Date	Start Point	End Point	Start Time	FinishTime	Distance (<u>km</u>)
Sun 28 th July	Poyntzpass - Penny Uni Cafe	Portadown - Tesco carpark	10.30 am	2.15 pm	9 miles
Tue 30 th July	Coalisland - The Cornmill	Dungannon - The Square	7.00 pm	8.30 pm	4 miles
Fri 2 nd Aug	Dungannon - The Square	Moy - The Square	7.00 pm	9.00 pm	6.4miles
Sat 3 rd Aug	Moy – Moy Larder, The Square	Armagh - Mary's Meals centre,	12.45 pm	3.30 pm	8 miles
	218KM Armagh to Kn	ock walk in aid of Mary	's Meals Au	gust 2024	
Date	Start Point	End Point	Start Time	FinishTime	Distance (<u>km</u>)
	Day 1 - Arr	nagh to Castleblaney (Distand	e - 29km)		·
Sunday, 4th August	Armagh (Mary's Meals Centre)	Keady (St. Patrick's Youth Club)	08:30	11:30	13.0
	Keady St. Patrick's Youth Club)	Castleblaney (Main St.)	12:30	16:30	16.0
		v			
Thursday, 8th August	Castleblaney (Cosy Cafe)	Ballybay	08:30	11:15	11.3
	Ballybay	Cootehill (White Horse Hotel)	12:15	16:00	15.6
	Day 3 - 0	Cootehill to Cavan (Distance -	· 23km)		
Friday, 9th August	Cootehill (White Horse Hotel)	Cavan (Market Square)	08:30	16:00	23.0
	Day 4 - C	avan to Granard (Distance - 3	26.7km)		
Saturday, 10th August	Cavan Town (Corlurgan Business park)	Granard (Greville Arms)	08:30	16:30	26.7
	Day 5 - Gra	andard to Longford (Distance	- 25.8km)		
Sunday, 11th August	Granard (Greville Arms)	Longford (Cathedral)	08:30	16:15	25.8
	Day 6 - Long	ford to Roscommon (Distanc	e - 30.8km)		·
Monday, 12th August	Longford (Cathedral)	Lanesborough Village	08:30	12:15	15.8
	Lanesborough Village	Roscommon (The Square)	13:15	16:30	15.0
	Day 7 - Ros	common to Ballymoe (Distan	ce - 21km)		
Tuesday, 13th August	Roscommon (The Square)	Ballymoe Village	08:30	13:30	21.0
	Day 8 - Ball	ymoe to Ballyhaunis (Distan	ce - 24km)		
Wednesday, 14th August	Ballymoe Village	Ballyhaunis	08:30	14:30	24.0
	Day 9- Ba	lyhaunis to Knock (Distance -	11.4km)		
Thursday, 15th August	Ballyhaunis Village	Knock	08:30	11:15	11.0