



MIZEN TO MALIN

John McCann, Dromore, Co. Tyrone

385 Mile Run in 11 Days

In Aid Of

Down Syndrome Ireland

Downs Syndrome N. Ireland

Thursday 10th June - Sunday 20th June 2010



Day	Town	Miles	Total
Day 1	Mizen		
10/06/2010	Goleen	6	6
Thursday	Schull	9	15
	Ballydehob	5	20
	Drimoleague	14	34
Total Miles: 36		+2	36

Day	Town	Miles	Total
Day 2	Dunmanway	6	42
11/06/2010	Shanlaragh	6	48
Friday	Kilmicheal	4	52
	Macroom	8	60
	Coachford	8	68
Total Miles: 36	Creans XRoads	4	72

Day	Town	Miles	Total
Day 3	Drommahane	11	83
12/06/2010	Mallow	7	90
Saturday	Buttevant	4	94
	Charleville	9	103
Total Miles: 37	B&B	+6	109

Day	Town	Miles	Total
Day 4	Croom	5.5	114.5
13/06/2010	Patrickswell	6	120.5
Sunday	Limerick	6	126.5
	Birdhill	11.5	138
Total Miles: 35	Castlecranna	6	144

Day	Town	Miles	Total
Day 5	Nenagh	6	150
14/06/2010	Borrisokane	14	164
Monday	Carrig	9	173
Total Miles: 33.5	Birr	4.5	177.5

Day	Town	Miles	Total
Day 6	Cloghan	10	187.5
15/06/2010	Ferbane	5	192.5
Tuesday	Ballynahowan	7.5	200
	Athlone	7	207
Total Miles: 34	Glassan	4.5	211.5

Day	Town	Miles	Total
Day 7	Ballymahon	8.5	220
16/06/2010	Edgeworthstown	10	230
Wednesday	Granard	10	240
Total Miles: 36		+ 7.5	247.5

Day	Town	Miles	Total
Day 8	Cavan	9	256.5
17/06/2010	Butlersbridge	4	260.5
Thursday	Belturbet	5.5	266
	Derrylin	8	274
Total Miles: 38.5	Enniskillen	12	286

Day	Town	Miles	Total
Day 9	Irvinestown	10	296
18/06/2010	Dromore	8	304
Friday	Omagh	9	313
Total Miles: 37	Newtownstewart	10	323

Day	Town	Miles	Total
Day 10	Strabane	9.5	332.5
19/06/2010	Newbuildings	10.5	343
Saturday	Derry	5	348
	Bridgend	3	351
Total Miles: 33	Fahan	5	356

Day	Town	Miles	Total
Day 11	Bunrana	4	360
20/06/2010	Drumfries	6	366
Sunday	Carndonagh	7	373
	Malin Town	3.5	376.5
Total Miles: 29	Malin Head	8.5	385

For More Information:

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Thank You for your Support and Generosity