

FRANK DUFFY 10 MILE

THE ROUTE:

(Start) Chesterfield Avenue
Mountjoy Cross
Ordnance Survey Road
Knockmaroon Road
Upper Glen Road
Military Road
Wellington Road

Chesterfield Avenue
Acres Road
Path
Acres Road
Chesterfield Avenue
Mountjoy Cross
Ordnance Survey Road
(Finish) Furze Road



 Lap One

 Lap Two

  Mile Marks

 Ishka Water Stations

