



Routes subject to change

Run and Walk for Life 2017:

All participants are asked to congregate in George's Street via John Roberts Square where you will be separated into runners and walkers prior to the official start. You must be in George's Street for 12 noon on Sunday 8th October 2017.



The Solas Cancer Support Centre, South East Run and Walk for Life 2017 START TIME will be 12:30 sharp. Remember to KEEP LEFT AT ALL TIMES!

■ 10 Mile Run for Life Cue Sheet

- START: Proceed along The Quay towards the Tower Hotel and turn right at Reginald's Tower, remembering to keep on the left hand side of the road
- Proceed along The Mall
- Continue along Parnell Street
- Continue along Manor Street
- Veer left onto the Tramore Road, just passed Dunhpy's Shop
- Proceed across the Tramore Road roundabout junction on the left hand side of the road, taking extra care of vehicular traffic and obeying the Garda and stewards instructions
- At the Tramore Road roundabout junction with the dual carriageway turn left
- Continue straight through the next two roundabouts, keeping on the left hand side as always
- Continue on outer ring road to the Williamstown roundabout where you will turn right. EXTRA care is need crossing this roundabout and you MUST following the directions and instructions of Garda and stewards
- Continue towards Ballygunner
- Turn left at Ballygunner Gaelscoil and continue downhill towards Ballygunner church
- Turn left onto the Dunmore Road at Beckett's pub and keep on Dunmore Road heading towards the City Centre
- Continue on the Dunmore Road towards the City Centre following the signage and stewards instructions
- Enter the People's Park and cross the finish line
- FINISH LINE: The Solas Cancer Support Centre, South East Run and Walk for Life concludes in the People's Park where everyone, family and friends can enjoy the "Fun for Life" event

■ 5 Mile Walk for Life Cue Sheet

- START: Proceed along The Quay towards the Tower Hotel and turn right at Reginald's Tower, remembering to keep on the left hand side of the road
- Proceed along The Mall
- Continue along Parnell Street
- Turn left at Foundry Night Club and proceed ALL the way up John's Hill to the Williamstown roundabout
- Turn left at the Williamstown roundabout and proceed to UHW roundabout
- Turn left at UHW roundabout and onto the Dunmore Road
- Continue on the Dunmore Road towards the City Centre following the signage and stewards instructions
- Enter the People's Park and cross the finish line
- FINISH LINE: The Solas Cancer Support Centre, South East Run and Walk for Life concludes in the People's Park where everyone, family and friends can enjoy the "Fun for Life" event