



Location of Cross Country Course

Dublin

From Tipperary Town / Limerick side best to travel up through the town along main street and out the old Dublin Road R639, course is 1km from ESSO station.

From Cork/Dublin/Waterford/Clonmel/Cahir best to take the M8 motorway and take exit 7 north of Cashel to avoid the town. Course is 500m from the exit.

Tipperary Town / Limerick

Will be sign posted from the motorway and also from the centre of the town.

Cork