



# CLONAKILTY WATERFRONT MINI-MARATHON

## 10 December 2011

Saturday 10 December 2011  
 Waterfront Buildings, Clonakilty  
 Start 9am Sharp



Water Stations approximately every 3 miles  
 Tipperary Sports Water



Energy Gels at miles 17, 19, 23  
 Kinetica



Irish Red Cross, Mobile Race Support Units  
 On Course Ambulance and Aid Stations



Energy Drinks Stations at miles 17, 19, 23  
 Scallys Centra, Clonakilty



Out course toilet facilities Start/Finish area, Mile 5.5  
 Inchydoney, Mile 13, Mile 17 Red Strand, Mile 23

Hayes Cabin Services, Cork County Council



Mandatory Checkpoints/Timing Mats