

		Pace (min/mile)	Planned Start	Actual Start
		00:08:00	09:00 AM	
Location	Distance	Race Time	Planned Time	Actual Time
Fitzwilliam Street Lower				
Merrion Square East				
Holles Street				
Sandwich Street Upper				
Pearse Street				
Westmoreland Street	1	00:08:00	09:08 AM	
O'Connell Street				
Parnell Street				
Parnell Square West				
Dorset Street Upper	2	00:16:00	09:16 AM	
Eccles Street				
Berkley Road				
North Circular Road	3	00:24:00	09:24 AM	
North Circular Road Gate				
North Road	4	00:32:00	09:32 AM	
Spa Road				
Lords Way				
Chesterfield Avenue	5	00:40:00	09:40 AM	
Chesterfield Avenue	6	00:48:00	09:48 AM	
Furze Road				
Upper Glen Road	7	00:56:00	09:56 AM	
Chapelizod Gate				
Chapelizod Road	8	01:04:00	10:04 AM	
Chapelizod Bridge				
St. Laurences Road	9	01:12:00	10:12 AM	
Sarsfield Road				
Inchicore Road	10	01:20:00	10:20 AM	
South Circular Road				
Dolphins Barn	11	01:28:00	10:28 AM	
Crumlin Road	12	01:36:00	10:36 AM	
Drinnagh Road				
Walkinstown Road	13	01:44:00	10:44 AM	
Cromwellsfort Road	14	01:52:00	10:52 AM	
Kimmage Road West				
Fortfield Road	15	02:00:00	11:00 AM	
Terenure Road East	16	02:08:00	11:08 AM	
Orwell Road				
Orwell Park	17	02:16:00	11:16 AM	
Dartry Road				
Milltown Road	18	02:24:00	11:24 AM	
Clonskeagh Road	19	02:32:00	11:32 AM	
Roebuck Road	20	02:40:00	11:40 AM	
Foster's Avenue	21	02:48:00	11:48 AM	
Stillorgan Road				
UCD Flyover				
Stillorgan Road	22	02:56:00	11:56 AM	
Nutley Lane				
Merrion Road	23	03:04:00	12:04 PM	
Shelbourne Road	24	03:12:00	12:12 PM	
Grand Canal St Upper				
Grand Canal St Lower				
Hogan Place	25	03:20:00	12:20 PM	
Fenian Street				
Westland Row				
Pearse Street				
College Street				
Nassau Street	26	03:28:00	12:28 PM	
Leinster Street South				
Clare Street				
Merrion Sq West	26.2	03:29:36	12:29 PM	