

# Help us 'Stop the Clot'

*Run for*



**THROMBOSIS IRL**

**Registration €30 - Registration link...**

**[www. GAELFORCEEVENTS.COM](http://www.GAELFORCEEVENTS.COM)**

**This 10km trail run route takes you from Howth Village to Howth Hill Summit along rough tracks, grassy trails & sealed roads.**

Fundraise through your Club/Company Organisation or as an individual for

 **THROMBOSIS IRL**

**GAELFORCE 10K  
HOWTH SUMMIT**

**19TH OCT 2019 @ 11am**



**[WWW.GAELFORCEEVENTS.COM](http://WWW.GAELFORCEEVENTS.COM)**



**#YourNaturalProteinPitstop**

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