

Liscarroll A. C. 10K

“ Tom Fitzpatrick Memorial “

Road Race



FRIDAY 21st August 2015 @ 7.15pm 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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