



Route - 2 LAPS - Start & Finish on the Parade

Lap 1 - Start on the Parade .

Run down the Parade and along High street

proceed along High street, Parliament street into Irish town.

Turn Right on to St Canice's Place

Run straight over St Francis Bridge along the new road to the Castlecomer road junction, Turn Right.

Run along the Castlecomer road to the roundabout at the Hebron road junction, turn right and run down John street upper keep running down John street, over Johns bridge in to Rose inn street. Rose inn street is divided in two lanes .

Keep to the right hand lane along Rose inn street and take a right turn back up High Street to complete Lap 2. (as per lap 1)

Upon the completion of Lap 2 as you re-enter Rose inn street - Keep to the Left hand lane and turn left back up the parade to the Finish line.

