



post

Rás

2017 RACE TECHNICAL GUIDE

8 Day International Cycle Race | 21–28 May



An Post Rás receives financial support from Sport Ireland and Cycling Ireland.

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AN POST RÁS THANKS

**Ordnance Survey Ireland (OSI), Ireland's
National Mapping Agency**

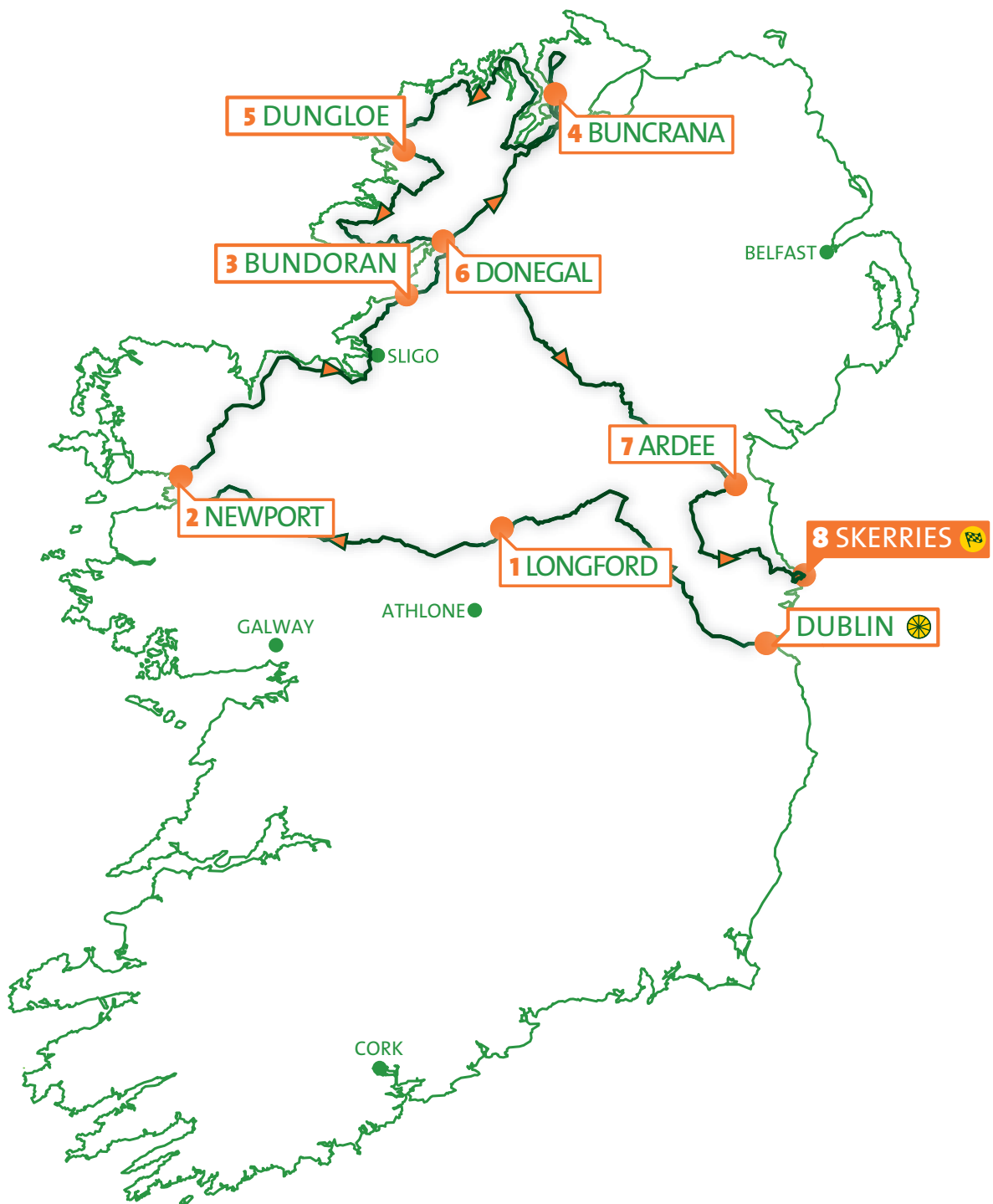
Sponsor of An Post Rás 2017 Route Maps



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2017 RACE OFFICIALS

RÁS ORGANISING GROUP

Race Director

Tony Campbell

Race Technical Publications

Eimear Dignam

Team Liaison

Bróna O'Sullivan

Stage Finish Coordinator

Seamus Domegan

Chief Motorcycle Marshal

Richie McNamara

Accommodation Officer

Noel Candon

Assistant Accommodation Officer

Karen Madden

RÁS OFFICIALS

Commissaire President

Wilfred Haan

Commissaire 2

John Breen

Commissaire 3

Phil O'Brien

Commissaire 4 / Motorcycle Commissionaire

Peter Flanagan

Radio Tour Motorcycle Commissaire

Mark Kavanagh

Cavalcade Motorcycle Commissaire

Loch Miwa

Timekeepers

Alice Sherratt, Tom Keenan

Chief Judge

Mick Twomey, Michael Campbell

Finish Judge

Jack Watson

IT Consultant

Seamus Shortall

Race Doctors

Dr. Julian Dalby, Dr. Stephen Thompson

Chief Marshal

Martin Reilly

Chief Marshal Driver

Tom Conway

Lead Car 1

Ted Crowley

Lead Car 2

Colm Rigley

Lead Car 3

Seán O'Hanlon

Lead Car 4

Pat Moss

Radio Technical Manager/Lead Car 5

Paddy Fitzsimons

Radio Tour

Gary McIlroy

Doctors Drivers

Emma O'Reilly / Martin Gilbert

Public Address Announcers

Cian Lynch

Neutral Service

Russell Treacy, Thomas Mulqueen, Gabriel Howard, Sean Coakley, Neil Taggart, Gerry Beggs

Neutral Service Motorcycle

Mark McQuaid, Darragh Campbell

Motorcycle Judge 1

Ciarán McKenna, Mick McKenna

Motorcycle Judge 2

Aidan Higgins, John Galvin

Blackboard Time Keeper

Pat Dowd, Therese Dowd

Motorcycle Marshals

Gerry Barry, Adrian Corcoran, Damien McMahon, Kevin Donohoe, John O'Donnell, Dominic Noonan, Ciaran Meade, Paul Purcell, Robbie Cowan, Mick Flynn, Mervyn Henson, Gerry Keogh, Dave O'Sullivan, Stephen Whelan, Paul Burke, Michael Toomey, David O'Donohoe, Alan Maguire, Dave Kenny, Kevin Carolan

Press/Photo/ Security Motorcyclists

Pat O'Shaughnessy

Photo Finish Equipment

Frank Gibson

Route Markers

Noel Clarke, Gerard Campbell, Padraig Browne, Liam Harte

Stage Crew

Noel Kelly, Alan Byrne, Keith Mitchell, Andy O'Brien, Denis Craven, Ken Clarke, Larry McGrane, Stephen Carroll, Christopher Gorman

Schools Publicity

Vincent Cronin, Angela Topping

Ambulance Service Irish Red Cross Society

Paul Conway, Cyril O'Hare, Sandra Cregan, Alastair Martin

Post Office/ KOM Crew

Jim Gorman, Anthony Connor, Robert Kennedy, Michael Kennedy

Logistics

Tadhg Moriarity, Brendan Quigley, Alasdair MacLennan, Martin Og McDonagh, Sean McIlroy, William Vickers, Stephen Enright, Laurence Roche, John Bann-Lavery, Declan Halligan, Sean McNicholl, Oliver McKenna, Peter McBride, Joe Doolin, Ronan Guerin, Mick Higgins, Gerald Keogh, Sé O'Hanlon, Milly Reade, Jason Callaly

Broom Wagon

Michael Noonan

TEAM REGISTRATION & SIGN-ON

SATURDAY 20TH MAY 2017

Team Registration will take place on Saturday 20th May from 16:00 to 19:00hrs in City North Hotel, Gormanstown, Co. Meath.

Team managers to present the following to Commissaire President and/or Race Organiser for approval and information purposes

1. A current UCI affiliated federation licence.
2. Riders' UCI affiliated federation licence.
3. Team officials' names & UCI affiliated federation licence.
4. Team racing clothing.
5. Team sponsors' jersey advertisement patches.
6. Team vehicles registration numbers.
7. County team's stage-end accommodation addresses.
8. Equipment for Neutral Service.
9. Team manager's mobile phone number.

Team managers will receive

1. Riders' race numbers and frame numbers.
2. Race radio, subject to fee & deposit.
3. Riders Declaration of Awareness.
4. Riders Medical Data Request Form

Team managers and all Race Drivers are required to attend briefing meeting in City North Hotel at 19:30hrs. The meeting will be opened by the Race Organiser and addressed by the Commissaire President. Race Technical Staff will also be in attendance. Draw for team car positions on Stage 1 will take place at this meeting.

All team & race drivers are also required to attend this meeting which will include a briefing on the relevant road traffic regulations which apply to driving in Ireland. A Garda (police) officer will address the meeting.

Race radios

A rental fee of €25 and a deposit of €175 are required for radios issued to team managers. The deposit will be refunded on return of the radio, undamaged.

The Declaration of Awareness

The Declaration of Awareness must be signed by each rider and presented by him to the Sign-On official for the start of Stage 1. Failure to do so will result in the rider not being allowed to start.

The Medical Data Request Form

The Medical Data Request Form should be returned to the Medical Representative present at the Sign-On venue. Completion of the form is optional although it is in the riders' interest to provide the information. Details on the form will remain confidential to the medical staff.

SUNDAY 21ST MAY

Team vehicles are required to vacate hotel car-park at 9am and take up position in the designated area for team parking in Dublin Castle.

Sign-On

Riders will Sign-On at the Sign-On Podium in Dublin Castle, from 10:00 to 11:30hrs.

Race Rules – Infringements

The attention of riders and all race personnel is drawn to Race Rules – Infringements.

1. Riders and officials should be careful regarding toilet requirements and use Portaloos provided or other appropriate locations. Failure to comply with this instruction will incur sanctions depending on the seriousness of the offence. Team support vehicles to depart car park at 11:30.

Assembly

Assembly at Dublin Castle at 11:45hrs.

Teams are requested to line up in team formation behind the respective team banner. Team Managers are requested to assist in forming their teams as per "TEAMS" in the Race Manual.

Ceremonial Start

Ceremonial Start at 12:00 from Dublin Castle.

Following the Ceremonial Start the race is neutralised for 10.2km from Dublin Castle.

Bonus Times

Stage 1 Hot Spot Time Bonus Primes at:

53.9km	Athboy
79.4km	Oldcastle
120.2km	Granard

Other Bonus Times

Time bonuses will also be awarded for Longford stage finish placings, see Race Regulations, Art. 10, Bonuses.

RACE INFORMATION

Riders, team drivers and race officials are advised that roads for AN POST RÁS are not closed to other traffic.

Due care should be exercised and responsibility rests with riders and all race drivers to observe the Road Traffic Acts at all times. Where possible, stewards will be in position at relevant road junctions, center road traffic islands and other road hazards. A series of traffic islands may be indicated by a steward at the first traffic island only. As time gaps develop between groups it will not be possible for stewards to remain in position for the passage of all groups.

The function of race stewards at road junctions is to indicate direction; responsibility rests with the rider/driver to decide whether the movement is safe.

Riders are advised to study the stage finish maps and be aware of the intricacies of each finish so as to exercise all due caution.

Please note the mileage for each stage was completed by motor car speedometer and not GPS.

The race takes place on roads which vary from well-surfaced dual carriageways to poorly surfaced winding narrow roads. Riders are advised that potholes and distressed surfaces will be encountered during the course of the race.

To enable prize money to be electronically transferred to visiting teams, team managers are requested to provide the following information; Receivers Name, Receivers IBAN, Receivers Bank SWIFT address/BIC. This information should be supplied to the Race Organiser at the team managers meeting following Team Registration.

Neutral Service

Teams will equip race neutral service vehicles. Equipment received from race neutral service vehicles must be returned to the appropriate crew immediately after the stage finish. Loss or damage to equipment must be reported to service crew at the stage finish. The Race Organisation is not responsible for loss or damage to equipment provided to Race Neutral Service.

Medical Services

Race Medical Services consists of two Race Doctors, two Irish Red Cross Ambulances and four ambulance personnel.

The Race Doctor will be available for consultation at the following times:

- (a) For 30 minutes at the race ambulance parked near the race car park at the finish of each stage.
- (b) From 19:30 to 20:30hrs each evening in Race HQ.
- (c) During Sign-On at Sign-On venue.

HOSPITALS

STAGE 1 DUBLIN CASTLE > LONGFORD	PHONE	COORDINATE 1	COORDINATE 2
St. James Hospital, James's Street, Dublin 8	01 4103000	N 53 20 24.175	W 6 17 39.02
Connolly Hospital, Mill Road, Blanchardstown, Dublin 15	01 8213844	N 53 23 21.036	W 06 22 07.222
AMNCH Hospital, Tallaght, Dublin 24	01 4142000	N 53 17 26.061	W 06 22 35.988
Cavan General Hospital, Swellan Upper, Cavan	049 4361399	N 54 00.072	W 07 22.206
Our Lady of Lourdes Hospital, Windmill Road, Moneymore, Drogheda, Co. Louth	041 9837601	N 53 43 20.657	W 06 21 12.001
Midland Regional Hospital Longford Rd, Robinstown (Levinge), Mullingar	044 934 0221	N 53 32 03.051	W 07 20 56.321

STAGE 2 LONGFORD > NEWPORT	PHONE	COORDINATE 1	COORDINATE 2
Portiuncula University Hospital, Dunlo, Ballinasloe, Co. Galway	0909 648200	N53 19 36.954	W 8 14 3.967
Mayo General Hospital, Westport Rd, Curragh, Castlebar, Co. Mayo	094 902 1733	N53 51 5.593	W 9 18 17.015

STAGE 3 NEWPORT > BUNDORAN	PHONE	COORDINATE 1	COORDINATE 2
Mayo General Hospital, Westport Rd, Curragh, Castlebar, Co. Mayo	094 902 1733	N53 51 5.593	W 9 18 17.015
Sligo University Hospital, The Mall, Rathquater, Sligo	071 9171111	N54 16 27.173	W8 27 45.954
Letterkenny General Hospital, Kilmacrennan Road, Ballyboe Glencar, Letterkenny, Co. Donegal	074 9125888	N 54 57 33.849	W7 44 12.147

STAGE 4 BUNDORAN > BUNCRANA	PHONE	COORDINATE 1	COORDINATE 2
Letterkenny General Hospital, Kilmacrennan Road, Ballyboe Glencar, Letterkenny, Co. Donegal	074 9125888	N 54 57 33.849	W7 44 12.147
Athnagelvin Area Hospital, Glenshane Rd, Derry BT47 6SB, Co. Derry	0044 2871345174	N 54 59 6.932	W7 17 33.59

STAGE 5 BUNCRANA > DUNGLOE	PHONE	COORDINATE 1	COORDINATE 2
Letterkenny General Hospital, Kilmacrennan Road, Ballyboe Glencar, Letterkenny, Co. Donegal	074 9125888	N 54 57 33.849	W7 44 12.147

STAGE 6 DUNGLOE > DONEGAL	PHONE	COORDINATE 1	COORDINATE 2
Letterkenny General Hospital, Kilmacrennan Road, Ballyboe Glencar, Letterkenny, Co. Donegal	074 9125888	N 54 57 33.849	W7 44 12.147

STAGE 7 DONEGAL > ARDEE	PHONE	COORDINATE 1	COORDINATE 2
South West Acute Hospital, 124 Irvinestown Rd, Enniskillen BT74 6DN, Co. Fermanagh	0044 2866382000	N 54 22 1.726	W 7 38 14.049
Cavan General Hospital, Swellan Upper, Cavan	049 4361399	N 54 00.072	W 07 22.206
Our Lady of Lourdes Hospital, Windmill Road, Moneymore, Drogheda, Co. Louth	041 9837601	N 53 43 20.657	W 06 21 12.001

STAGE 8 ARDEE > SKERRIES	PHONE	COORDINATE 1	COORDINATE 2
Our Lady of Lourdes Hospital, Windmill Road, Moneymore, Drogheda, Co. Louth	041 9837601	N 53 43 20.657	W 06 21 12.001
Beaumont Hospital, Beaumont, Dublin	01 8092714	N 53 23 25.252	W 06 13 21.249

AMBULANCE DETAILS	PHONE
Ambulance DB 14 Crew 1 TBC Crew 2 TBC	087 181 8998
Ambulance DB 11 Crew 1 TBC Crew 2 TBC	087 906 0325

HOTELS

PRE RACE	ADDRESS	PHONE
City North Hotel	Gormanstown, Co Meath	01 6906666

STAGE 1	ADDRESS	PHONE
Longford Arms Hotel	Longford	043 3346296

STAGE 2	ADDRESS	PHONE
Newport Hotel	Newport, Co Mayo	098 42464

STAGE 3	ADDRESS	PHONE
Allingham Arms Hotel	Main Street, Bundoran	071 9841075

STAGE 4	ADDRESS	PHONE
Inishowen Gateway Hotel	Buncrana	074 9361144

STAGE 5	ADDRESS	PHONE
Waterfront Hotel	Mill Road, Dungloe	074 9522444

STAGE 6	ADDRESS	PHONE
The Abbey Hotel	The Diamond, Donegal	074 9721014

STAGE 7	ADDRESS	PHONE
City North Hotel	Gormanstown, Co Meath	01 6906666

STAGE 8	ADDRESS	PHONE
City North Hotel	Gormanstown, Co Meath	01 6906666

STAGE 1 DUBLIN CASTLE > LONGFORD

DÉ DOMHNAIGH 21Ú BEALTAINÉ/SUNDAY 21ST MAY • 146.1KM

Riders Sign-On	Dublin Castle	10:00–11:30
Assembly	Dublin Castle	11:45
Ceremonial Start	Dublin Castle	12:00
Neutralised	10.2km	

Estimated time of arrival at kilometres per hour				48	40	32
Km	MI	Road. No	Location	Back wind	Average	Head wind
				12:00	12:00	12:00
0.0	0.0		Ceremonial Start at Dublin Castle		12:00	
			Turn left to Lord Edward Street			
0.1	0.1		Veer left to Christ Church Place			
0.2	0.1		Veer right on Christ Church Place with Christ Church Cathedral on right. Jurys Hotel on left.			
0.3	0.2		4 roads cross, traffic lights, major junction			
0.3	0.2		Turn right at 4 roads cross under Christ Church Cathedral Arch to Winetavern street			
0.4	0.2		Junction on left. At traffic lights, continue straight through			
0.5	0.3	R148	4 roads cross with traffic lights. Turn left to Merchants Quay on R148			
0.8	0.5		At 4 roads cross continue straight through traffic lights to Ushers Quay			
1.1	0.7		At 4 roads cross and traffic lights, continue straight through			
1.2	0.7		Pedestrian crossing, continue straight through			
1.3	0.8		4 roads cross, continue straight through at traffic lights			
1.4	0.9		At traffic lights, 4 roads cross, continue straight through			
1.8	1.1		Keep left at major junction followed by pedestrian crossing and traffic lights just outside Heuston Station			
1.9	1.2		Luas railway tracks, pedestrian crossing and traffic lights, keep to right			
2.2	1.4		Pedestrian crossing at major junction, continue straight through on St Johns Road R148			
2.4	1.5	R148	At traffic lights, continue straight through on R148 St. Johns Road			
3.0	1.9		Traffic lights, major junction at 4 roads cross, continue straight through traffic lights to Con Colbert Road dual carriageway			
3.8	2.4		Keep riders to right at Y Junction			
4.0	2.5		At 4 roads cross and traffic lights, continue straight through to Chapelizod bypass on R148			
7.5	4.7		At 4 roads cross, continue straight through traffic lights			
7.8	4.8		At 4 roads cross – major junction with traffic lights, continue straight through, at Palmerstown Village.			
			Follow directions for Sligo, Galway, Westport, on N4. Keeping all riders to the right			
8.3	5.2	N4	Continue on N4			
10.2	6.3		End of neutralised section			
0.0	0.0		Start of Race at at Large green sign 2a – N4 – Ballyowen Lane 200m/St Lomans Hospital 100m	12:30	12:30	12:30
0.3	0.2		Continue on N4	12:30	12:30	12:30
4.8	3.0		Take exit 5 off N4	12:36	12:37	12:39
5.0	3.1	R148	Immediately followed by traffic lights at 4 roads cross. Turn right direction Leixlip on R148	12:36	12:37	12:39
5.2	3.2	R148	At roundabout , take 1 st exit direction Leixlip on R148	12:36	12:37	12:39
5.7	3.5		Junction on left. Fast descent into Leixlip,	12:37	12:38	12:40
6.2	3.9		Left hand bend in Leixlip	12:37	12:39	12:41
6.4	4.0		Immediately followed by traffic lights and junction on right. Continue straight through traffic lights	12:38	12:39	12:42
6.7	4.2		Right hand bend over bridge, junction on left	12:38	12:40	12:42

