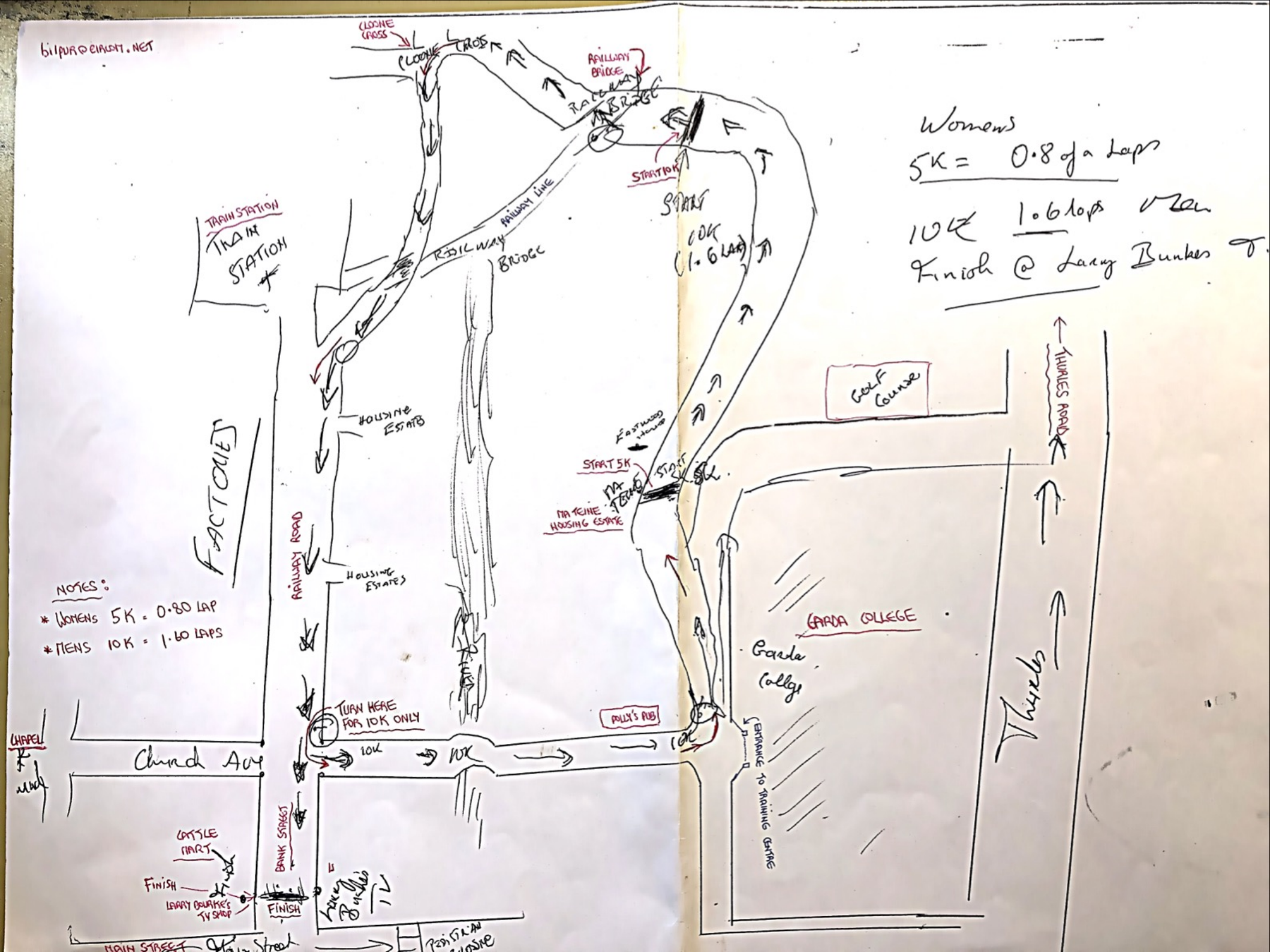
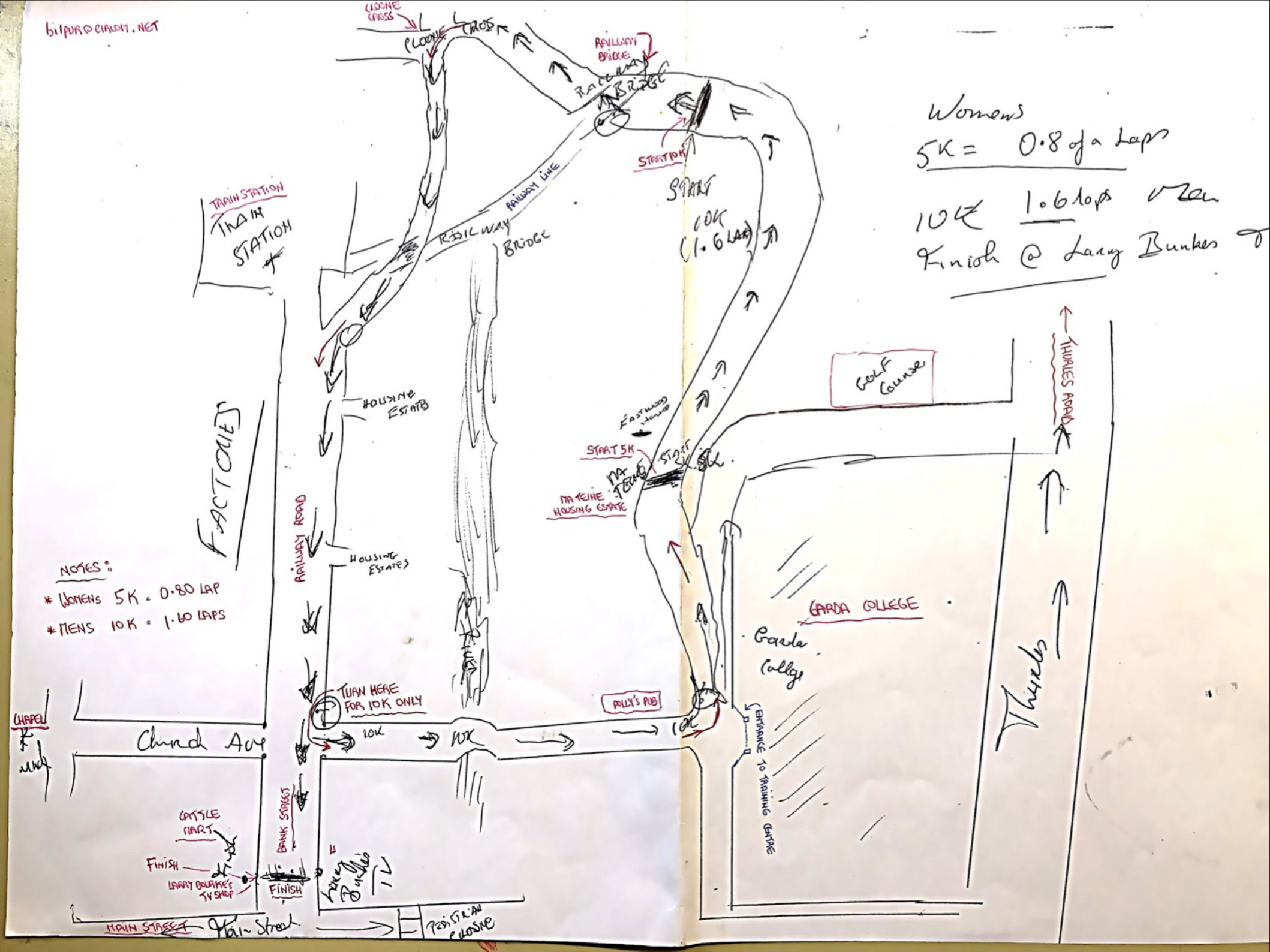

bilpur@eircom.net
CLOONE CROSS
CLOONE CROSS
RAILWAY BRIDGE
RAILWAY BRIDGE
START 10K
START
10K (1.6 LAP)
TRAIN STATION
TRAIN STATION
RAILWAY LINE
RAILWAY BRIDGE
HOUSING ESTATE
FACTORIES
RAILWAY ROAD
HOUSING ESTATES
NOTES:
* WOMENS 5K = 0.80 LAP
* MENS 10K = 1.60 LAPS
START 5K
NA TEINE HOUSING ESTATE
GOLF COURSE
THURLES ROAD
GARDA COLLEGE
Garda Colleg
TURN HERE FOR 10K ONLY
POLLY'S PUB
10K
10K
10K
CHAPEL
Church Ave
ENTRANCE TO TRAINING CENTRE
CATTLE MART
BANK STREET
Finish
LARRY BOURKE'S TV SHOP
Finish
MAIN STREET
Womens
5K = 0.8 of a Laps
10K 1.6 laps
Finish @ Larry Bourkes


bilpur@eircom.net
CLOONE CROSS
CLOONE CROSS
RAILWAY BRIDGE
RAILWAY BRIDGE
START 10K
START 10K (1.6 LAP)
RAILWAY LINE
RAILWAY BRIDGE
TRAIN STATION
TRAIN STATION
HOUSING ESTATE
FACTORIES
RAILWAY ROAD
HOUSING ESTATES
EASTWOOD HOUSE
START 5K
START 5K
MA TEINE HOUSING ESTATE
GOLF COURSE
THURLES ROAD
GARDA COLLEGE
Garda College
Thurles
TURN HERE FOR 10K ONLY
10K
10K
10K
POLLY'S PUB
ENTRANCE TO TRAINING CENTRE
CHAPEL
Church Ave
BANK STREET
CATTLE MART
FINISH
LARRY BOURKE'S TV SHOP
FINISH
Larry Bourke's TV
MAIN STREET
Main Street
PEDESTRIAN CLOSURE
NOTES:
* WOMENS 5K = 0.80 LAP
* MENS 10K = 1.60 LAPS
Womens
5K = 0.8 of a Laps
10K 1.6 laps Men
Finish @ Larry Bunkes