



40th
EAST CORK
ROAD CHAMPIONSHIP

at **Ballynoe**

THURSDAY, APRIL 25th 2019
7.30 Start

LADIES 3000 Metre
MEN 5 Miles

Medals

1st 2nd 3rd individual

Men- 1st 2nd 3rd Teams (4 to score) outside top 3

Ladies- 1st 2nd 3rd Teams (3 to score) outside top 3

(Races confined to Members East Cork Athletic Clubs only)



EAST CORK ATHLETICS DIVISION
eastcorkathleticsdivision.com

TRACK, FIELD
&
ROAD
CHAMPIONSHIPS
2019

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