7.4	4.6		At 4 roads cross, traffic lights, continue straight through	12:39	12:41	12:43
7.5	4.7		Central reservations x 5 (long reservations) continues to 8.0km	12:39	12:41	12:44
8.8	5.5		At Roundabout, take 2 nd exit, direction Maynooth, Intel, Carton House	12:41	12:43	12:46
9.1	5.7		Keep left at 4 roads cross, with traffic lights outside Intel.	12:41	12:43	12:47
9.5	5.9		At traffic lights, junction on right, continue straight through	12:41	12:44	12:47
12.5	7.8		Entering Maynooth	12:45	12:48	12:53
13.3	8.3		At roundabout, take 2 nd exit	12:46	12:49	12:54
13.7	8.5	R148	Pedestrian crossing entering Maynooth followed immediately by chicane, to Leinster Street/Main Street, Maynooth, R148, continue straight through	12:47	12:50	12:55
14.0	8.7		At 4 roads cross, traffic lights, turn right, direction Kilcock 6km to Mill Street	12:47	12:51	12:56
14.2	8.8		Keep left at Y junction, direction Kilcock	12:47	12:51	12:56
14.7	9.1	R148	Immediately followed by roundabout, take 2 nd exit. National University of Ireland Maynooth on right	12:48	12:52	12:57
18.8	11.7		Entering Kilcock	12:53	12:58	13:05
19.8	12.3		At 4 roads cross, stop sign, continue straight through to Bridge Street on R148	12:54	12:59	13:07
20.8	12.9	R158	Turn right, direction Trim/Summerhill on R158	12:56	13:01	13:09
21.5	13.4		At roundabout, take 1 st exit, direction Trim/Summerhill	12:56	13:02	13:10
26.6	16.5		Entering Garadice	13:03	13:09	13:19
30.2	18.8	R158	At roundabout, take 1 st exit, direction Trim/Summerhill	13:07	13:15	13:26
31.0	19.3	R158	Keep right at Y junction, direction Trim	13:08	13:16	13:28
40.3	25.0		Entering Trim	13:20	13:30	13:45
40.6	25.2		At roundabout, take 2 nd exit direction town centre, Kinnegad	13:20	13:30	13:46
41.2	25.6		At 4 roads cross and traffic lights, continue straight to Emmet Street	13:21	13:31	13:47
41.6	25.8		Keep right at Y junction over bridge	13:22	13:32	13:48
41.8	26.0		Turn left to St Loman's Street, very narrow street	13:22	13:32	13:48
42.2	26.2		At T junction, turn left direction Athboy 11km, Kells 22km	13:22	13:33	13:49
			Immediately followed by Y junction, keep to right			
42.5	26.4	R154	At T junction, left turn, direction Athboy	13:23	13:33	13:49
48.0	29.8		Twisty road continues to 48.8km	13:30	13:42	14:00
50.0	31.1		50km raced	13:32	13:45	14:03
52.7	32.7		Entering Athboy	13:35	13:49	14:08
53.6	33.3		At T junction, turn left direction N51 Delvin, Mullingar, Oldcastle	13:37	13:50	14:10
53.9	33.5		Athboy An Post Hotspot Sprint 	13:37	13:50	14:11
54.1	33.6	R154	Turn right, direction Oldcastle	13:37	13:51	14:11
59.2	36.8		Keep left at Y junction	13:44	13:58	14:21
59.6	37.0		Keep right at Y junction	13:44	13:59	14:21
60.8	37.8		At 4 roads cross, continue straight through, direction Oldcastle, Crossakiel	13:46	14:01	14:24
67.0	41.6		Entering Crossakiel / Crosa Caoil	13:53	14:10	14:35
67.3	41.8	R154	4 roads cross, continue straight through, direction Oldcastle	13:54	14:10	14:36
70.7	43.9	R154	At T junction, turn left direction Oldcastle 9km	13:58	14:16	14:42
72.7	45.2	R154	Turn right direction Oldcastle / Loughcrew	14:00	14:19	14:46
73.6	45.7		Lough Crew Category 3 KOM 	14:02	14:20	14:48
78.8	49.0		Entering Oldcastle	14:08	14:28	14:57
79.4	49.3		Oldcastle An Post Hotspot Sprint 	14:09	14:29	14:58
79.5	49.4	R195	In centre of Oldcastle, 4 roads cross, turn right, direction Virginia, Ballyjamesduff	14:09	14:29	14:59
83.4	51.8		Entering Co. Cavan	14:14	14:35	15:06
85.6	53.2		Series of bad bends	14:17	14:38	15:10
89.2	55.4	R194	At T junction, turn left, direction Ballyjamesduff	14:21	14:43	15:17
95.9	59.6		Entering Ballyjamesduff	14:29	14:53	15:29
96.7	60.1		At T junction, turn right, direction Dublin, All Routes	14:30	14:55	15:31
96.7	60.1		Immediately turn left at 4 roads cross, direction Longford, Granard	14:30	14:55	15:31
98.0	60.9		Keep right at Y junction	14:32	14:57	15:33
103.1	64.1		At T junction, turn right, direction Kilnaleck, Cavan, Granard, Longford	14:38	15:04	15:43

103.3	64.2	R194	At Y junction, keep left on R194 direction Granard, Castlepollard, Longford	14:39	15:04	15:43
105.9	65.8		At Y junction keep left	14:42	15:08	15:48
113.0	70.2	N55	T junction, turn right direction Kilcolgy, Granard, Cavan	14:51	15:19	16:01
113.4	70.5	R194	Keep left at Y junction direction Longford, Granard	14:51	15:20	16:02
114.6	71.2		Welcome to Co Longford	14:53	15:21	16:04
118.9	73.9		Entering Granard	14:58	15:28	16:12
119.7	74.4		At T junction turn left at Top Garage to Main Street, Granard, direction Athlone, Edgeworthstown, Ballinalee to Barrack Street	14:59	15:29	16:14
120.2	74.7		Granard An Post Hot Spot Sprint 	15:00	15:30	16:15
120.3	74.8		Turn right to Market street direction Ballinalee, Longford 22km	15:00	15:30	16:15
121.5	75.5		25km to go outside T Reilly Cakes Ltd on right	15:01	15:32	16:17
126.1	78.4		20km to go at stone faced bungalow on left	15:07	15:39	16:26
131.0	81.4		Entering Ballinalee	15:13	15:46	16:35
136.1	84.6		10km to go at bungalow on right with stone porch	15:20	15:54	16:45
138.2	85.9		Entering Killeenatruan	15:22	15:57	16:49
138.5	86.1	L1040	At T junction, turn right direction Anaccliffe, L1040, Newtownforbes	15:23	15:57	16:49
138.5	86.1		And immediately left outside Brooklands Health Centre direction Newtownforbes 6km, Knockloughlin	15:23	15:57	16:49
141.1	87.7		5km to go at concrete wall bridge	15:26	16:01	16:54
141.8	88.1	R198	At T junction, turn left direction Longford 5km	15:27	16:02	16:55
144.4	89.7	R198	At Red Cow Roundabout, take 2 nd exit direction Longford	15:30	16:06	17:00
144.6	89.9		At Roundabout, take 2 nd exit	15:30	16:06	17:01
145.1	90.2		1km to go at Cartron Hill House on left	15:31	16:07	17:02
145.6	90.5		500m to go outside Garda Station Team cars diversion into Army Barracks on right	15:32	16:08	17:03
145.7	90.5		Sweeping right hand bend, 300m to go at Brendan T Muldowney Solicitors	15:32	16:08	17:03
145.9	90.7		200m to go at entrance to Omniplex	15:32	16:08	17:03
146.1	90.8		Finish outside Court House and Annaly Hotel	15:32	16:09	17:03

Stage Finish Organiser: Lisa Brady, Longford Chamber of Commerce. Tel; 087-7786834

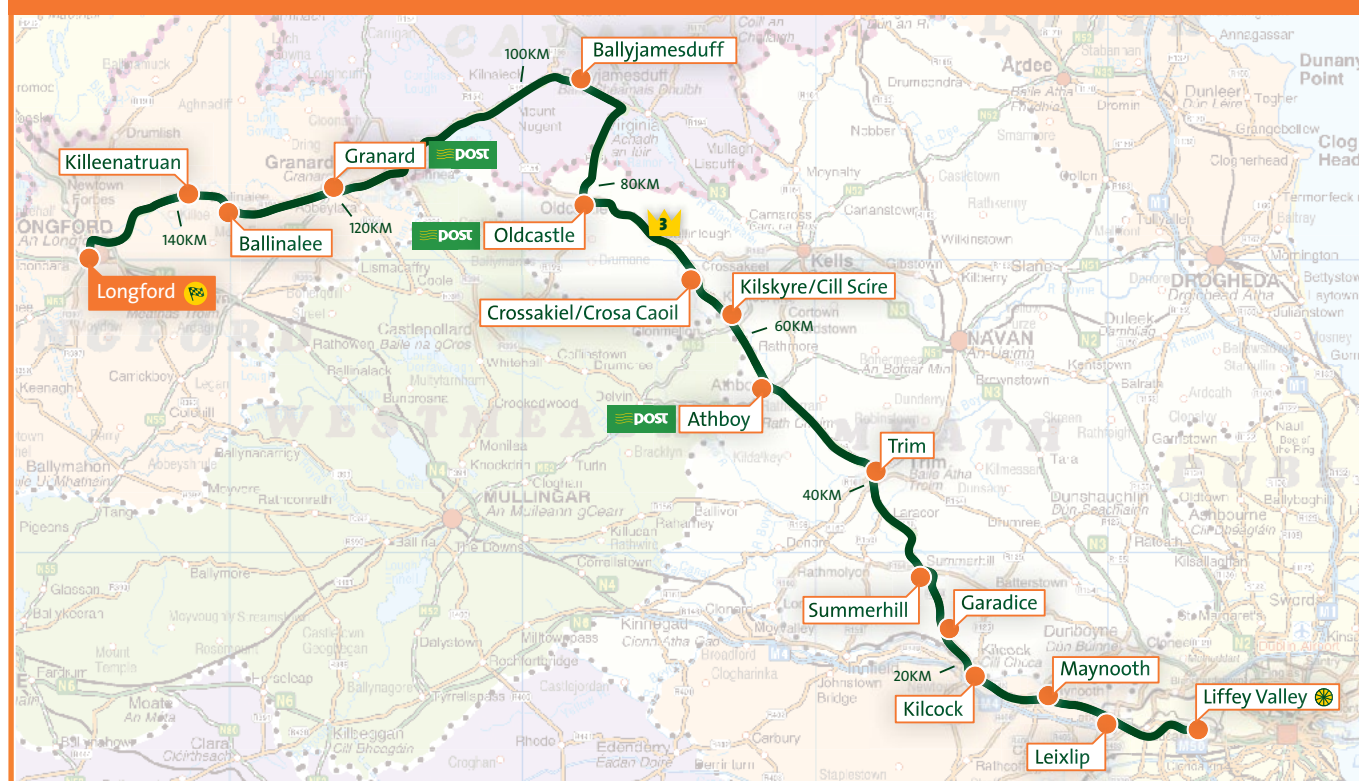
Race HQ: Longford Arms Hotel, Longford. Tel: 043-3346296

Service Crew Accommodation: Longford Arms Hotel, Longford. Tel: 043-3346296

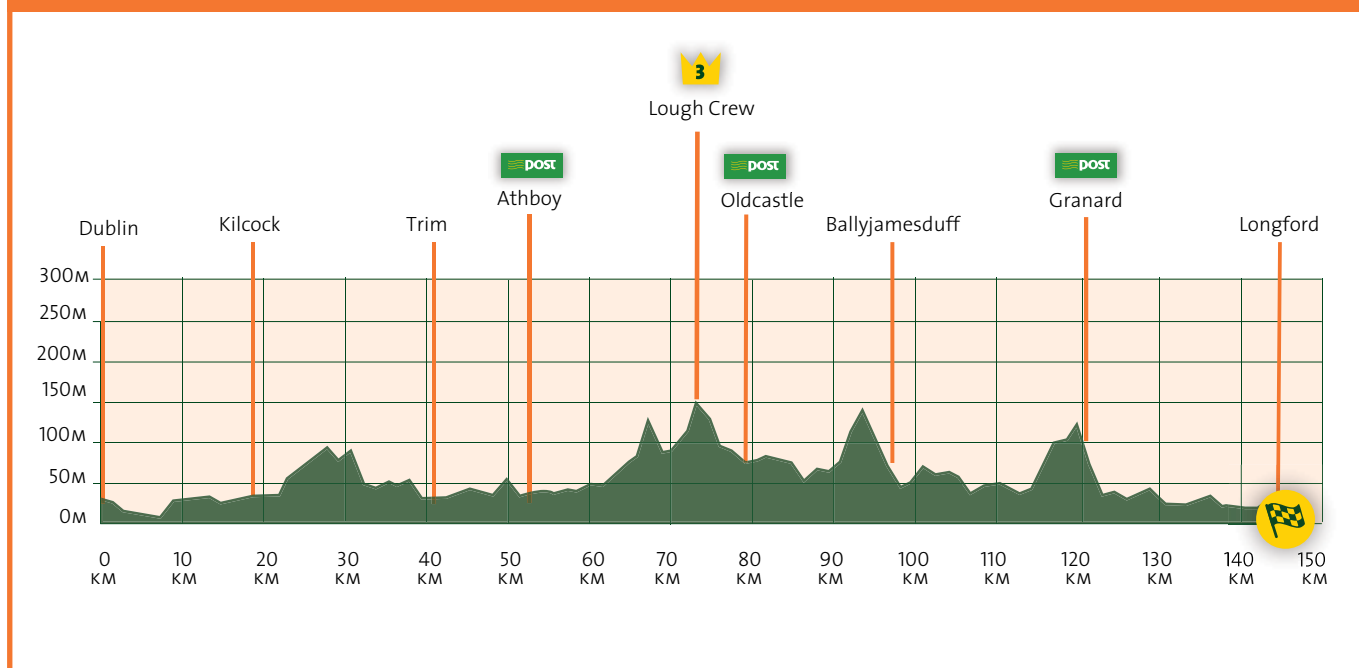
Anti-Doping Control located in camper van adjacent to finish line

DE DOMHNAIGH 21Ú BEALTAINNE/SUNDAY 21ST MAY • 146.1KM

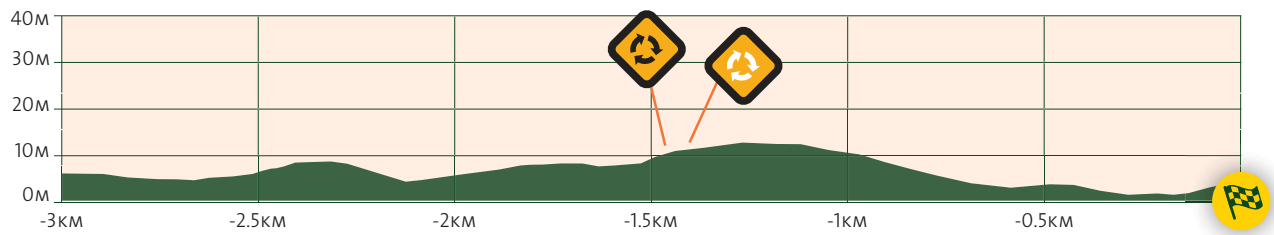
ROUTE MAP



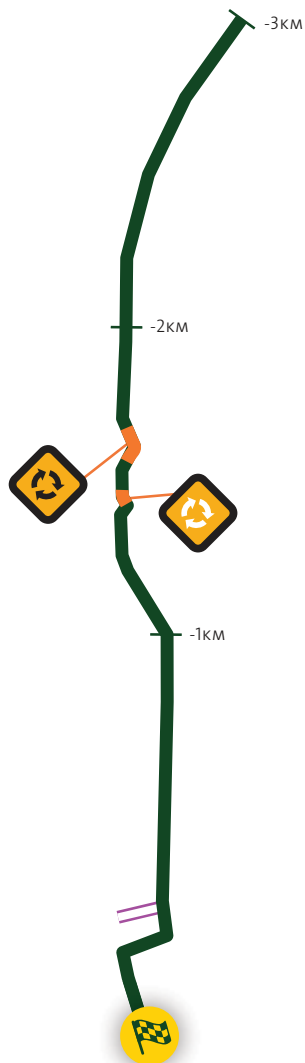
STAGE PROFILE



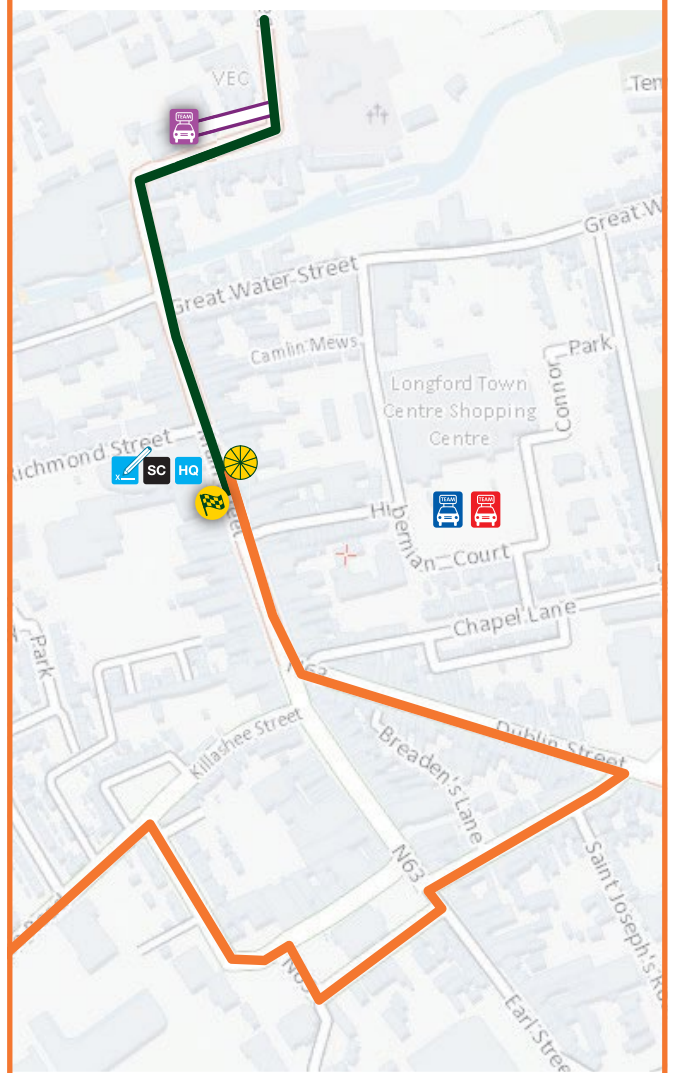
3KM PROFILE



3KM ROUTE



FINISH AND START




- | | | | | | | | | | |
|--------------------|---------------|-----------------|----------------------|---------------|-------------------|-------------------|----------------|----------|-----------------|
| Sign on & Assembly | Head Quarters | Feeding Station | Anti-doping Centre | Team Car Park | Advance Team Cars | Advance Officials | Rear Team Cars | Team Car | Diversion Route |
| Ceremonial Start | Finish | Prime | King of the Mountain | Service Crew | Stage Incoming | Stage Outgoing | | | |

