



# Liscarroll A. C.

## 5K/10K

“ Tom Fitzpatrick Memorial “ 10K

Road Race & **new 5K**

Races will run simultaneously

FRIDAY 17<sup>th</sup> August 2018 @ 7:30pm Sharp

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

Situated Approx. 6 Miles --Buttevant; 11-- Mallow; 9 -- Charleville; 9 -- Kanturk.

**Entries Taken & Changing Facilities at Community Centre, beside**

**G.A.A. Pitch from 5:30p.m. to 7:15p.m.**

**Important - Distance to Start Line is 2.0Km Approx.**

**Entry Fee €10.00 per Individual, per race.**

**10K: Prizes for 1<sup>st</sup> Four Men & 1<sup>st</sup> Four Women Home**

**1<sup>st</sup> Man & 1<sup>st</sup> Woman 0/40, 0/45, 0/50, 0/55 etc.**

**5K: Prizes for 1<sup>st</sup> three Men & 1<sup>st</sup> three Women home**

**Course:- Flat & Fast 5Km & 10Km. Out & Back Loops.**

Only 17m Change in Elevation over whole 10K Course, providing all individual participants with a chance to set a Personal Best Performance over the Route. Previous Best Times for Course; Men 31.12, Women 37.44

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

A.A.I. Permit Granted

Facebook: [https://www.facebook.com/Liscarroll AC/](https://www.facebook.com/LiscarrollAC/)

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).

