

DUBLIN  
RACE  
SERIES  
2013



# FRANK DUFFY 10 MILE

**THE ROUTE:**

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



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