STAGE 2 LONGFORD > NEWPORT

DÉ LUAIN 22Ú BEALTAINÉ/MONDAY 22ND MAY • 142.9KM

Riders Sign-On	Longford Army Barracks	09:30 to 10:30
Assembly	Longford Army Barracks	10:45
Ceremonial Start	Outside Courthouse/Longford Arms Hotel	11:00
Neutralised	2.2km	

Estimated time of arrival at kilometres per hour				48	40	32
Km	MI	Road. No	Location	Back wind	Average	Head wind
Ceremonial Start outside Courthouse & Longford Arms Hotel				11:00	11:00	11:00
0.0	0.0		From Courthouse in Longford proceed up Main Street to traffic lights branch left			
0.4	0.2	N63	Turn right direction Roscommon, Town Centre to New Street on N63			
0.5	0.3		Turn left at New Street			
0.6	0.4		Immediately right to Market Square, Dealz on right			
0.6	0.4		Keep right, direction Roscommon, Lanesborough, Athlone to Harbour Row			
0.9	0.6		Turn left direction Roscommon/Lanesborough N63			
1.7	1.1	N63	At Roundabout, take 2 nd exit direction Roscommon/Lanesborough/Athlone N63			
2.2	1.4		End of neutralised section			
0.0	0.0		Start of Race at Century Business Park warehouses on both sides of road on N63	11:00	11:00	11:00
5.3	3.3		Hump back bridge Killashee	11:06	11:07	11:09
6.2	3.9		In Killashee village, sharp right hand bend, junction on left followed by a sharp left bend	11:07	11:09	11:11
12.5	7.8		Entering Lanesborough	11:15	11:18	11:23
13.9	8.6		At 4 roads cross in centre of Lanesborough, turn right direction Roscommon	11:17	11:20	11:26
14.3	8.9		Entering Ballyleague village	11:17	11:21	11:26
22.6	14.0		4 roads cross, continue straight through	11:28	11:33	11:42
23.8	14.8		4 roads cross, continue straight through	11:29	11:35	11:44
24.5	15.2		4 roads cross, continue straight through	11:30	11:36	11:45
27.2	16.9		Entering Roscommon , followed by 5 central reservations ending at 27.8k leading to roundabout	11:34	11:40	11:51
27.9	17.3		At roundabout in Roscommon, take 4 th exit, direction Sligo, Boyle, Castlebar, Castlerea	11:34	11:41	11:52
28.6	17.8		At roundabout, take 2 nd exit, direction Castlebar, Castlerea, Ballymoe	11:35	11:42	11:53
43.6	27.1	N60	Level crossing number XM104	11:54	12:05	12:21
47.8	29.7		Entering Ballymoe	11:59	12:11	12:29
48.5	30.1		Major junction right, keep straight through Ballymoe			
48.7	30.3		Ballymoe An Post Prime 	12:00	12:13	12:31
48.8	30.3	R360	Keep right at Y junction in Ballymoe on R360	12:01	12:13	12:31
50.0	31.1		50km done signs at bungalow on left with detached garage at side, satellite dish and half stone front	12:02	12:15	12:33
50.6	31.4	R360/ N83	Turn right, direction Dunmore, Williamstown	12:03	12:15	12:34
52.4	32.6		Keep right at Y junction	12:05	12:18	12:38
56.0	34.8		Entering Curranderry	12:10	12:24	12:45
56.6	35.2		Entering Williamstown	12:10	12:24	12:46
57.8	35.9		Williamstown An Post Prime 	12:12	12:26	12:48
61.0	37.9	R327	Turn right at junction direction Cloonfad 8km, Claremorris 25km on R327	12:16	12:31	12:54
62.9	39.1		Sign Welcome to Co. Roscommon on R327	12:18	12:34	12:57
69.2	43.0		Entering Cloonfad	12:26	12:43	13:09
69.5	43.2		At 4 roads cross, continue straight through	12:26	12:44	13:10
80.9	50.3	N60	At T Junction, turn left direction Castlebar, Claremorris 6km	12:41	13:01	13:31
82.9	51.5		Right and left bends under railway bridge. 15'9" / 4.79m	12:43	13:04	13:35

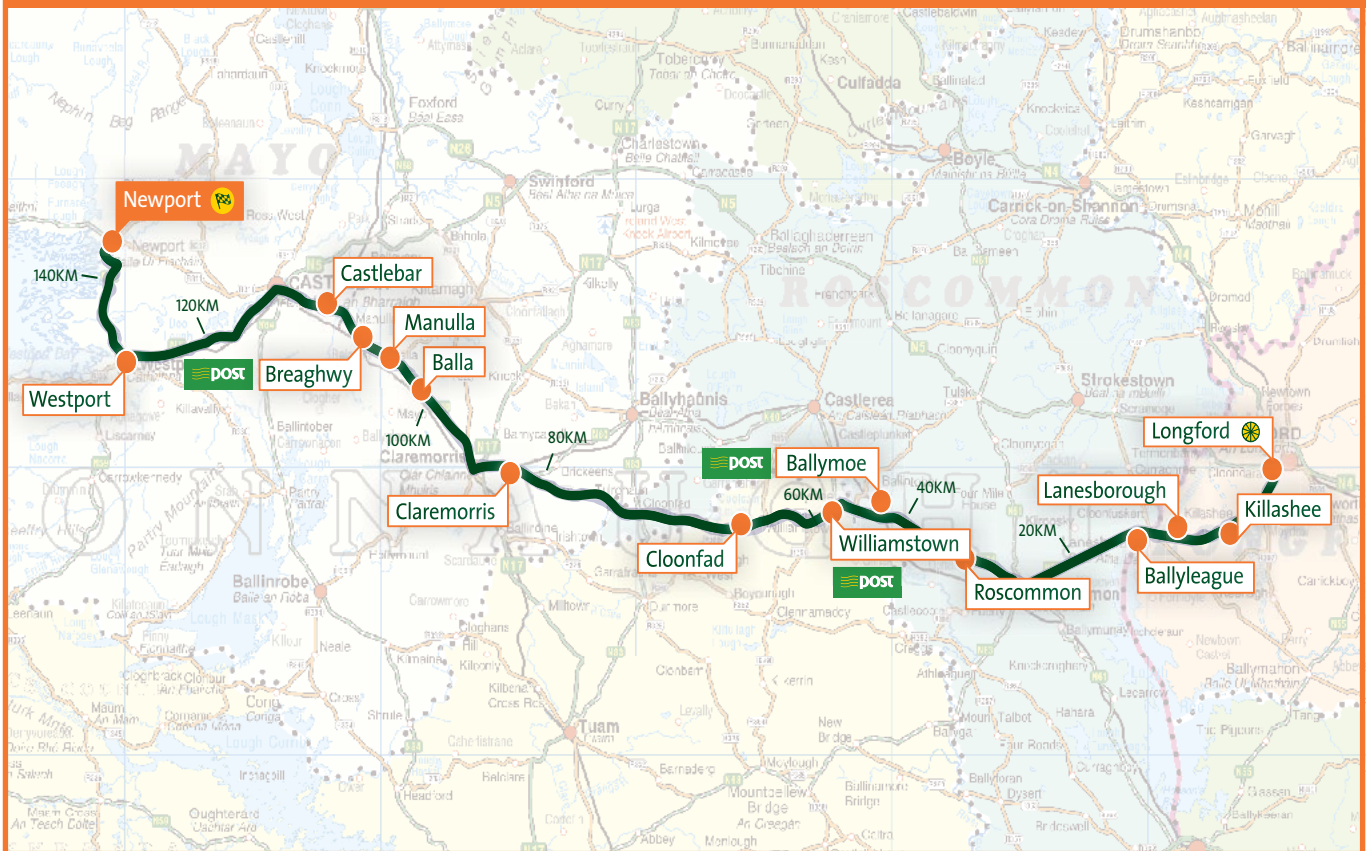
85.0	52.8		Entering Claremorris	12:46	13:07	13:39
86.0	53.4		At Seamus O'Malley roundabout, take 2 nd exit, direction town centre	12:47	13:09	13:41
87.0	54.1	R331	At T Junction, turn left and immediately turn right to Mount Street	12:48	13:10	13:43
87.4	54.3		Traffic lights, junction on right, beside fire station, continue straight through	12:49	13:11	13:43
99.9	62.1		Entering Balla	13:04	13:29	14:07
100.4	62.4		Junction on left, continue straight through Balla	13:05	13:30	14:08
105.3	65.4		Entering Manulla	13:11	13:37	14:17
105.5	65.6		At 4 roads cross, continue straight through	13:11	13:38	14:17
106.2	66.0		Level Crossing number XX1	13:12	13:39	14:19
108.5	67.4		Breaghwy An Post Prime on N60 	13:15	13:42	14:23
111.0	69.0		Entering Castlebar	13:18	13:46	14:28
111.4	69.2		At Kilkenny Cross roundabout, take 2 nd exit direction town centre, Dublin, Westport, Ballina	13:19	13:47	14:28
113.0	70.2	R373	At roundabout, take 2 nd exit direction town centre	13:21	13:49	14:31
113.3	70.4		At Roundabout outside Lidl, take 2 nd exit	13:21	13:49	14:32
113.6	70.6		At Roundabout, take 3 rd exit direction town centre	13:22	13:50	14:33
113.7	70.6		At Mini roundabout, take 1 st exit direction town centre. Charles Street	13:22	13:50	14:33
113.9	70.8		On Lucan Street. At 4 roads cross, at traffic lights, turn left to Market Street. Narrow Street	13:22	13:50	14:33
114.3	71.0		At traffic lights, continue straight through to Church Street	13:22	13:51	14:34
115.1	71.5	N5	At T junction, turn left, direction Westport, Dublin	13:23	13:52	14:35
115.2	71.6	R335	At Roundabout, take 2 nd exit, direction N5 Westport, Louisburg on R335. Westport Road.	13:24	13:52	14:36
118.0	73.3		25km to go at 100km speed restriction sign just past Shaws Garden Centre on left	13:27	13:57	14:41
123.1	76.5		20km to go at Tommie Joyce Car Sales on left	13:33	14:04	14:50
129.9	80.7		Entering Westport	13:42	14:14	15:03
130.3	81.0		Pedestrian crossing on fast and steep descent into Westport.	13:42	14:15	15:04
130.9	81.3		Traffic lights outside Castlecourt Hotel, continue straight through to Castlebar Street	13:43	14:16	15:05
131.1	81.5		4 roads cross with ramp before river. Turn Right to North Mall	13:43	14:16	15:05
131.2	81.5	N59	At T junction and traffic lights, turn right direction Newport, Bangor	13:44	14:16	15:06
132.8	82.5		10km to go on twisty Road. Slaughter Hill L5846, junction on right	13:46	14:19	15:09
138.8	86.2		5km to go at Stone bridge	13:53	14:28	15:20
139.8	86.9		4km to go at junction on left L54275	13:54	14:29	15:22
140.8	87.5		3km to go at 100km speed restriction sign	13:56	14:31	15:24
141.8	88.1		2km to go at 100km speed restriction sign	13:57	14:32	15:25
142.8	88.7		1km to go at Brown sign on left, welcome to Newport	13:58	14:34	15:27
143.0	88.9		Entering Newport	13:58	14:34	15:28
142.5	88.5		500m to go at 1 st bungalow on left (grey painted wall) at brow of hill	13:58	14:33	15:27
			400m to go 20m before junction with L54264 on left			
			300m to go at Joyce's Garage on left			
			Team car diversion – team cars to park on the right side of the road in an orderly fashion. No teams cars are to cross the bridge to the finish line			
			250m to go at protruding footpath on left/lamp post			
			200m to go at 1 st lamp post on left of bridge			
142.9	88.8		Finish outside Frank Chambers Auctioneers & Blue Bicycle Tea Rooms	13:58	14:34	15:27

Stage Finish Organiser: Fiona Hopkins, Newport Development. Tel: 087 – 7918172
Race HQ: Newport Hotel, Main Street, Newport, Co Mayo. Tel: 098-42464
Service Crew Accommodation: Newport Hotel, Main Street, Newport, Co Mayo. Tel: 098-42464
 Anti-Doping Control located in camper van adjacent to finish line

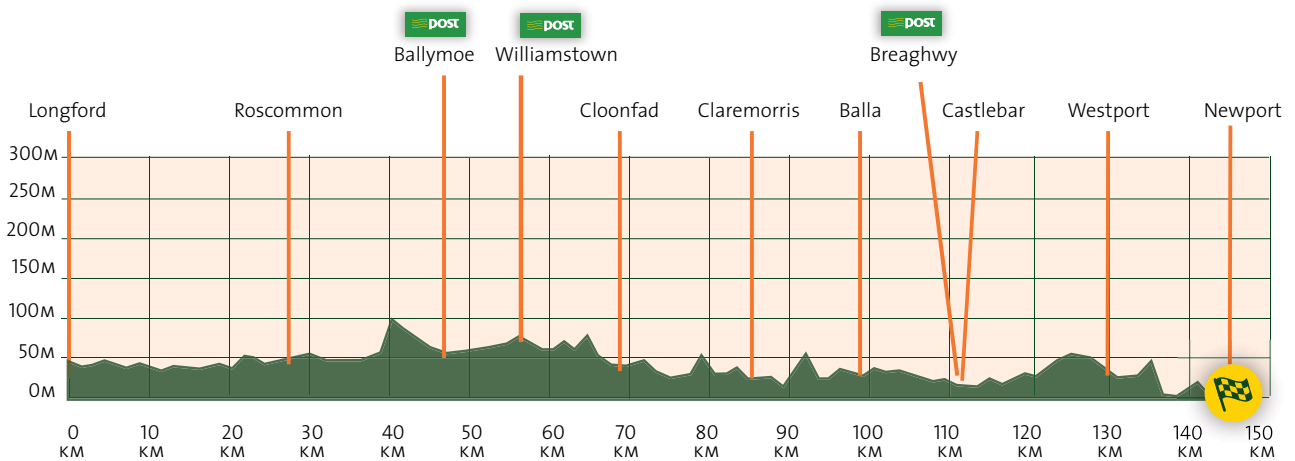
STAGE 2 LONGFORD > NEWPORT

DÉ LUAIN 22^Ú BEALTAINÉ/MONDAY 22ND MAY • 142.9KM

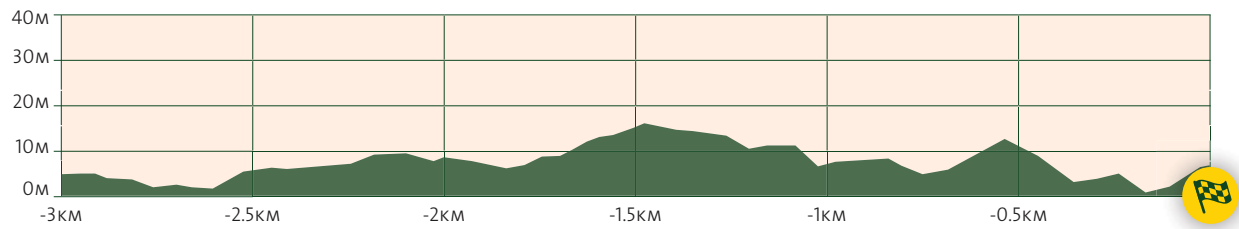
ROUTE MAP



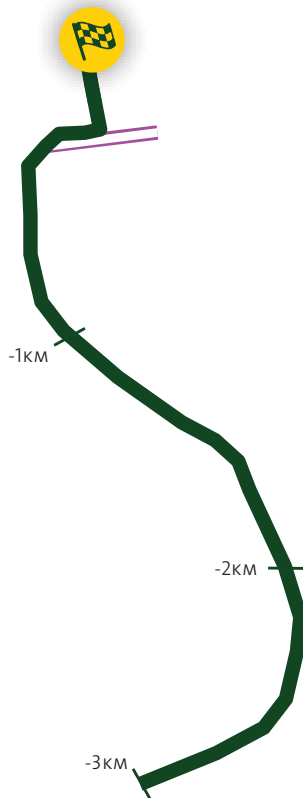
STAGE PROFILE



3KM PROFILE



3KM ROUTE



FINISH AND START



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|--------------------|------------------|-----------------|----------------------|---------------|-------------------|-------------------|----------------|--------------------------|
| Sign on & Assembly | HQ Head Quarters | Feeding Station | Anti-doping Centre | Team Car Park | Advance Team Cars | Advance Officials | Rear Team Cars | Team Car Diversion Route |
| Ceremonial Start | Finish | Prime | King of the Mountain | Service Crew | Stage Incoming | Stage Outgoing | | |

STAGE 3 NEWPORT > BUNDORAN

DÉ MAIRT 23Ú BEALTAINÉ/TUESDAY 23RD MAY • 149KM

Riders Sign-On	Grainne Uaile Bar and Restaurant beside the Post Office	09:30 to 10:30
Assembly	Grainne Uaile Bar and Restaurant	10:45
Ceremonial Start	At Main Street, finish line	11:00
Neutralised	0.5km	

Estimated time of arrival at kilometres per hour				48	40	32
Km	MI	Road. No	Location	Back wind	Average	Head wind
				11:00	11:00	11:00
0.0	0.0		Ceremonial Start at finish line, Main Street			
0.2	0.1		Turn right for Crossmolina and Glenhest on R317			
0.5	0.3		Burrishoole GAA club right			
			End of neutralised section at Burrishoole GAA club right.	11:00	11:00	11:00
0.0	0.0	R317	Start of race at 80km derestriction speed sign on R317 direction Crossmolina			
5.3	3.3		Entering Glenhest	11:06	11:07	11:09
13.1	8.1	R312	At T junction, turn left direction Crossmolina	11:16	11:19	11:24
19.0	11.8	R316	Turn right direction Crossmolina 19km	11:23	11:28	11:35
24.2	15.0		Right hand sweeping bend, continues to 24.5km	11:30	11:36	11:45
29.3	18.2		Keep right at Y junction direction Crossmolina	11:36	11:43	11:54
30.0	18.6	R315	At T Junction, turn left direction Crossmolina 4km, Ballycastle 26km	11:37	11:45	11:56
33.2	20.6		Sign entering Crossmolina	11:41	11:49	12:02
34.0	21.1	N59	At statue turn right to Ballina Street	11:42	11:51	12:03
43.6	27.1		Welcome to Ballina	11:54	12:05	12:21
43.9	27.3		At Gurteens Roundabout, take 3 rd exit, direction Sligo, Town Centre	11:54	12:05	12:22
44.1	27.4		7 Central reservations finishing at 44.5km	11:55	12:06	12:22
45.7	28.4		At 4 roads cross and traffic lights, turn left to Teeling Street	11:57	12:08	12:25
46.0	28.6		At 4 roads cross, continue straight through to Pound Street	11:57	12:09	12:26
46.1	28.6		At mini roundabout, take 2 nd exit to Circular Road	11:57	12:09	12:26
46.4	28.8		At mini roundabout, take 2 nd exit, continue straight through. Immediately followed by pedestrian crossing	11:58	12:09	12:27
46.7	29.0		At roundabout, take 1 st exit, direction Sligo followed by pedestrian crossing and central reservation	11:58	12:10	12:27
46.9	29.1	N59	At T junction over bridge, turn left direction Sligo	11:58	12:10	12:27
47.6	29.6		At traffic lights on Sligo road, continue straight through	11:59	12:11	12:29
47.7	29.6	L1100	Turn left off Bridge direction The Quays on L1100	11:59	12:11	12:29
50.0	31.1		50km done signs at black and yellow dangerous bends sign on left before bend on right with chevrons	12:02	12:15	12:33
56.9	35.4	R297	At T junction, turn left direction Inishcrone/Enniscrone	12:11	12:25	12:46
57.7	35.9		Entering Inishcrone	12:12	12:26	12:48
59.5	37.0		Inishcrone / Enniscrone An Post Prime 	12:14	12:29	12:51
60.0	37.3	R297	Leaving Inishcrone/Enniscrone, Central reservation, road narrows	12:15	12:30	12:52
67.6	42.0		Entering Rathlee	12:24	12:41	13:06
71.7	44.6		Entering Easkey	12:29	12:47	13:14
72.6	45.1		Turn left direction Dromore West 7km	12:30	12:48	13:16
79.4	49.3		Entering Dromore West	12:39	12:59	13:28
			Fast descent, caution riders			
79.8	49.6	N59	At T junction, turn left direction Sligo, Ballisadare 26km	12:39	12:59	13:29
83.9	52.1		Entering Templeboy	12:44	13:05	13:37
90.3	56.1		Entering Skreen	12:52	13:15	13:49
92.4	57.4		Entering Carrownaboll	12:55	13:18	13:53

