Tuathail A. C.
Limerick	Eoghan Beery	Dooneen A. C.
Tipperary	Ciara Cummins	Nenagh Olympic A. C.
Waterford	Sean Curran	West Waterford A. C.

### **Senior Cross Country and Road Awards**

Senior Men	William Maunsell	Clonmel A. C.
Senior Women	Shona Heaslip	An Riocht A. C.
Master Men	Mike Cunningham	Moore Abbey Milers A. C.
	Eugene Moynihan	Marian A. C.
Master Women	Niamh O’Sullivan	An Riocht A. C.

### **Cross Country / Road Club Awards**

Best Juvenile X- Country Club	Ennis Track A. C.
Overall Senior Club X- Country & Road	West Waterford A. C.
Best Juvenile “B” X-Country Club	Kenmare A. C.

### **Cross Country County Awards**

Best Juvenile County	Cork
Best Senior County	Cork

