

# Liscarroll A. C. 10K

## “ Tom Fitzpatrick Memorial “

### Road Race



**FRIDAY 18<sup>th</sup> August 2017 @ 7.30pm 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 & Changing Facilities at Community Centre, beside**

**G.A.A. Pitch from 5.30 p.m. to 7.15 p.m.**

**Distance to Start Line 2.0Km Approx.**

**A.A.I. Permit Granted**

**Entry Fee €10.00. per Individual.**

**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 +1<sup>st</sup> Junior.**

**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.**

**Previous Best Times for Course; Men 31.12, Women 37.44.**

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

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

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



1<sup>st</sup> 4 men 150+100+50+50 = 350

1<sup>st</sup> 4 Wmn 150+100+50+50=350

1<sup>st</sup> men 40,45,50,55,60 Jun x50=300

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