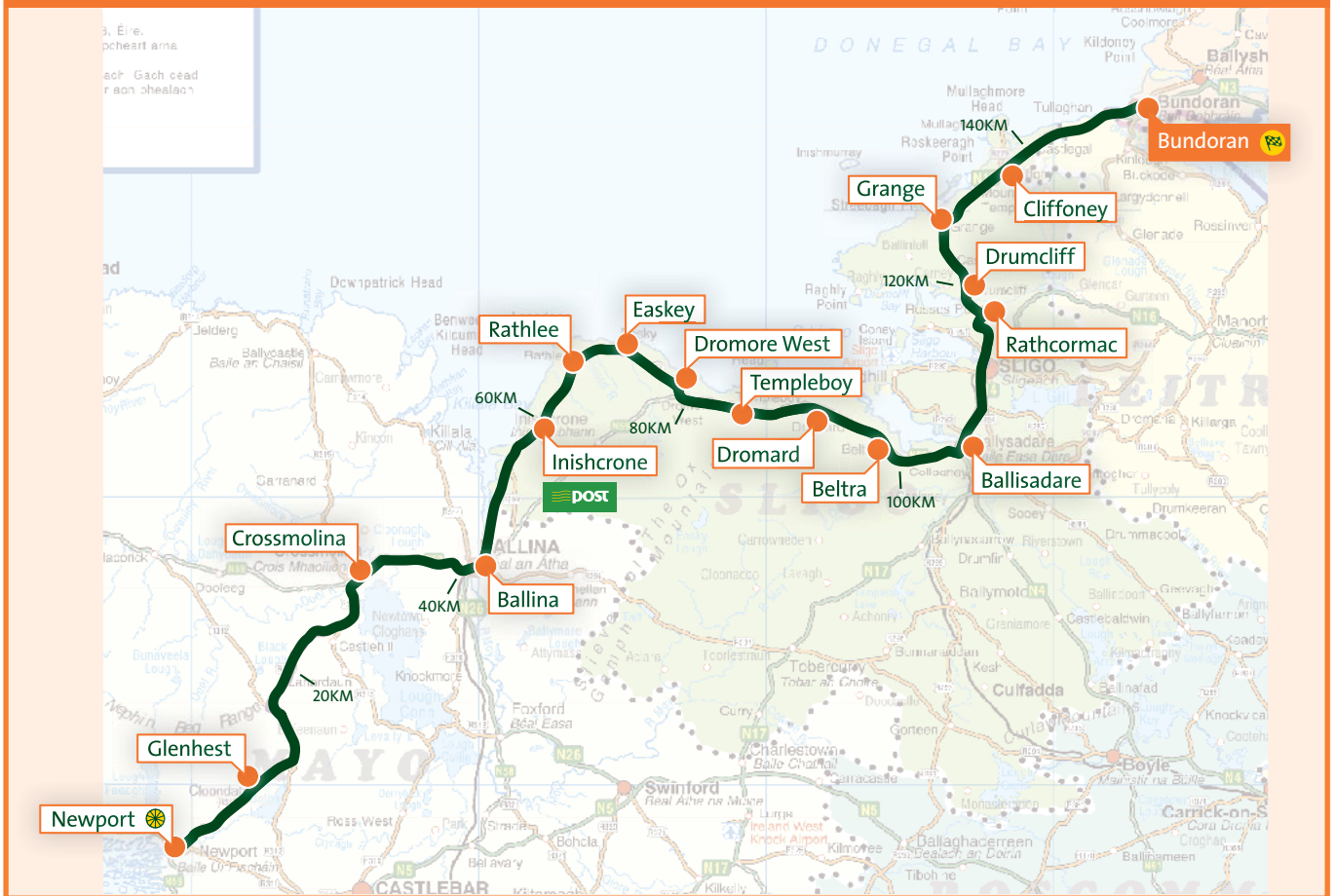
93.0	57.8		Dromard Post Office	12:56	13:19	13:54
97.4	60.5		At 4 roads cross, continue straight through	13:01	13:26	14:02
98.5	61.2		Entering Beltra	13:03	13:27	14:04
105.2	65.4		Entering Ballisadare	13:11	13:37	14:17
105.7	65.7		Central reservation on descent extra care, road narrows	13:12	13:38	14:18
Fast descent, caution riders						
105.9	65.8	N59	Pedestrian crossing followed by roundabout. At roundabout, take 1 st exit direction Sligo	13:12	13:38	14:18
106.2	66.0		At roundabout, take 1 st exit direction Strandhill, Sligo	13:12	13:39	14:19
107.6	66.9	N4	Pass underneath stone arch bridge followed immediately by left turn direction Sligo on N4	13:14	13:41	14:21
107.8	67.0		At 4 roads cross, continue straight through	13:14	13:41	14:22
108.1	67.2	N4	Race joins dual carriageway, direction Sligo on N4	13:15	13:42	14:22
110.4	68.6		Slip road on left, continue on N4	13:18	13:45	14:27
112.0	69.6		Welcome to Sligo	13:20	13:48	14:30
112.2	69.7		Slip road on left, continue on N4	13:20	13:48	14:30
113.3	70.4		At Summer Hill roundabout, take 1 st exit, direction Sligo, Derry, Enniskillen	13:21	13:49	14:32
113.7	70.6		4 roads cross and traffic lights, continue straight through all lights to Ray McSharry Road	13:22	13:50	14:33
114.0	70.8		At 4 roads cross, continue straight through to Joe Banks Road	13:22	13:51	14:33
114.5	71.1		At traffic lights with junction on right, continue straight through	13:23	13:51	14:34
116.1	72.1		Short dual carriageway to 116.6km	13:25	13:54	14:37
119.4	74.2		Entering Rathcormac , immediately followed by central reservation	13:29	13:59	14:43
120.6	74.9		Entering Drumcliff	13:30	14:00	14:46
123.9	77.0		25km to go sign, at 4 roads cross, no overtaking sign at 400m	13:34	14:05	14:52
129.0	80.2		20km to go sign at Green Welcome to Grange sign on left. National heritage area for 1588 Spanish Armada	13:41	14:13	15:01
129.1	80.2		Entering Grange , Central reservation, road narrows	13:41	14:13	15:02
129.4	80.4		6 central reservations at Grange continues to 129.7km, road narrows	13:41	14:14	15:02
129.9	80.7		5 central reservations at Grange continues to 130.2km	13:42	14:14	15:03
135.3	84.1		Entering Clifffoney	13:49	14:22	15:13
139.0	86.4		10km to go . Staggered cross roads	13:53	14:28	15:20
144.0	89.5		5km to go 3 houses on left	14:00	14:36	15:30
145.0	90.1		4km to go "Do Not Pass" signs on both sides of road	14:01	14:37	15:31
145.3	90.3		3 Central Reservations end at 145.3km Tullaghan	14:01	14:37	15:32
146.0	90.7		3km to go end of wooden fencing at back of semi detached houses on left	14:02	14:39	15:33
146.6	91.1	R267	Tullaghan Roundabout, take 2 nd exit, direction Bundoran	14:03	14:39	15:34
147.0	91.3		2km to go Housing scheme on left. Road sign Tullaghan after roundabout	14:03	14:40	15:35
147.7	91.8		Entering Bundoran	14:04	14:41	15:36
148.0	92.0		Central Reservation	14:05	14:42	15:37
148.0	92.0		1km to go Elena B & B, at 4 x roads Sheana Avenue Cul de Sac	14:05	14:42	15:37
148.5	92.3		500m to go at pay & display sign outside Allingham Arms Hotel	14:05	14:42	15:38
148.8	92.5		Pedestrian crossing, 200m to go opposite Pillbox Pharmacy, Hotel Hollyrood	14:06	14:43	15:39
148.9	92.5		Team car diversion – 90m before finish line right turn at Railway Bar to Station Road	14:06	14:43	15:39
148.9	92.5		50m to go at finish line end of Kicking Donkey Pub	14:06	14:43	15:39
149.0	92.6		Finish line at Cara Pharmacy, Main Street, Bundoran	14:06	14:43	15:39

Stage Finish Organiser: Shane Smith, Bundoran Tourist Office. Tel: 087 3737817
Race HQ: Allingham Arms Hotel, Main Street, Bundoran. Tel: 071-9841075
Service Crew Accommodation: Allingham Arms Hotel, Main Street, Bundoran. Tel: 071-9841075
Anti-Doping Control located in camper van adjacent to finish line

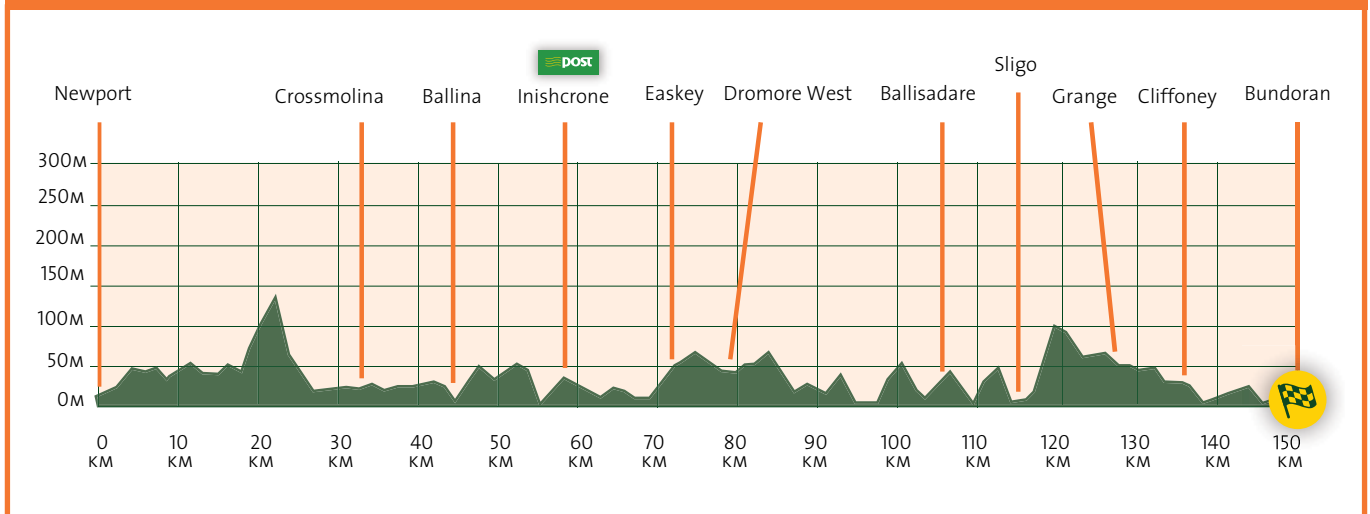
STAGE 3 NEWPORT > BUNDORAN

DÉ MAIRT 23Ú BEALTAINÉ/TUESDAY 23RD MAY • 149.0KM

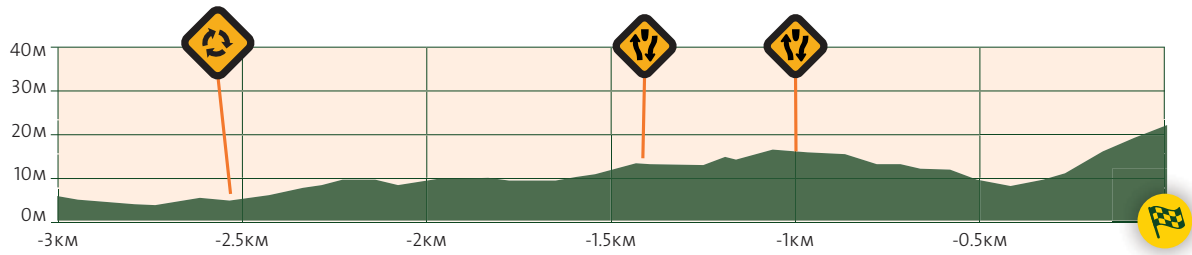
ROUTE MAP



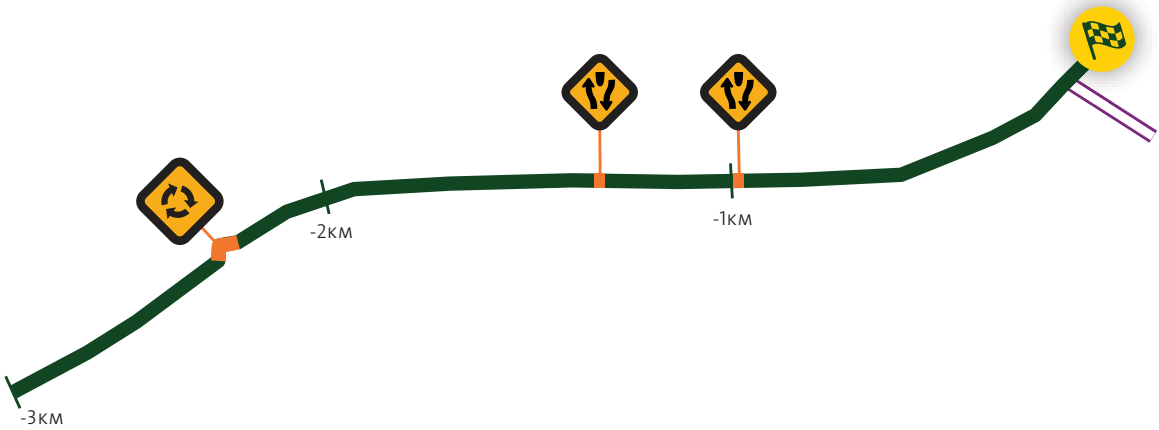
STAGE PROFILE



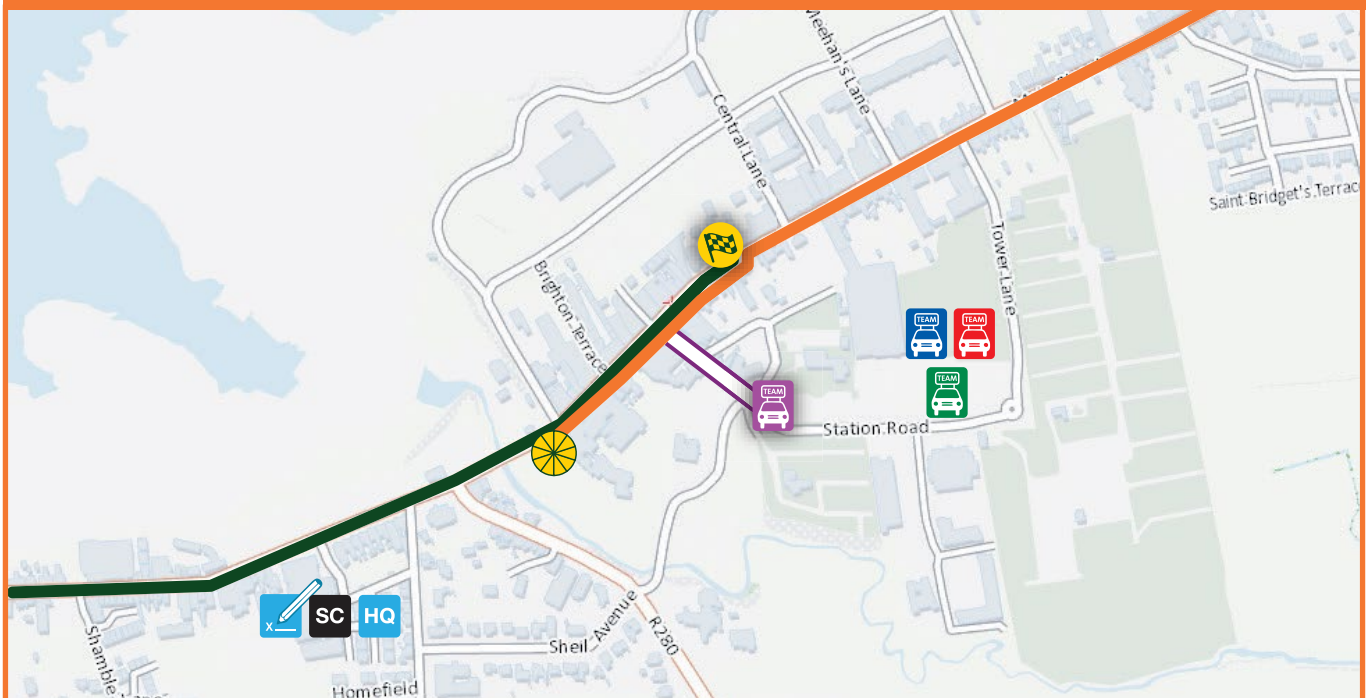
3KM PROFILE



3KM ROUTE



FINISH AND START



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|--------------------|---------------|-----------------|----------------------|---------------|-------------------|-------------------|----------------|--------------------------|
| Sign on & Assembly | Head Quarters | Feeding Station | Anti-doping Centre | Team Car Park | Advance Team Cars | Advance Officials | Rear Team Cars | Team Car Diversion Route |
| Ceremonial Start | Finish | Prime | King of the Mountain | Service Crew | Stage Incoming | Stage Outgoing | | |

STAGE 4 BUNDORAN > BUNCRANA

DÉ CEADAIOIN 24Ú BEALTAINÉ/WEDNESDAY 24TH MAY • 151.8KM

Riders Sign-On	Allingham Arms Hotel	09:30 to 10:30
Assembly	Allingham Arms Hotel	10:45
Ceremonial Start	Tourist Office, Main Street, Bundoran	11:00
Neutralised	1.9km	

