



Liscarroll A. C. 5K/10K.

“ Tom Fitzpatrick Memorial “ 10K

Road Race & **new 5K.**

Races will run simultaneously

FRIDAY 17th 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 5.30 p.m. to 7.15 p.m.

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

Entry Fee €10.00. per Individual, per race.

10K. Prizes, for; 1st Four Men & 1st Four Women Home,

1st Man & 1st Woman 0/40, 0/45, 0/50, 0/55 etc.

5K. Prizes, for; 1st three Men & 1st 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/>

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