

# 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

