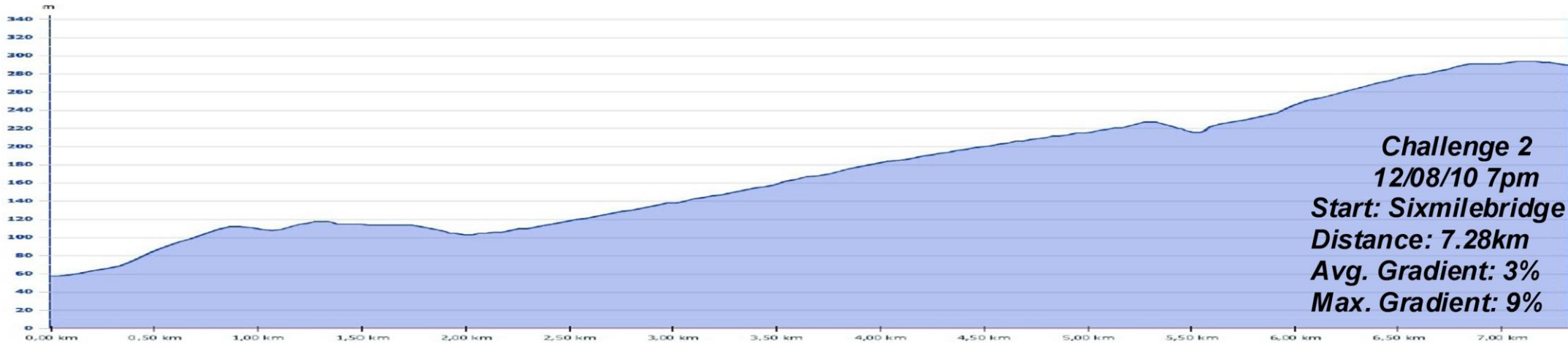
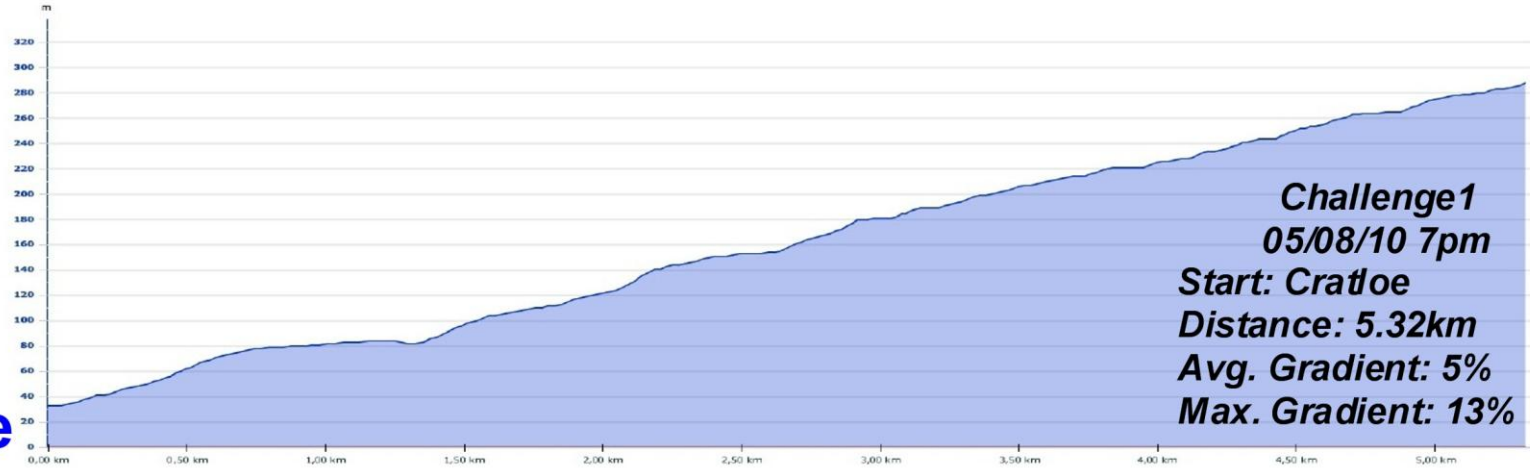


Gallows Hill Climb Series 2010



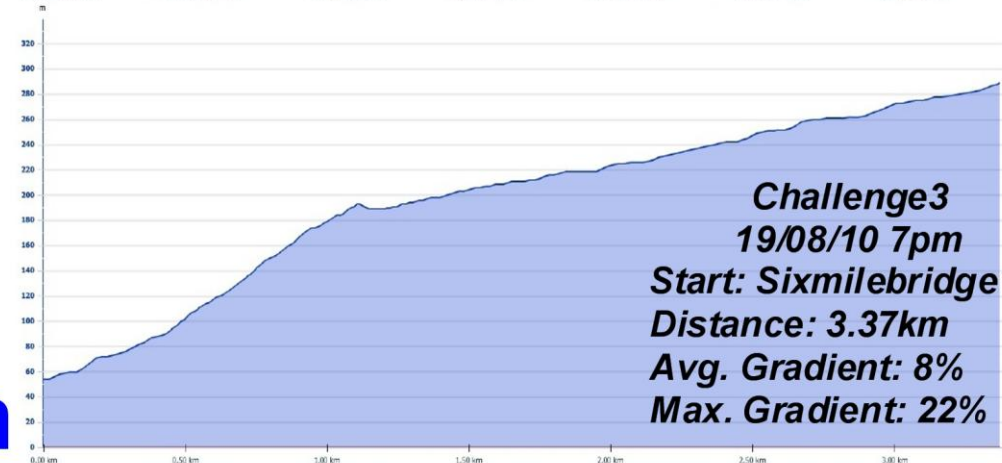
www.stephentlynch.ie



**How quick can you get up Gallows Hill?
 Come out and give it a go**

Weekly Meeting points
 No.1 Cratloe woods junction, Cratloe
 No.2 Main Square, Sixmilebridge
 No.3 Main Square, Sixmilebridge

Prizes will be awarded
 Weekly cost €5
 Enquiries to Stephan;
coaching@limericktriathlon.com



www.limericktriathlon.com