



FRANK DUFFY 10 MILE

THE ROUTE:

- (Start)** Chesterfield Avenue
 Mountjoy Cross
 Ordnance Survey Road
 Upper Glen Road
 Military Road
 Wellington Road
 Chesterfield Avenue
 Lords Walk
 Spa Road
 North Road
 Mountjoy Cross
 Chesterfield Avenue
 Acres Road
 Upper Glen Road
(Finish) Furze Road



- Lap one
- Lap two
- Mile marks
- Tipperary Water stations