Estimated time of arrival at kilometres per hour				48	40	32
Km	MI	Road. No	Location	Back wind	Average	Head wind
				11:00	11:00	11:00
0.0	0.0		Ceremonial start at Tourist Office, Main Street, Bundoran			
1.6	1.0		At Roundabout, take 1 st exit, direction Ballyshannon			
1.9	1.2		End of Neutral section just before sign for Ballyshannon 5km			
0.0	0.0	R267	Start of race at R267 sign for Ballyshannon 5km on left	11:00	11:00	11:00
3.0	1.9		Entering Ballyshannon , immediately followed by central reservation, also road narrows	11:03	11:04	11:05
3.6	2.2		Central reservation, very narrow road. Protruding footpath on left.	11:04	11:05	11:06
4.7	2.9	R267	Pedestrian crossing, immediately followed by roundabout, 1 st exit direction town centre, Rossnowlagh	11:05	11:07	11:08
5.1	3.2	N15	Keep right at Y junction, direction Lifford, Donegal	11:06	11:07	11:09
6.0	3.7	N15	At Erne roundabout, take 2 nd exit, direction Derry, Letterkenny, Donegal	11:07	11:09	11:11
20.9	13.0		Entering Laghey	11:26	11:31	11:39
23.0	14.3	R267	At Tullyearl roundabout, take 1 st exit, direction Donegal	11:28	11:34	11:43
24.5	15.2		Sign for Donegal on left	11:30	11:36	11:45
26.9	16.7	N15	Entering Diamond Donegal, keep right at Y junction direction Sligo Lifford, N15	11:33	11:40	11:50
27.0	16.8	N15	Keep left at Y junction, direction Sligo Lifford, N15, followed immediately by pedestrian crossing to Main Street	11:33	11:40	11:50
28.6	17.8	N15	At Drumlunagher Roundabout, take 2 nd exit direction Derry, Letterkenny, Ballybofey	11:35	11:42	11:53
50.0	31.1		50km done signs at 200m black and yellow signs for road narrows signs on either side of road with chevrons	12:02	12:15	12:33
52.6	32.7		Entering Ballybofey , followed by 8 central reservations ending at 53.7km	12:05	12:18	12:38
54.9	34.1		Pedestrian crossing on Main Street, Stranorlar	12:08	12:22	12:42
55.4	34.4	N13	Turn left at Top Service Station , direction Letterkenny, Derry	12:09	12:23	12:43
59.2	36.8	N13	Turn left direction Derry, Letterkenny	12:14	12:28	12:51
63.0	39.1		Entering Drumkeen , 2 central reservations with crossroads in between. Central reservations end at 63.2km	12:18	12:34	12:58
71.5	44.4		Start of fast descent towards Dry Arch Roundabout, Letterkenny	12:29	12:47	13:14
72.5	45.0	N13	At Dry Arch Roundabout, Letterkenny, take 3 rd exit, direction Derry, Dublin, Lifford on N13	12:30	12:48	13:15
76.9	47.8	N13	At roundabout, take 1 st exit, direction Derry, Buncrana on N13	12:36	12:55	13:24
79.7	49.5		Maghera Beg Category 3 KOM 🏆	12:39	12:59	13:29
90.0	55.9		Sign for Burt	12:52	13:15	13:48
95.2	59.2	R239	Turn left direction Burnfoot on R239	12:59	13:22	13:58
95.9	59.6		Keep right at Y junction	12:59	13:23	13:59
97.6	60.6		Entering Burnfoot	13:02	13:26	14:03
98.0	60.9	R238	At T junction, turn left direction Buncrana on R238	13:02	13:27	14:03
102.6	63.8	R238	60km speed restriction signs Fahan on R238	13:08	13:33	14:12
108.4	67.4		Entering Buncrana	13:15	13:42	14:23
108.6	67.5		At roundabout, take 1 st exit,	13:15	13:42	14:23
108.7	67.5		Immediately followed by central reservation	13:15	13:43	14:23
109.3	67.9	R238	Keep right direction Town Centre	13:16	13:43	14:24
109.7	68.2		Turn left direction Carndonagh to St Mary's Road	13:17	13:44	14:25

110.0	68.4		4 roads cross, continue straight through		13:17	13:45	14:26
110.2	68.5		Traffic lights and pedestrian crossing, followed immediately by mini roundabout, straight through		13:17	13:45	14:26
110.8	68.8		Turn left to Westbrook Road		13:18	13:46	14:27
110.8	68.8		Narrow bridge		13:18	13:46	14:27
111.2	69.1		Keep right at Y junction, direction Dunree leading to Pillar Park		13:19	13:46	14:28
112.8	70.1		Slavery Hill Category 3 KOM		13:21	13:49	14:31
115.4	71.7		Keep right at Y junction		13:24	13:53	14:36
119.5	74.3		Old Mountain Category 2 KOM		13:29	13:59	14:44
120.8	75.1	L1513	At T junction, turn right, direction Clonmany 7km		13:31	14:01	14:46
122.7	76.2		Pinch Mountain Category 2 KOM		13:33	14:04	14:50
Descent, caution signs immediately at top of climb							
126.8	78.8		25km to go at junction on right with stop sign		13:38	14:10	14:57
127.6	79.3		Keep left at Y junction, Clonmany Fireplace Centre on left		13:39	14:11	14:59
129.7	80.6		Keep left direction Mamore Gap				
131.2	81.5		Turn left at Welcome to Urris sign		13:44	14:16	15:06
131.6	81.8		20km to go sign at dormer bungalow on left after stone wall		13:44	14:17	15:06
135.5	84.2		At 4 roads cross, turn left, direction Mamore Gap		13:49	14:23	15:14
137.4	85.4		Mamore Gap Category 1 KOM		13:51	14:26	15:17
Descent, caution signs immediately at top of climb							
138.9	86.3		At T junction, turn right coming off Mamore gap		13:53	14:28	15:20
139.0	86.4		Immediately turn left direction Buncrana		13:53	14:28	15:20
141.8	88.1		10km to go sign at waste ground on left		13:57	14:32	15:25
144.4	89.7		Rejoining main road, continue straight		14:00	14:36	15:30
146.8	91.2		5km to go at entrance to bungalow on right		14:03	14:40	15:35
146.9	91.3		Keep right at Y junction direction Buncrana		14:03	14:40	15:35
147.8	91.8		4km to go at 50km speed restriction signs, entering Buncrana		14:04	14:41	15:37
148.6	92.3		Turn left at T junction coming off Slavery Hill to Westbrook Road		14:05	14:42	15:38
148.8	92.5		3km to go sign on left, Tullyarvan Mill and Avid Performance Studios		14:06	14:43	15:39
148.9	92.5		Narrow bridge		14:06	14:43	15:39
149.1	92.6		At T junction, turn right to Cockhill Road		14:06	14:43	15:39
149.2	92.7		Turn left to Causeway Road / Muff		14:06	14:43	15:39
149.5	92.9		At roundabout continue straight through, still on Causeway Road		14:06	14:44	15:40
149.8	93.1		2km to go at sign for roundabout on right sign		14:07	14:44	15:40
149.9	93.1		At 4 roads cross, continue straight. Leads to Ferris Lane		14:07	14:44	15:41
150.2	93.3		Turn right		14:07	14:45	15:41
150.5	93.5		2 junctions on left, split ramps before right hand bend		14:08	14:45	15:42
150.8	93.7		1km to go. At staggered junction keep right to Hillhead Road and immediate left to Maginn Ave		14:08	14:46	15:42
150.9			Turn left to McCarters Road. (Traffic Lights and pedestrian crossing at Lidl on right, Aldi on left, Inner Relief Road)				
151.3	94.0		Turn right from McCarter Road to Millbrae (Disused Swans Cornmills on left)		14:09	14:46	15:43
151.3	94.0		500m to go sign just after right turn from McCarter Road to Millbrae		14:09	14:46	15:43
151.4	94.1		Split ramps and protruding footpath on right		14:09	14:47	15:43
151.5	94.1		Split ramps and protruding footpath on right		14:09	14:47	15:44
151.6	94.2		Team Car Diversion – Turn left to St Orans Road, right at 100m to St Mary's Road and right into Library Carpark		14:09	14:47	15:44
151.6	94.2		200m to go at Grants Shoes opposite St Orans Road		14:09	14:47	15:44
151.8	94.3		Finish line outside Inish Lettings up one way street towards Main Street		14:09	14:47	15:44

Stage Finish Organiser: Nicholas Crossan, Donegal County Council. Tel: 086-3020567

Race HQ: Inishowen Gateway Hotel, Buncrana. Tel: 074-9361144

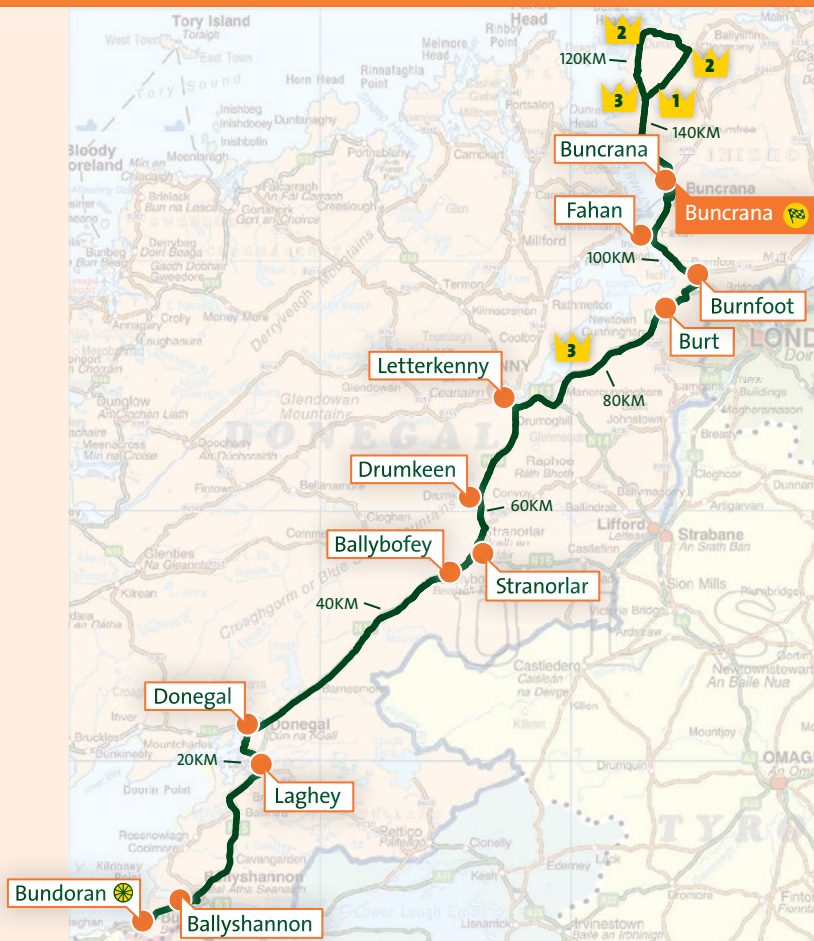
Service Crew Accommodation: Inishowen Gateway Hotel, Buncrana. Tel: 074-9361144

Anti-Doping Control located in camper van adjacent to finish line

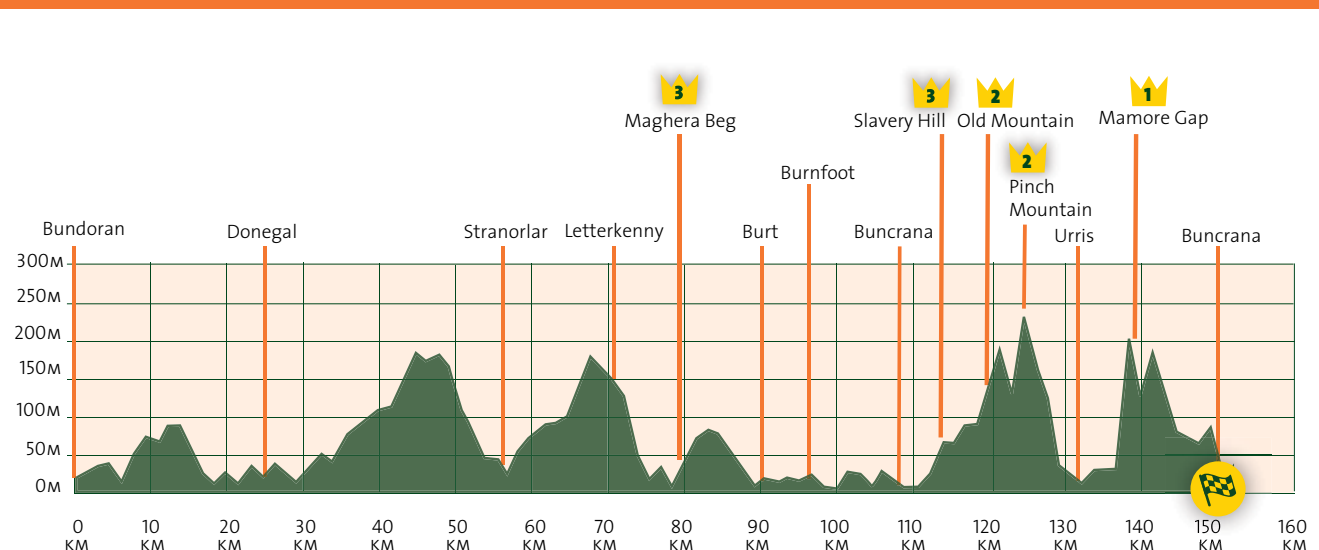
STAGE 4 BUNDORAN > BUNCRANA

DÉ CEADAIOIN 24Ú BEALTAINÉ/WEDNESDAY 24TH MAY • 151.8KM

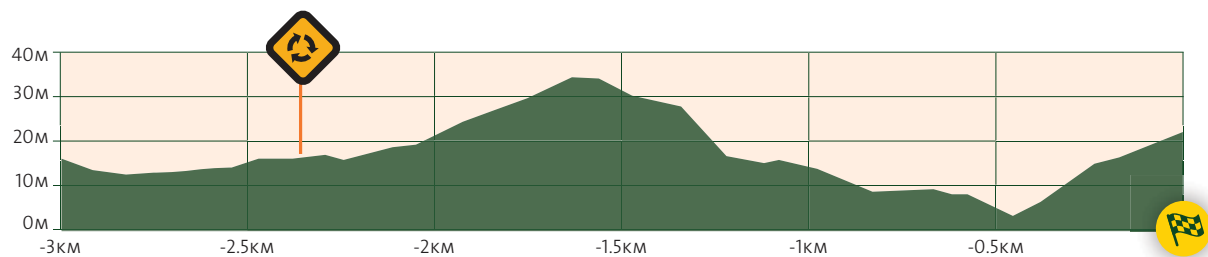
ROUTE MAP



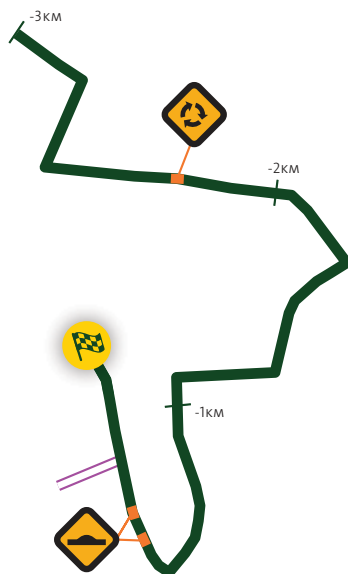
STAGE PROFILE



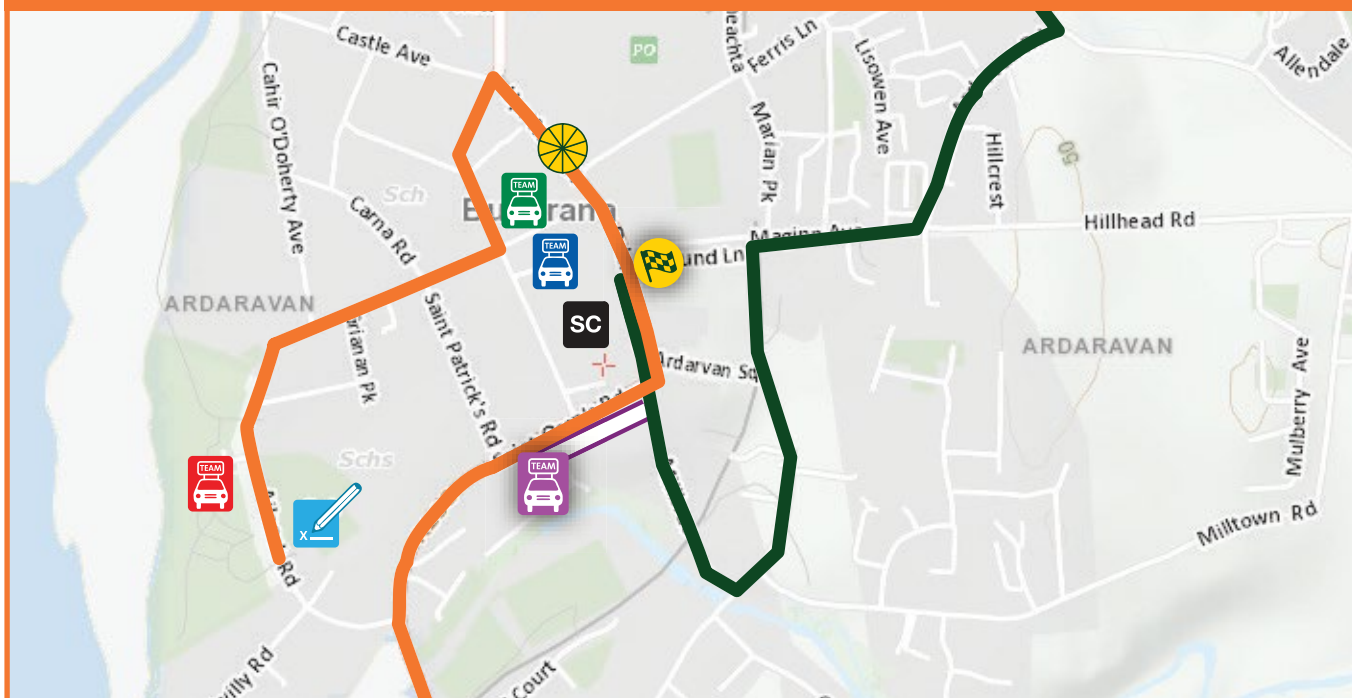
3KM PROFILE



3KM ROUTE



FINISH AND START



- Sign on & Assembly
- Head Quarters
- Feeding Station
- Anti-doping Centre
- Team Car Park
- Advance Team Cars
- Advance Officials
- Rear Team Cars
- Team Car Diversion Route
- Ceremonial Start
- Finish
- Prime
- King of the Mountain
- Service Crew
- Stage Incoming
- Stage Outgoing

STAGE 5 BUNCRANA > DUNGLOE

DÉ DEARDOIN 25Ú BEALTAINÉ/THURSDAY 25TH MAY • 181.2KM

Riders Sign-On	Buncrana Leisure Centre, Aileach Road	09:30 to 10:30
Assembly	Buncrana Leisure Centre, Aileach Road	10:45
Ceremonial Start	Buncrana Post Office, Upper Main Street	11:00
Neutralised	1.7km	

