




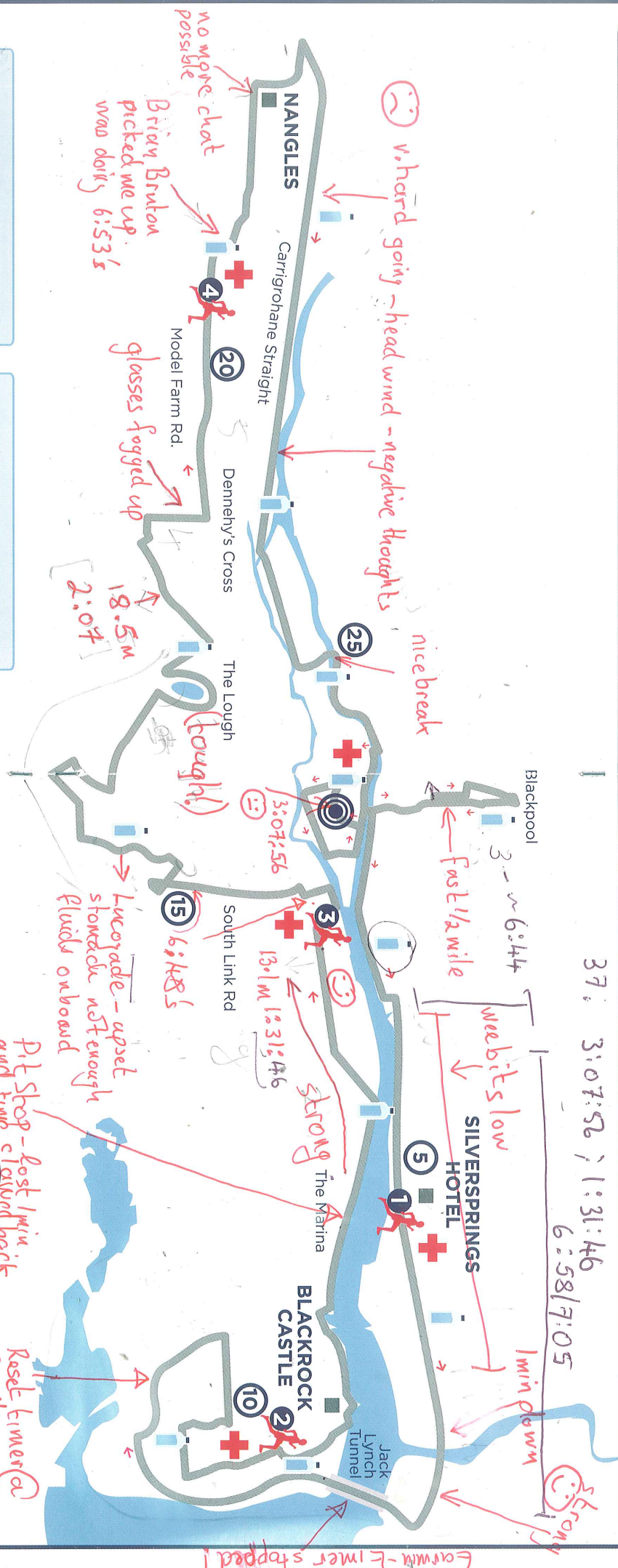


ROUTE MAP

2009

 **START/FINISH**
 **RELAY POINTS**
 **ROUTE DIRECTION**

 **WATERSTATION**
 **MEDICAL POINT**
 **MILE MARKERS**



Special thanks to our sponsor Tipperary Water for providing water for all the athletes.



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Rosale Limer 8 miles