



Frank Duffy
10 MILE

adidas LIFESTYLE SPORTS

SATURDAY AUGUST 15

THE ROUTE:

(Start) Junction of Chesterfield Avenue and Furze Road
 Wellington Road
 Military Road
 Upper Glen Road
 Ordnance Survey Road
 Chesterfield Avenue
 Kyber Road
 Military Road
 Upper Glen Road
 Ordnance Survey Road
 Chesterfield Avenue
(Finish) Furze Road

- Lap one
- Lap two
- Home straight
- Mile marks
- Ballygowan Water stations