Estimated time of arrival at kilometres per hour				48	40	32
Km	MI	Road. No	Location	Back wind	Average	Head wind
				11:00	11:00	11:00
0.0			Aileach Road to Shore Road and Church Street			
0.6			At 4 roads cross, turn left to St Marys Road			
0.9			Turn right at mini roundabout to Upper Main Street			
1.0			Buncranna Post Office on Upper Main Street			
0.0	0.0		Ceremonial Start outside Buncrana Post Office on Upper Main Street			
0.2	0.1		Turn right to St Orans Road			
1.4	0.9		At roundabout, take 2 nd exit direction Derry, Letterkenny			
1.7	1.1		End of neutral section at R238 sign for Derry, Letterkenny, Burnfoot, Fahan on left			
0.0	0.0	R238	Start of Race at R238 sign for Derry, Letterkenny, Burnfoot, Fahan on left	11:00	11:00	11:00
7.4	4.6		Continue through Tooban	11:09	11:11	11:13
9.5	5.9		Entering Burnfoot	11:11	11:14	11:17
12.1	7.5		Entering Bridgend	11:15	11:18	11:22
12.4	7.7	R239/ N13	At roundabout in Bridgend, take 2 nd exit direction Stranorlar, Letterkenny	11:15	11:18	11:23
14.7	9.1		Entering Burt	11:18	11:22	11:27
17.6	10.9		3 Central reservations ending at 17.8km. Protruding footpaths. Road narrows	11:22	11:26	11:33
33.7	20.9	N13	At roundabout, take 2 nd exit direction Stranorlar, Letterkenny	11:42	11:50	12:03
38.1	23.7	N56	At Dry Arch Roundabout, take 2 nd exit direction Letterkenny	11:47	11:57	12:11
39.4	24.5		Long Central Reservation. Keep riders to left	11:49	11:59	12:13
39.5	24.5	N56	At Polestar roundabout, take 3 rd exit, direction Dunfanaghy on N56 following the Wild Atlantic Way on Ramelton Road	11:49	11:59	12:14
40.0	24.9	N56	Traffic lights and pedestrian crossing followed immediately by roundabout. Take 2 nd exit, direction Milford, Ramelton, Dunfanaghy	11:50	12:00	12:15
40.5	25.2	R245	At mini roundabout, take 2 nd exit, direction Ramelton, Millford	11:50	12:00	12:15
49.0	30.4		Fast descent R245	12:01	12:13	12:31
50.0	31.1		50km done signs to go at the 50km speed restriction sign entering Ramelton	12:02	12:15	12:33
50.3	31.3		Entering Ramelton , fast descent	12:02	12:15	12:34
51.1	31.8		At T junction, turn left, direction Kerrykeel, Rathmullen, Milford on Wild Atlantic Way	12:03	12:16	12:35
51.4	31.9	R247	Turn right at bridge, immediately followed by another right turn after bridge, direction Rathmullen 9km	12:04	12:17	12:36
61.1	38.0		Entering Rathmullen	12:16	12:31	12:54
61.6	38.3		Keep right at Y junction	12:17	12:32	12:55
61.8	38.4		Turn left at Patrick Patton & Sons Butchers on left corner, Carbery's shop right to Pound Street	12:17	12:32	12:55
62.0	38.5	R247	At T junction turn left direction Kerrykeel	12:17	12:33	12:56
62.5	38.8		Keep left, Chapel Road on R247	12:18	12:33	12:57
64.3	40.0		Turn left over bridge followed immediately by right turn	12:20	12:36	13:00
69.7	43.3		Anny Far and Near/Carnagarrow Category 3 KOM	 12:27	12:44	13:10

72.2	44.9		Keep right at Y junction, on Fanad Drive	12:30	12:48	13:15	
72.9	45.3		Welcome to Fanad sign	12:31	12:49	13:16	
75.0	46.6		Ballymastocker Strand Category 3 KOM		12:33	12:52	13:20
77.4	48.1	R246	Keep right at Y junction, direction Portsalon on R246	12:36	12:56	13:25	
79.1	49.2		At 4 roads cross, turn right direction Portsalon on R246. Fanad Drive.	12:38	12:58	13:28	
80.3	49.9	L1112	At 4 roads cross, continue straight through, direction Fanad Head 12km	12:40	13:00	13:30	
86.4	53.7	R247	At T junction turn left at Fanad Lodge on Cionn Fhánada	12:48	13:09	13:42	
86.9	54.0	R247	At T junction turn left direction Kerrykeel 17km	12:48	13:10	13:42	
88.7	55.1		Keep left at Y junction, direction Kerrykeel	12:50	13:13	13:46	
89.4	55.6		Entering Fan an Bhualtaigh	12:51	13:14	13:47	
90.4	56.2	L1132	Turn right direction Harry Blaney Bridge	12:53	13:15	13:49	
91.5	56.9		Entering Tulaigh na Dala	12:54	13:17	13:51	
96.5	60.0		Entering Leat Beg	13:00	13:24	14:00	
99.5	61.8	R245	Turn right at T junction , direction Carraig Airt 2km	13:04	13:29	14:06	
100.5	62.4		Entering Carraig Airt	13:05	13:30	14:08	
103.5	64.3		Keep right at Y Junction	13:09	13:35	14:14	
108.5	67.4		Turn right over narrow bridge, sharp right after bridge	13:15	13:42	14:23	
112.7	70.0	N56	At T junction, turn right, direction Dunfanaghy, Creeslough, Airport	13:20	13:49	14:31	
112.9	70.2		Entering Creeslough	13:21	13:49	14:31	
113.1	70.3		Entering Creeslough	13:21	13:49	14:32	
120.5	74.9		Entering Portnablagh	13:30	14:00	14:45	
122.9	76.4		Entering Dunfanaghy	13:33	14:04	14:50	
124.0	77.1		Dunfanaghy An Post Prime		13:35	14:06	14:52
130.4	81.0		Entering Ballyboe followed by 4 roads cross	13:43	14:15	15:04	
135.1	83.9		Entering An Fál Carrach / Falcarragh	13:48	14:22	15:13	
135.8	84.4		4 roads cross, centre Falcarragh, continue straight through	13:49	14:23	15:14	
136.0	84.5		Falcarragh An Post Prime		13:50	14:24	15:15
138.8	86.2		Entering Gort na Chóirce	13:53	14:28	15:20	
140.0	87.0		Keep right	13:55	14:30	15:22	
140.4	87.2		Keep left at Y junction	13:55	14:30	15:23	
149.4	92.8		Entering Min Na Cuinge	14:06	14:44	15:40	
151.5	94.1		Entering Gweedore	14:09	14:47	15:44	
152.8	94.9		At T junction, turn left over bridge	14:11	14:49	15:46	
155.5	96.6		Entering Croithlí	14:14	14:53	15:51	
156.2	97.1		25km to go at red brick cottage on left	14:15	14:54	15:52	
156.8	97.4	R259	Turn right direction Airport on R259	14:16	14:55	15:54	
160.0	99.4		Entering Anagaire	14:20	15:00	16:00	
161.2	100.2		20km to go on right hand bend just before Caisleain Oir Hotel, Anagaire	14:21	15:01	16:02	
161.9	100.6	R259	Keep right at Y junction	14:22	15:02	16:03	
165.1	102.6		Keep left at Y junction	14:26	15:07	16:09	
165.2	102.7		Entering Mullaghduff	14:26	15:07	16:09	
167.2	103.9		Entering Kincasslagh/Cionn Caslach	14:29	15:10	16:13	
170.7	106.1		Keep right at sharp turn right	14:33	15:16	16:20	
171.2	106.4		10km to go sign at Bridge with pillars before Keadue Football Club	14:34	15:16	16:21	
173.0	107.5		Left hand bend over small bridge	14:36	15:19	16:24	
174.5	108.4		Keep left at Y junction	14:38	15:21	16:27	
175.2	108.9		Keep right at Y junction	14:39	15:22	16:28	

176.2	109.5	5km to go sign at dip in road, bungalow on right with white pvc door and wrought iron gates	14:40	15:24	16:30
177.2	110.1	4km to go sign at wooden white fence on right, tree lined entrance to house	14:41	15:25	16:32
178.2	110.7	3km to go sign at end of concrete pillars on both sides of road. Cottage on left, bungalow on right	14:42	15:27	16:34
179.2	111.3	2km to go sign at white bungalow on right with archway entrance.	14:44	15:28	16:36
180.2	112.0	1km to go sign at road sign welcome to Dungloe on left with a bend and junction to left. Keep right.	14:45	15:30	16:37
180.8	112.3	370m to go at right hand bend Braeside House B & B/Forkers Bar	14:46	15:31	16:39
180.9	112.4	300m to go just beyond Bayview Bar, entrances to left and right	14:46	15:31	16:39
180.9	112.4	240m to go at The Stepping Stone Bar and Restaurant on right. Team car diversion to the right.	14:46	15:31	16:39
181.0	112.5	170m to go left turn Carnmore Road	14:46	15:31	16:39
181.2	112.6	Finish outside Mace on Main Street Dungloe	14:46	15:31	16:39

Stage Finish Organiser: Mark Sharkey. Tel: 086-7755151

Race HQ: Waterfront Hotel, Mill Road, Dungloe. Tel; 074-9522444

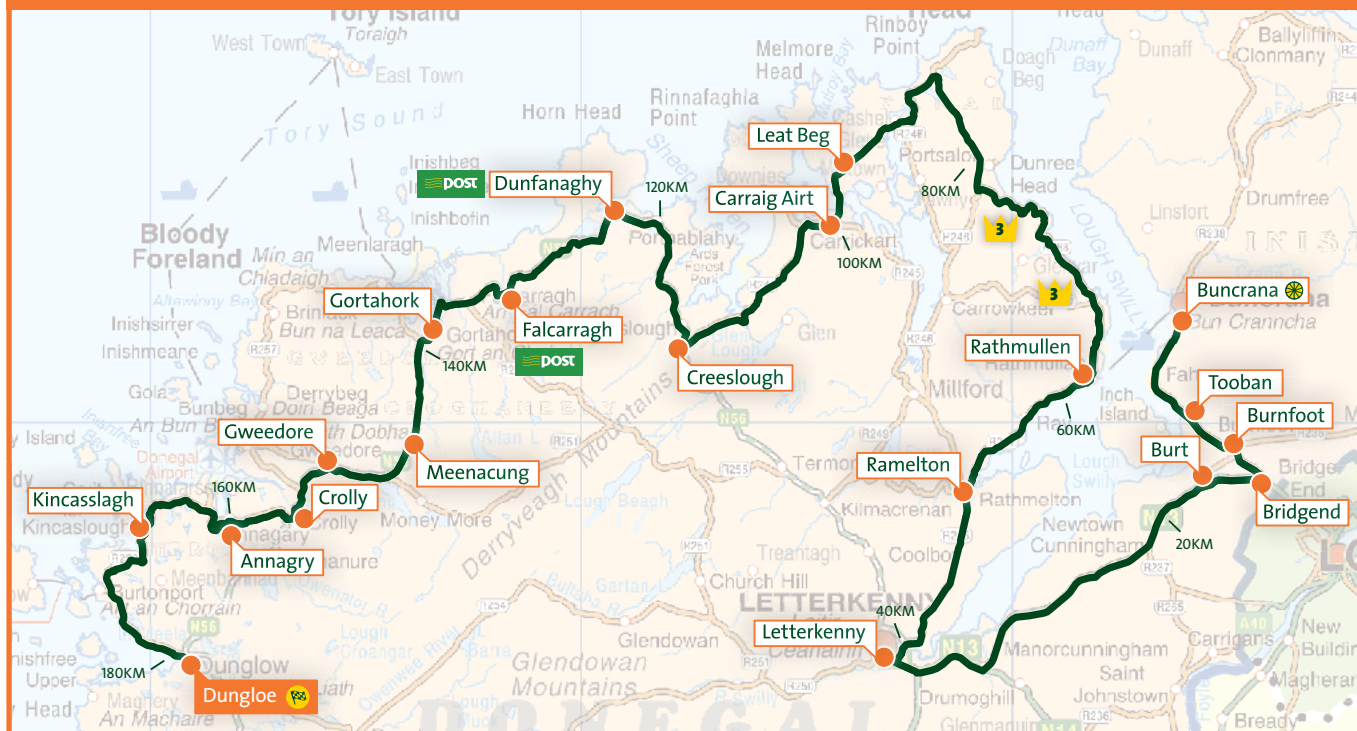
Service Crew Accommodation: Waterfront Hotel, Mill Road, Dungloe. Tel; 074-9522444

Anti-Doping Control located in camper van adjacent to finish line

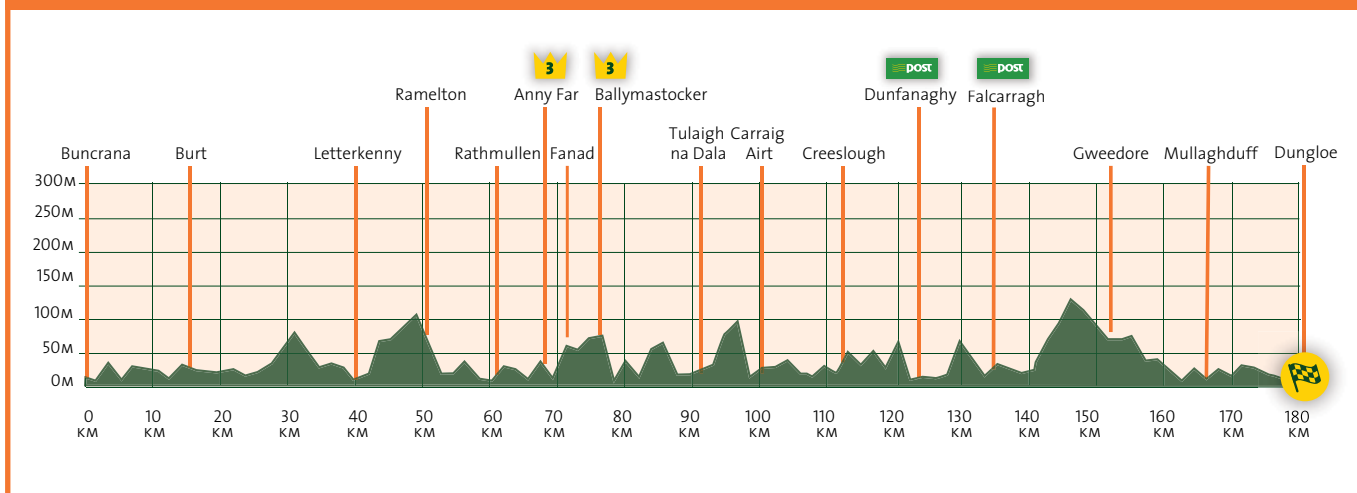
STAGE 5 BUNCRANA > DUNGLOE

DÉ DEARDOIN 25U BEALTAINÉ/THURSDAY 25TH MAY • 181.2KM

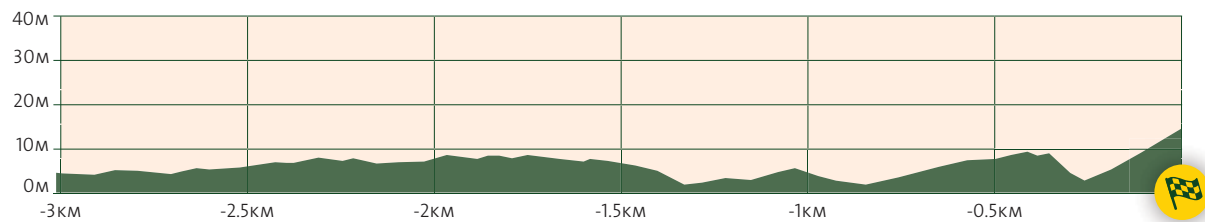
ROUTE MAP



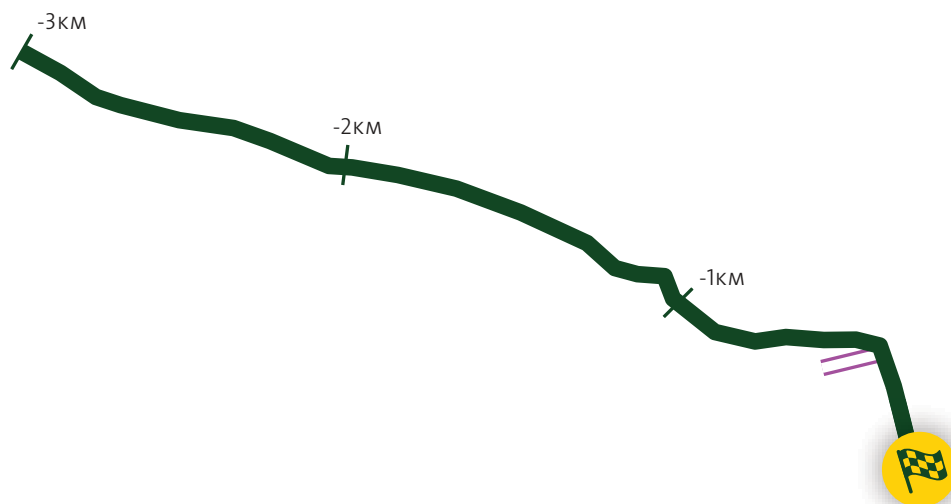
STAGE PROFILE



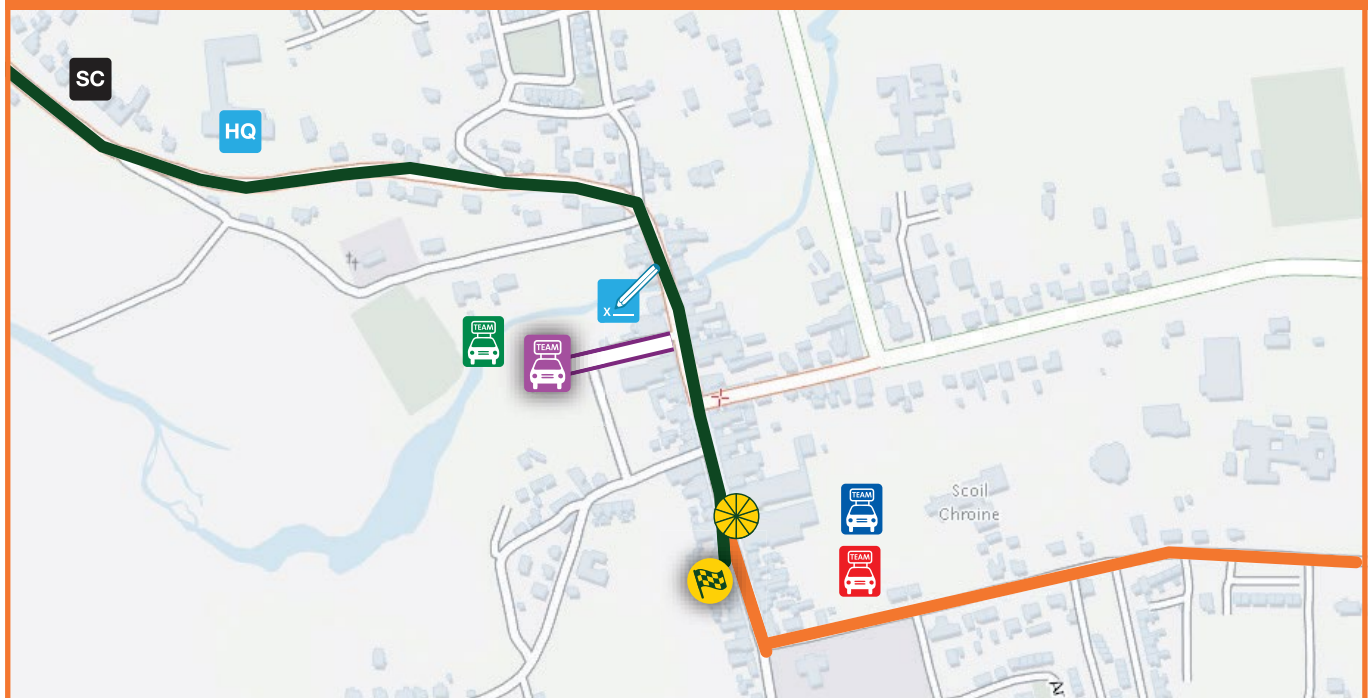
3KM PROFILE



3KM ROUTE



FINISH AND START



STAGE 6 DUNGLOE > DONEGAL

DÉ HAOINE 26Ú BEALTAINE/FRIDAY 26TH MAY • 132.1KM

Riders Sign-On	The Stepping Stone Bar & Restaurant, Main Street	09:30 to 10:30
Assembly	The Stepping Stone Bar & Restaurant Car Park, Main Street	10:45
Ceremonial Start	The Cope Shop, Main Street	11:00
Neutralised	1.4km	

