



34th Annual 10K Road Race



8pm on Wednesday
3rd July 2019
Dundrum, Co. Tipperary

Thousands of Euros in Prizes
Quality Embroidered Souvenir Hand Towel for All Finishers

5K FOR JUNIORS *One lap ran with 10k event
(age between 13years on day of race and 19years or under on 31/12/19)*

“In terms of fast 10k courses, this must surely be one of the fastest in Munster if not the country”.
Running in Munster (munsterrunning.blogspot.com)

- First 5 Senior Men, First 2 Vet. Men 0/40, 0/45, 0/50
- First Vet. Man 0/55, 0/60, 0/65, 0/70
- First 5 Senior Women, First 2 Vet. Women 0/40, 0/45, 0/50
- First Vet. Woman 0/55, 0/60, 0/65, 0/70
- First Wheelchair
- First 3 Junior Men
- First 3 Junior Women
- Relay - First female team and male team



Tim Crowe Memorial Trophy
to be presented to the first Tipperary Athlete.

- Daniel Gidumbanda**
- Tanzania (1997) 29:45**
- Rosemary Ryan,**
- Bilboa (2003) 34:28**

€200 Bonus For New 10k Course

Record Men and Women



/DundrumAthleticClub
/Coillte Outdoors



@DundrumAC
@coilltenews



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/Coillte_Outdoors



Athletics Ireland Permit 19/302. Race not suitable for walkers due to two lap circuit.
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