

# Liscarroll Athletic Club.

## ‘Tom Fitzpatrick Memorial ‘ 10Km. Road Race & Relay



**FRIDAY 30<sup>TH</sup> August 2013 @ 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.**

**€15.00 per Relay Team**

**Relay** will be a Mixed Medley for 3 runners.

**At least one woman on each team.**

**Prizes for the first three teams home**

**Stage 1 - 3k. Stage 2 - 4k. Stage 3 - 3k.**

**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, 087-6888591,087-9042593.

E-Mail; [liscarrollathletics@yahoo.co.uk](mailto:liscarrollathletics@yahoo.co.uk).

Web; [www.liscarrollathletics.org](http://www.liscarrollathletics.org). & Web; [corkathletics.org](http://corkathletics.org).



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