Estimated time of arrival at kilometres per hour				48	40	32	
Km	MI	Road. No	Location	Back wind	Average	Head wind	
				11:00	11:00	11:00	
0.0	0.0		Ceremonial start outside The Cope Shop, Main Street				
0.1	0.1		Turn left, past church on right on Chapel Road				
1.3	0.8		At T junction, turn right direction Glenties on N56				
1.4	0.9		End of neutralised section at light pole on right (No 45)				
0.0	0.0		Start of Race at light pole on right (No 45).	11:00	11:00	11:00	
2.3	1.4	R252	Turn left direction Ballybofey, Letterkenny on R252	11:02	11:03	11:04	
10.4	6.5		Sweeping left bend, followed immediately by a sharp right hand bend	11:13	11:15	11:19	
10.9	6.8		Keep left at Y junction in Coolvoy, Doocharry (Gweebarra Apartments), direction Ballybofey	11:13	11:16	11:20	
17.5	10.9		Loughnambraddan Category 3 KOM	👑3	11:21	11:26	11:32
18.7	11.6	R250	At T junction, turn right direction Glenties	11:23	11:28	11:35	
31.0	19.3		Entering Glenties	11:38	11:46	11:58	
32.3	20.1	N56	Turn right just before Glenties. Direction Airport, Nairn, Portnoo Golf Club	11:40	11:48	12:00	
39.0	24.2	R261	Turn left direction Nairn, Portnoo 8km, scenic route	11:48	11:58	12:13	
42.0	26.1		Entering Clooney	11:52	12:03	12:18	
43.4	27.0		Entering Naran	11:54	12:05	12:21	
43.5	27.0	R261	Keep straight direction Ardara	11:54	12:05	12:21	
50.0	31.1		50km done signs to go at wooden gates and fence on left, yellow bungalow with porch to front	12:02	12:15	12:33	
51.5	32.0		Entering Ardara	12:04	12:17	12:36	
52.6	32.7	N56	At Y junction, keep right direction Killybegs	12:05	12:18	12:38	
			Caution – Fast descent into Ardara				
52.9	32.9		Keep right at Y junction (junction on left)	12:06	12:19	12:39	
55.2	34.3	R230	Turn right direction Gleancoilmcille 23km	12:09	12:22	12:43	
55.9	34.7		Entering An Gaeltacht	12:09	12:23	12:44	
60.5	37.6		Glengesh Pass Category 1 KOM	👑1	12:15	12:30	12:53
63.2	39.3		Sharp right bend	12:19	12:34	12:58	
69.1	42.9		Very narrow bridge, sharp left bend after bridge	12:26	12:43	13:09	
69.6	43.2	R230	Turn right direction Glencolmcille R230 8km, followed by another right at Y junction.	12:27	12:44	13:10	
72.8	45.2		Altclough Climb Category 3 KOM	👑3	12:31	12:49	13:16
76.0	47.2		Turn left at T junction, direction Glencolmcille	12:35	12:54	13:22	
77.1	47.9		Entering Glencolmcille	12:36	12:55	13:24	
77.5	48.2	R230	Left turn direction Glencolmcille	12:36	12:56	13:25	
77.6	48.2		Turn right at T junction over bridge	12:37	12:56	13:25	
80.6	50.1		Meenavaghran Category 2 KOM	👑2	12:40	13:00	13:31
87.0	54.1		Entering Carrick	12:48	13:10	13:43	
87.5	54.4		Continue straight in Carrick at minor cross roads	12:49	13:11	13:44	
87.6	54.4		Right over bridge with junction on left	12:49	13:11	13:44	
87.7	54.5		Turn left direction Kilcar, Killybegs, on bridge	12:49	13:11	13:44	
89.3	55.5		Cashling Category 3 KOM	👑3	12:51	13:13	13:47

90.9	56.5		Entering Kilcar	12:53	13:16	13:50
91.3	56.7		Keep right at Y junction direction Kilcar	12:54	13:16	13:51
92.4	57.4	R263	At 4 roads cross, turn left direction Killybegs	12:55	13:18	13:53
93.3	58.0	R263	At staggered cross roads, turn right direction Killybegs	12:56	13:19	13:54
95.0	59.0		Kilcar Category 3 KOM 	12:58	13:22	13:58
98.5	61.2		Sharp right bend at Kitty Kelly's Restaurant	13:03	13:27	14:04
98.6	61.3		Followed by sharp left	13:03	13:27	14:04
101.3	62.9		Narrow bridge, right hand bend	13:06	13:31	14:09
102.3	63.6		Sharp right hand bend	13:07	13:33	14:11
102.8	63.9		Entering Killybegs	13:08	13:34	14:12
102.8	63.9	R263/ N56	At roundabout, take 3 rd exit direction Donegal	13:08	13:34	14:12
104.1	64.7	R263	Turn right at T junction direction Donegal R263 onto St Catherine's Road	13:10	13:36	14:15
104.4	64.9		At roundabout, take 1 st exit, direction Killybegs, Donegal	13:10	13:36	14:15
105.5	65.5		Central Reservastion			
107.1	66.5		25km to go at middle of bridge with metal bars	13:13	13:40	14:20
111.8	69.5		Entering Bruckless	13:19	13:47	14:29
112.1	69.7		20km to go at left hand junction direction Calhame L1395	13:20	13:48	14:30
114.2	71.0		Entering Dunkineely	13:22	13:51	14:34
114.5	71.1		Dunkineely An Post Prime 	13:23	13:51	14:34
122.1	75.9		10km to go at house on left just before Milltown bar on right	13:32	14:03	14:48
123.0	76.4		Continue on main road direction Donegal	13:33	14:04	14:50
124.0	77.1		Drumbeagh Category 3 KOM 	13:35	14:06	14:52
125.8	78.2		Long central reservation, keep riders to left	13:37	14:08	14:55
126.1	78.4		Long central reservation, keep riders to left, continues to 126.6km	13:37	14:09	14:56
126.8	78.8		Long central reservation keep riders to left, continues to 126.9km	13:38	14:10	14:57
127.1	79.0		5km to go after the last central reservation	13:38	14:10	14:58
128.1	79.6		4km to go at entrance on right to Edrim Graveyard	13:40	14:12	15:00
129.1	80.2		3km to go at sign for Deep Sea Fishing	13:41	14:13	15:02
130.1	80.8		2km to go at Kia/Opal Herron Auto on left	13:42	14:15	15:03
130.8	81.3		Central Reservation, entering Donegal	13:43	14:16	15:05
131.1	81.5		1km to go just before yellow and black sign for roundabout at 300m	13:43	14:16	15:05
131.4	81.6	R925	At Roundabout, take 3 rd exit, direction Donegal, Killybegs Road	13:44	14:17	15:06
131.6	81.8		500m to go just before blue pay and display sign on left	13:44	14:17	15:06
131.7	81.8		Donegal sign left and 50km speed restriction sign	13:44	14:17	15:06
131.8	81.9		Team Car Diversion. Left turn onto Lough Eske Road to St John Bosco centre. At 500m turn right onto Drumrooske Road. At a further 200m turn left to St. John Bosco Centre before Gateway Lodge	13:44	14:17	15:07
132.0	82.0		Right hand bend leading to Bridge Street	13:45	14:18	15:07
132.0	82.0		100m to go at District Court Office on left	13:45	14:18	15:07
132.1	82.1		Finish line on Diamond outside Forget Me Not Interiors, Four Masters Bookshop	13:45	14:18	15:07

Stage Finish Organiser: John Curran. Tel: 086-3912949

Race HQ: The Abbey Hotel, The Diamond, Donegal. Tel: 074-9721014

Service Crew Accommodation: The Abbey Hotel, The Diamond, Donegal. Tel: 074-9721014

Anti-Doping Control located in camper van adjacent to finish line

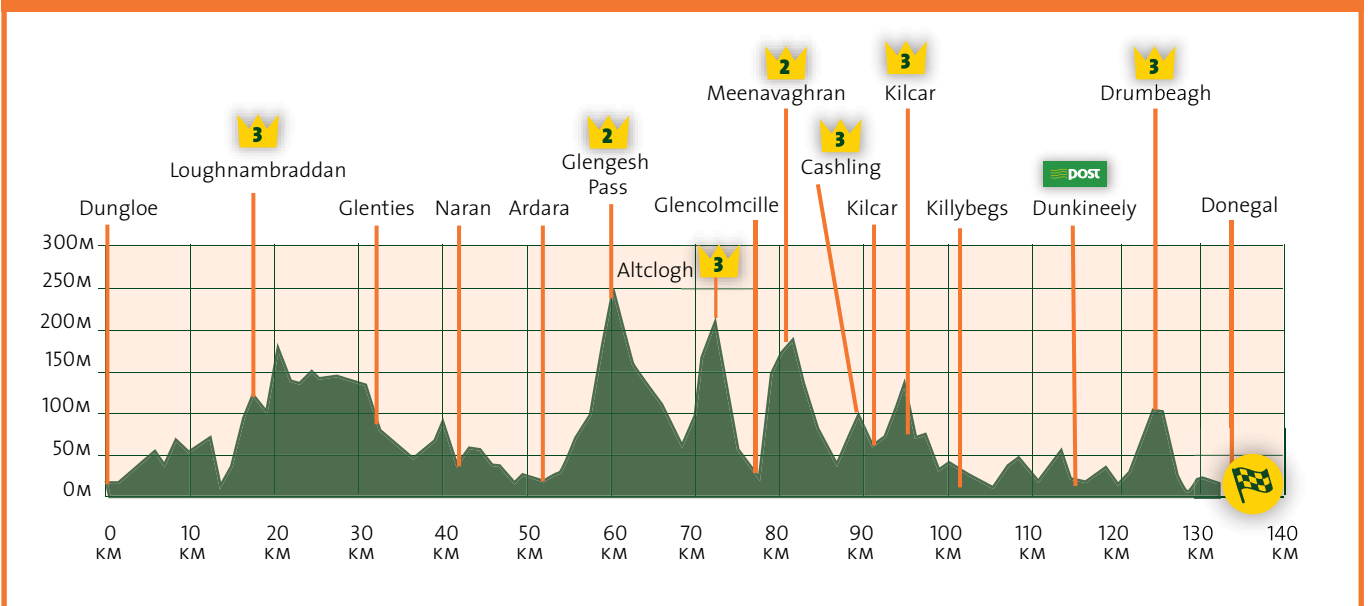
STAGE 6 DUNGLOE > DONEGAL

DÉ HAOINE 26Ú BEALTAINNE/FRIDAY 26TH MAY • 132.1KM

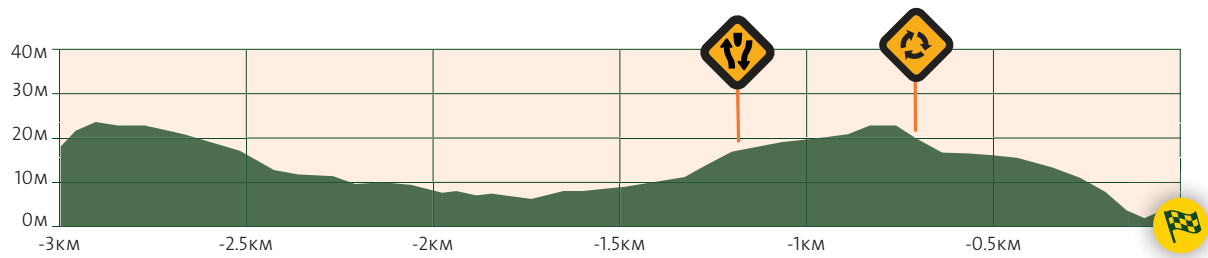
ROUTE MAP



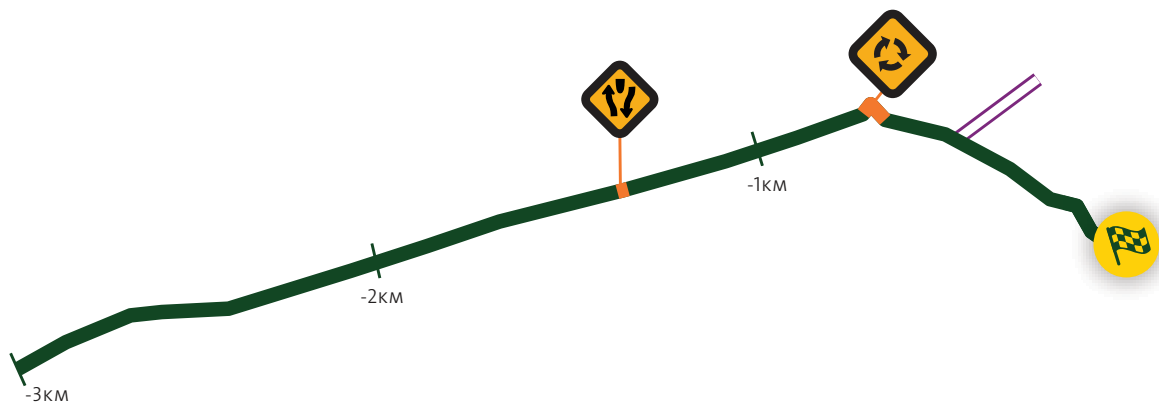
STAGE PROFILE



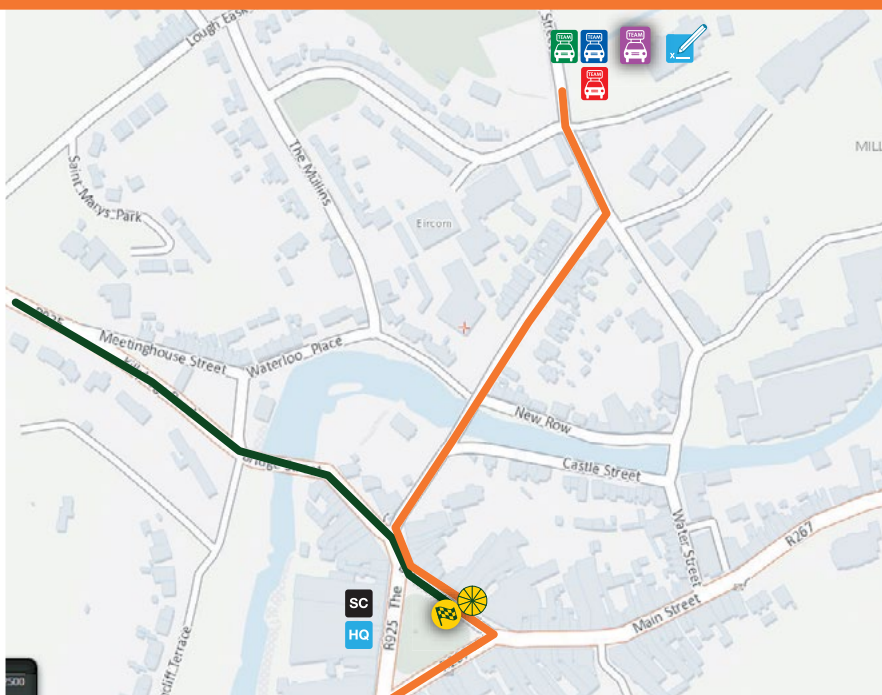
3KM PROFILE



3KM ROUTE



FINISH AND START



- Sign on & Assembly
- HQ Head Quarters
- Feeding Station
- Anti-doping Centre
- Team Car Park
- Advance Team Cars
- Advance Officials
- Rear Team Cars
- Team Car Diversion Route
- Ceremonial Start
- Finish
- Prime
- King of the Mountain
- Service Crew
- Stage Incoming
- Stage Outgoing

STAGE 7 DONEGAL > ARDEE

DÉ SATHAIRN 27Ú BEALTAINE/SATURDAY 27TH MAY • 167.3KM

Riders Sign-On	St John Bosco Centre, Railway Park, Milltown, Donegal	09:30 to 10:30
Assembly	St John Bosco Centre, Railway Park, Milltown, Donegal	10:45
Ceremonial Start	The Diamond (finish line)	11:00
Neutralised	2km	

Estimated time of arrival at kilometres per hour				48	40	32
Km	MI	Road No	Location	Back wind	Average	Head wind
				11:00	11:00	11:00
0.0	0.0		Leaving St. John Bosco Centre			
0.0	0.0		Turn left to Drumrooske Road			
0.1	0.1		Turn right on Tirchonnaill Street to Bridge Street			
0.3	0.2		Turn left from Bridge Street to The Diamond			
0.4	0.2		Ceremonial Start at Forget Me Knot Interiors and Four Master Bookshop, The Diamond			
0.0	0.0		Keep right at Y junction direction Sligo on N15			
0.1	0.1		Keep left at Y junction direction Sligo R267 to Quay Street			
2.0	1.2		End of neutralised section at Abbot Diabetes Care Entrance on left			
0.0	0.0		Race Start signs at Abbot Diabetes Care Entrance on left	11:00	11:00	11:00
1.8	1.1	N115	Tullyearl Roundabout, take 2 nd exit, direction Sligo/Ballyshannon	11:02	11:02	11:03
3.2	2.0		Entering Laghey	11:04	11:04	11:06
3.3	2.1	R232	Turn left to R232	11:04	11:04	11:06
3.5	2.2		Keep right at 7 Arches Bar in Laghey	11:04	11:05	11:06
4.0	2.5	R232	Keep left at Y junction direction Pettigo on R232	11:05	11:06	11:07
23.4	14.5		Entering Pettigoe	11:29	11:35	11:43
24.4	15.2		At T junction turn right direction Enniskillen	11:30	11:36	11:45
24.5	15.2		Turn left immediately after post office	11:30	11:36	11:45
24.9	15.5	A35	Welcome to Northern Ireland 60mph speed restriction A35/Pettigoe Road	11:31	11:37	11:46
32.5	20.2	A35	40mph speed restriction sign entering Kesh	11:40	11:48	12:00
33.0	20.5		Central Reservation with Roundabout, take 1 st exit, continue straight through	11:41	11:49	12:01
33.1	20.6		At Roundabout, take 2 nd exit direction Enniskillen	11:41	11:49	12:02
34.8	21.6	A47	Keep right Enniskillen on A47, junction on left	11:43	11:52	12:05
38.7	24.0		Entering Lisnarick	11:48	11:58	12:12
48.6	30.2		Entering Troxy 50mph speed restriction signs	12:00	12:12	12:31
50.0	31.1		50km done signs at the 2 nd entrance to St Angelo Enniskillen airport on right	12:02	12:15	12:33
50.9	31.6	A32	At roundabout. Take 2 nd exit direction Enniskillen, Belfast, Irvinestown Road	12:03	12:16	12:35
52.9	32.9		Entering Enniskillen	12:06	12:19	12:39
53.3	33.1	A32	At roundabout, take 1 st exit direction Enniskillen	12:06	12:19	12:39
54.0	33.6	A32	At roundabout, take 2 nd exit direction Enniskillen/Town Centre	12:07	12:21	12:41
56.2	34.9		Pedestrian Crossing and traffic lights. Keep left	12:10	12:24	12:45
56.3	35.0		At 4 roads cross, keep left in filter lane	12:10	12:24	12:45
56.4	35.0		Junction with traffic lights, continue straight through, past McDonald's and Ford Garage on left	12:10	12:24	12:45
56.5	35.1	A4	Keep right at Y junction, direction Belfast/Maguire'sbridge/Lisnaskea	12:10	12:24	12:45
56.6	35.2		Traffic lights outside Tesco on right, junction on left, continue straight through	12:10	12:24	12:46
60.9	37.8		Entering Tamlaght	12:16	12:31	12:54
61.5	38.2	B514	Turn right to Gola Road	12:16	12:32	12:55
			Twisty road for several km			
65.9	40.9	B514	Keep left at Y junction direction Lisnaskea	12:22	12:38	13:03

