Course.

Starts at Bridge Sess.
Go To Finn Park Turn Right.
Go To Dreenan Bridge Turn Left
Go To Finn Valley turn Left
Go To Church turn Right.
Run 50m turn Left at Drumb
Run for 1 mile turn L at T Jun
Keep on this Road for 4 mile.
Turn left over Bridge
To Finish on Track.
Keep on main Road
To Ballybofey.
Turn Left at BoI..
after 30m Turn Right
Go to Finn Park Turn Right
½ mile turn Left.
½ mile turn Right.
½ mile turn Left.
Finish on Track