

Liscarroll Athletic Club.

“ Tom Fitzpatrick Memorial “

10Km. Road Race



FRIDAY 29th August 2014 @ 7.00pm Sharp

At Liscarroll, Mallow, Co.Cork (North West Cork).

Situated Approx. 6 Miles—Buttevant; 11---Mallow;

9--- Charleville; 9--- Kanturk.

Sorry; No Walking Section for Safety Reasons due to short Evenings

Entries Taken at Community Centre, beside G.A.A. Pitch

from 5.30 p.m. up to 6.45 p.m.

A.A.I. Permit Granted

Entry Fee €10.00. per Individual.



Course:- Flat & Fast 10Km. Out & Back Loop.

Only 17m. Change in Elevation over Whole Course, providing all individual participants with a chance to set a Personal Best Performance over the 10 Km. Distance.

Changing/Showers at Community Centre beside G.A.A. Pitch

For info; Contact; 022-48302, 087-6888591 or 087-9042593.

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Web; www.liscarrollathletics.org. & Web; corkathletics.org.

