




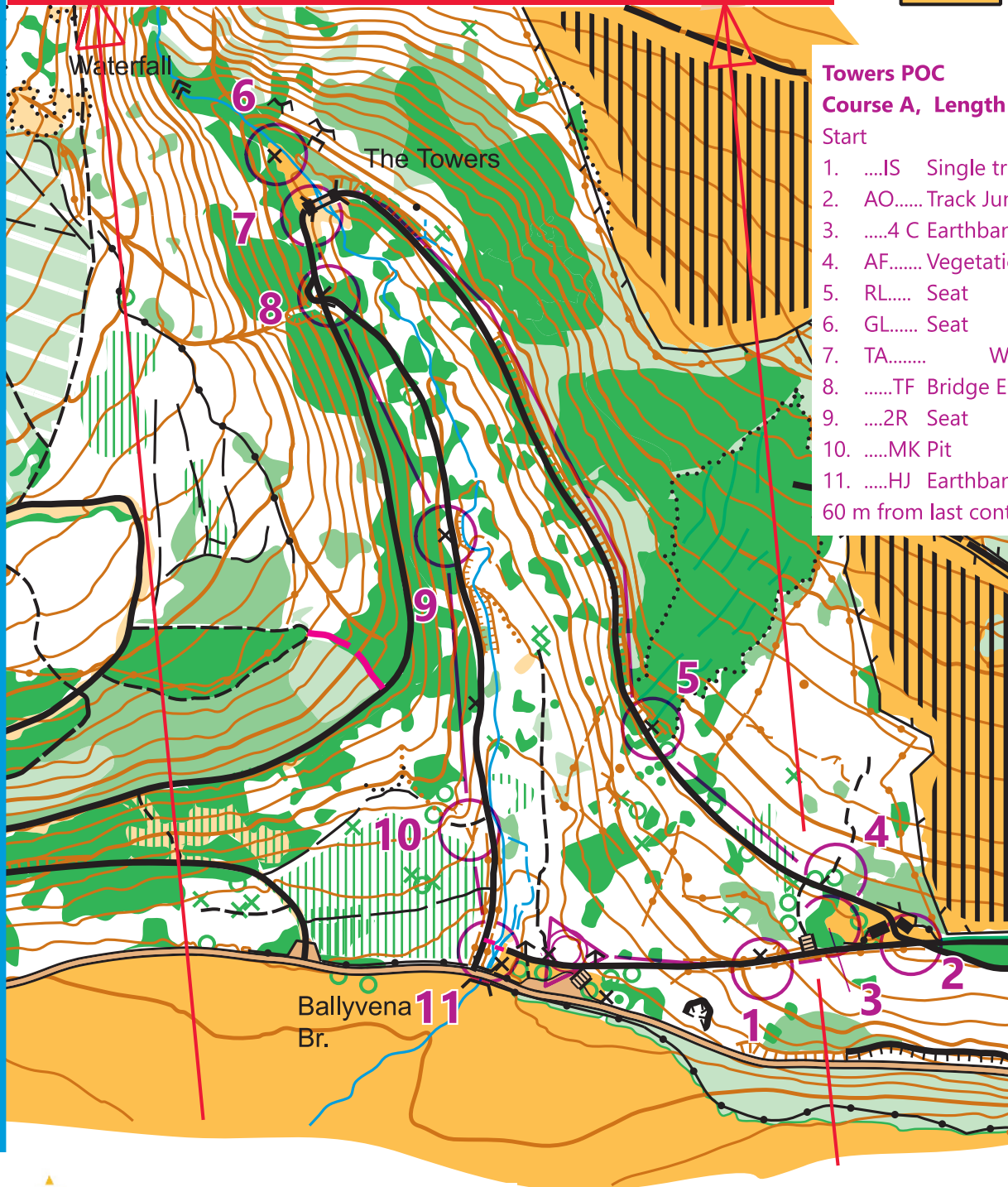
# The Towers - Lismore

## Co Waterford

Scale 1:5000 (1cm = 50metres)  
 Contours 5m, survey 2013  
 POC's updated 2023

**NORTH**

-  Mature forest
-  Dense vegetation
-  Farm land



### Towers POC

Course A, Length 1.9 km

Start

1. ....IS Single tree
  2. AO..... Track Junction
  3. ....4 C Earthbank
  4. AF..... Vegetation change
  5. RL..... Seat
  6. GL..... Seat
  7. TA..... Wall W side
  8. ....TF Bridge E side
  9. ....2R Seat
  10. ....MK Pit
  11. ....HJ Earthbank E side
- 60 m from last control to finish. No tapes



**WATERFORD**  
 SPORTS PARTNERSHIP  
 Supporting  
 Activity and Sport For All  
 SPORT IRELAND

