

#runningthecountry

In support of the Irish Motor Neurone Disease Association.

www.idonate.ie/RunForJohn

Schedule of counties for 10km run during July 2022...

Friday	July 1 st	Waterford
Saturday	July 2 nd	Carlow & Wexford
Sunday	July 3 rd	Kilkenny & Laois
Monday	July 4 th	Rest day.
Tuesday	July 5 th	Cork.
Wednesday	July 6 th	Co. Clare.
Thursday	July 7 th	Rest day.
Friday	July 8 th	Dublin.
Saturday	July 9 th	Meath & Louth
Sunday	July 10 th	Wicklow & Kildare
Monday	July 11 th	Rest day.
Tuesday	July 12 th	Co. Tipperary
Wednesday	July 13 th	Offaly
Thursday	July 14 th	Rest day.
Friday	July 15 th	Monaghan.
Saturday	July 16 th	Antrim & Derry.
Sunday	July 17 th	Down & Armagh.
Monday	July 18 th	Rest day.
Tuesday	July 19 th	Rest day.
Wednesday	July 20 th	Rest day.
Thursday	July 21 st	Sligo.
Friday	July 22 nd	Leitrim & Donegal.
Saturday	July 23 rd	Fermanagh & Tyrone.
Sunday	July 24 th	Longford & Cavan.
Monday	July 25 th	Rest day.
Tuesday	July 26 th	Westmeath
Wednesday	July 27 th	Co. Galway
Thursday	July 28 th	Rest day.
Friday	July 29 th	Kerry.
Saturday	July 30 th	Mayo & Roscommon.
Sunday	July 31 st	Limerick.