72.4	45.0		Entering Lisnaskea	12:30	12:48	13:15
73.1	45.4		Keep left at Y junction. Ensure riders stay to left.	12:31	12:49	13:17
73.2	45.5		Turn right at T junction	12:31	12:49	13:17
73.4	45.6	A34	At roundabout, take 2 nd exit direction Lisnaskea/Newtownbutler	12:31	12:50	13:17
79.8	49.6	A34	Keep right at Y junction on A34 direction Newtownbutler/Clones	12:39	12:59	13:29
83.8	52.1		Newtownbutler 30mph speed restriction signs	12:44	13:05	13:37
84.3	52.4		At mini roundabout, turn left direction Clones at Clones Credit Union, Main Street.	12:45	13:06	13:38
84.6	52.6	B143/ A34	Keep right at Y junction, direction Clones	12:45	13:06	13:38
91.6	56.9		Cross border. Welcome to Co. Monaghan	12:54	13:17	13:51
92.0	57.2	R183	Entering Clones	12:55	13:18	13:52
93.1	57.8	R183	Turn right at 4 roads cross and traffic lights	12:56	13:19	13:54
93.2	57.9		Post Office in Supervalu on left, very narrow street, Fermanagh Street	12:56	13:19	13:54
93.4	58.0		At T junction turn left direction Monaghan	12:56	13:20	13:55
93.4	58.0		Immediately followed by pedestrian crossing	12:56	13:20	13:55
93.4	58.0		Immediately followed by right turn	12:56	13:20	13:55
93.5	58.1	R183	Keep left at Y junction direction Newbliss and Ballybay	12:56	13:20	13:55
97.5	60.6		Turn left over bridge	13:01	13:26	14:02
97.6	60.6	R183	Immediate right turn direction Ballybay	13:02	13:26	14:03
100.8	62.6		Stone archway over road. Height 15'7" / 4.8m.	13:06	13:31	14:09
101.1	62.8		Entering Newbliss	13:06	13:31	14:09
101.5	63.1	R189	Turn right at T junction, direction Cootehill on R189. Post Office on left	13:06	13:32	14:10
101.7	63.2		Keep left at Y junction	13:07	13:32	14:10
111.3	69.2	R188	At T junction, turn right, direction Cootehill	13:19	13:46	14:28
112.9	70.2		Welcome to Co Cavan sign	13:21	13:49	14:31
113.5	70.5		Welcome to Cootehill	13:21	13:50	14:32
114.1	70.9		4 roads cross, turn left direction Shercock, Castleblaney to Market Street	13:22	13:51	14:33
115.8	72.0	R190	Keep left at Y junction direction Shercock and Ballybay	13:24	13:53	14:37
116.4	72.3	R192	Keep right at Y junction direction Shercock	13:25	13:54	14:38
130.2	80.9		Right hand bend, Welcome to Shercock	13:42	14:15	15:04
130.5	81.1		At T junction turn left to Main Street	13:43	14:15	15:04
130.8	81.3	R178	At top of Main Street, turn left direction Carrickmacross on R178 (sign partially hidden)	13:43	14:16	15:05
131.4	81.6	R178	Keep right at sweeping right hand junction with 4 roads cross. Continue direction Carrickmacross	13:44	14:17	15:06
132.4	82.3		Welcome to Co. Monaghan sign	13:45	14:18	15:08
141.2	87.7		Keep left at Y junction	13:56	14:31	15:24
142.3	88.4		25km to go sign at bungalow on left with blue corrugated sheds to rear	13:57	14:33	15:26
143.4	89.1		Entering Carrickmacross	13:58	14:34	15:28
143.7	89.3	N2	At roundabout take 1 st exit, (left turn) direction All Routes on N2	13:59	14:35	15:29
144.2	89.6		Turn right direction All Routes, immediately followed by Central reservation and pedestrian crossing on Castleblaney Road	14:00	14:36	15:30
144.5	89.8	N2	Turn right at T junction on N2	14:00	14:36	15:30
145.0	90.1		Turn left to Main Street at Shirley Arms Hotel	14:01	14:37	15:31
145.6	90.5		Keep left at Caffreys Furniture	14:02	14:38	15:33
146.3	90.9	R178	Turn left to Oriel Road direction Dublin/Dundalk at Lidl	14:02	14:39	15:34
147.2	91.5	N2	Dundalk Road Roundabout, take 2 nd exit direction Derry, Dublin on N2	14:04	14:40	15:36
147.3	91.5		20km to go just before bus shelter and bus stop	14:04	14:40	15:36
147.8	91.8	N2	Turn left at T junction, direction Ardee/Dublin on major road, N2	14:04	14:41	15:37
153.4	95.3		4 roads cross, continue straight through	14:11	14:50	15:47
157.3	97.7		10km to go at bungalow on right. The Professionals with worksheds	14:16	14:55	15:54
162.3	100.8		5km to go at The Cottage on right with eagles on pillars	14:22	15:03	16:04
163.3	101.5		4km to go at large sign on left black and yellow sign ramps at 200m	14:24	15:04	16:06
163.6	101.7		At Carrickmacross Roundabout, take 2 nd exit	14:24	15:05	16:06

163.9	101.8		At Dundalk Road Roundabout, take 2 nd exit	14:24	15:05	16:07
164.3	102.1		3km to go at roundabout sign 300m facing back towards Ardee	14:25	15:06	16:08
164.7	102.3		At Roundabout, take 1 st exit direction Dublin Belfast (continue straight through)	14:25	15:07	16:08
165.3	102.7		2km to go at River Dee sign just before right hand turn for Ardee south R170	14:26	15:07	16:09
165.3	102.7	R170	Turn right direction Ardee South on R170	14:26	15:07	16:09
165.8	103.0	R170/ N2	Turn right at T junction to R170/N2	14:27	15:08	16:10
166.3	103.3		1km to go at O'Dowds Veterinary Hospital at town end of Hospital, parking area	14:27	15:09	16:11
166.6	103.5		Ramp	14:28	15:09	16:12
166.8	103.6		Ramp	14:28	15:10	16:12
166.8	103.6		500m to go at Annies News on left	14:28	15:10	16:12
166.9	103.7	N2	4 roads cross. Turn right to Bridge Street on N2	14:28	15:10	16:12
166.9	103.7		400m to go at bridge	14:28	15:10	16:12
167.2	103.9		Team Car Diversion 110m to go at junction – left diversion for cars, entrance to Supervalu	14:29	15:10	16:13
167.3	104.0		Finish line at house just before Ardee School of Music.	14:29	15:10	16:13

Stage Finish Organiser: Eamon Martin. Tel: 087-6186463

Race HQ: City North Hotel, Gormanstown, Co Meath. Tel: 01-6906666

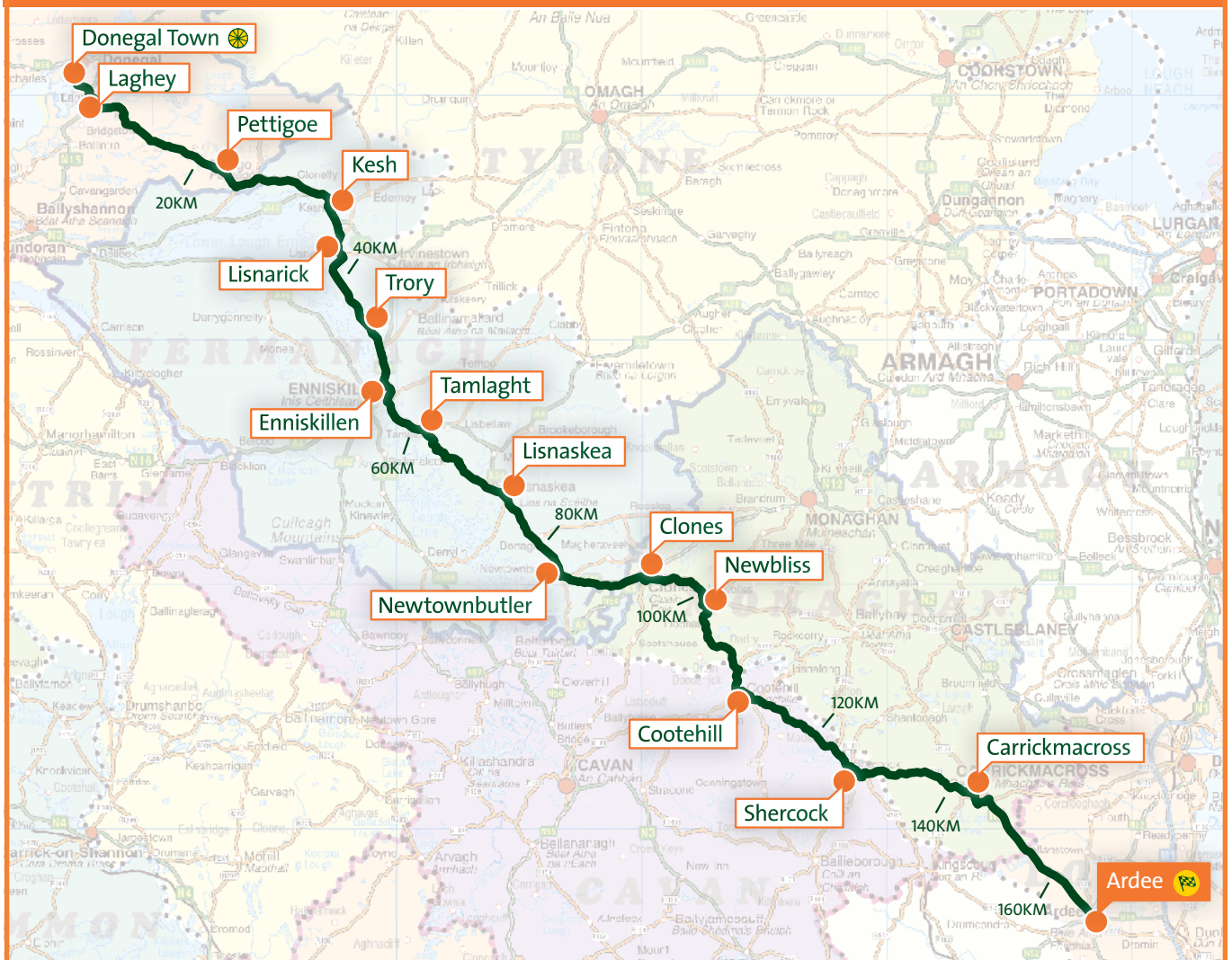
Service Crew Accommodation: The D Hotel, Drogheda, Co Louth. Tel: 041-9877700

Anti-Doping Control located in camper van adjacent to finish line

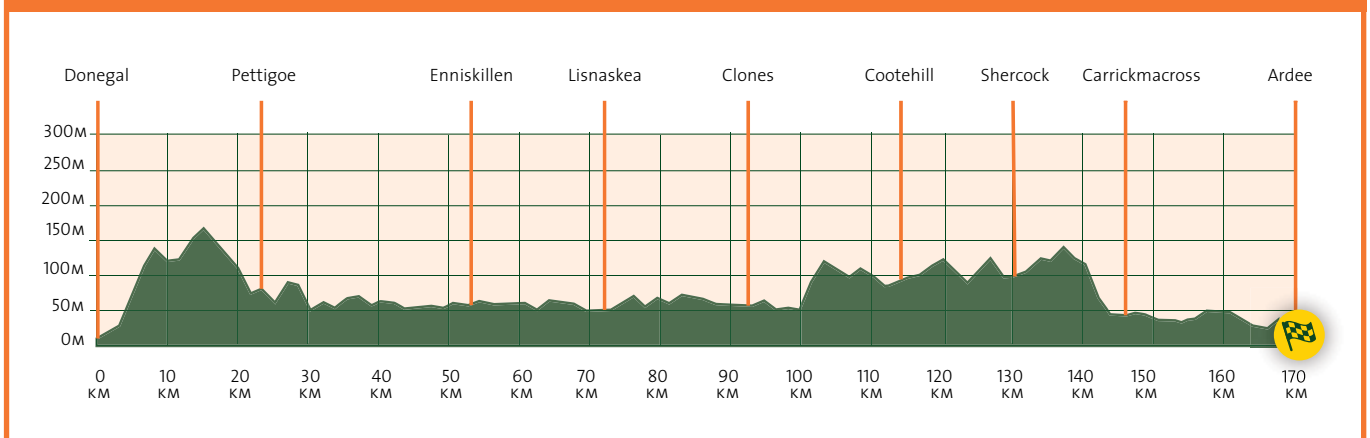
STAGE 7 DONEGAL > ARDEE

DÉ SATHAIRN 27Ú BEALTAINE/SATURDAY 27TH MAY • 167.3KM

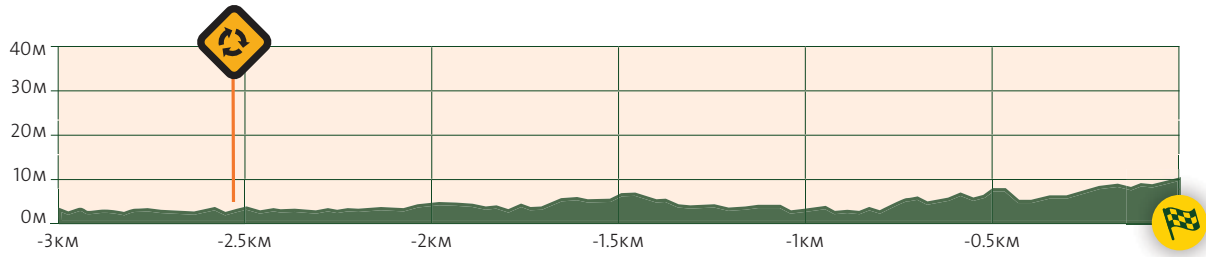
ROUTE MAP



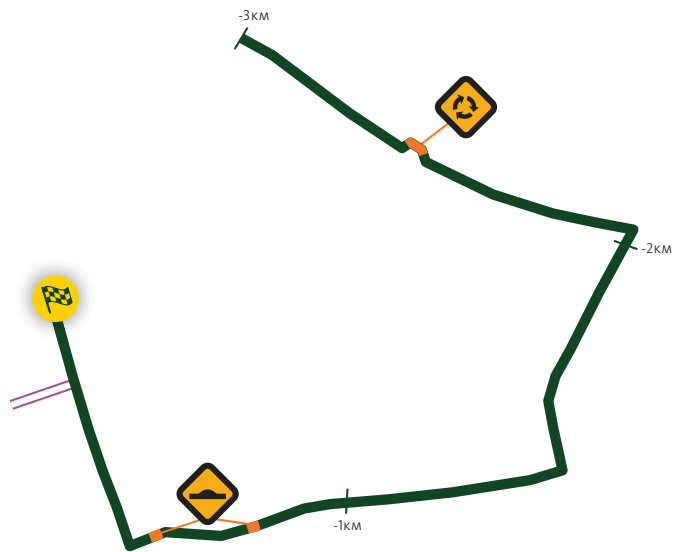
STAGE PROFILE



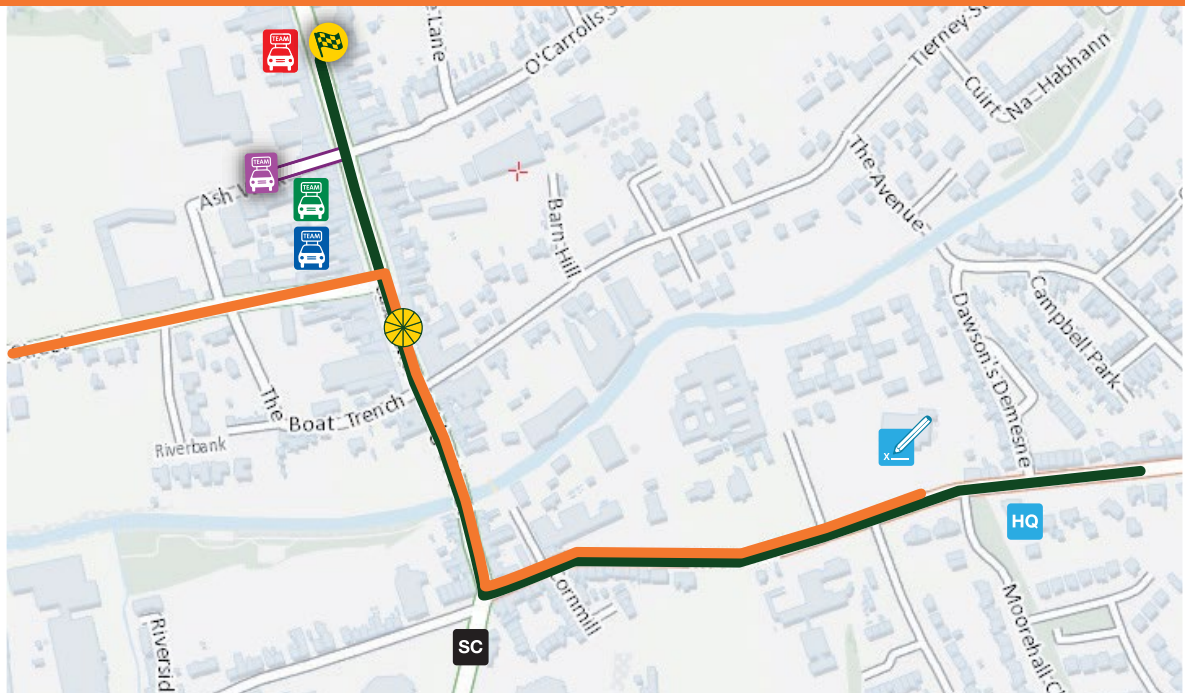
3KM PROFILE



3KM ROUTE



FINISH AND START





- | | | | | | | | | |
|--------------------|------------------|-----------------|----------------------|---------------|-------------------|-------------------|----------------|--------------------------|
| Sign on & Assembly | HQ Head Quarters | Feeding Station | Anti-doping Centre | Team Car Park | Advance Team Cars | Advance Officials | Rear Team Cars | Team Car Diversion Route |
| Ceremonial Start | Finish | Prime | King of the Mountain | Service Crew | Stage Incoming | Stage Outgoing | | |

STAGE 8 ARDEE > SKERRIES

DÉ DOMHNAIGH 28Ú BEALTAINÉ/SUNDAY 28TH MAY • 129.4KM

Riders Sign-On	Ardee Parish Hall	11:00 to 12:00
Assembly	Ardee Parish Hall	12:15
Ceremonial Start	The Cope Shop, Main Street	12:15
Neutralised	0.8km	

Estimated time of arrival at kilometres per hour				48	40	32
Km	MI	Road No	Location	Back wind	Average	Head wind
				12:15	12:15	12:15
0.0			Leaving Ardee Paris Hall, turn right to Hale Street on R170			
0.3			Ramp followed immediately by 4 roads cross. Turn right, direction Derry and Carrickmacross onto Bridge Street			
0.5			4 Roads Cross. Stopping at Wheels and Heels on left for Ceremonial Start			
0.0	0.00		Ceremonial Start at Wheels & Heels, Main Street			
0.1	0.06		Turn left to Barrets Lane and then to Jervis Street			
0.8	0.50		Large green sign N52, Mullingar, Kells, Carlanstown opposite St. Brigids complex			
0.0	0.0		Start of Race signs at large green sign on N52, Mullingar, Kells, Carlanstown Road opposite St. Brigids complex	12:30	12:30	12:30
3.3	2.1		Welcome to Co. Meath sign on left	12:34	12:34	12:36
3.9	2.4	R165	4 roads cross. Turn right direction Kingscourt, Drumconrath on R165	12:34	12:35	12:37
7.2	4.5		Entering Drumconrath	12:39	12:40	12:43
7.6	4.7	L3404	Turn left direction Nobber 8km on L3404	12:39	12:41	12:44
7.7	4.8		Keep right at Y junction direction Nobber 8km	12:39	12:41	12:44
15.0	9.3		Turn right over bridge and sharp left	12:48	12:52	12:58
15.3	9.5	R162	Turn left at T junction in Nobber for Navan/Wilkinstown on R162. Sign entering Nobber	12:49	12:52	12:58
18.5	11.5	R162	At 4 roads cross, continue straight through direction Navan	12:53	12:57	13:04
23.9	14.9		Entering Wilkinstown	12:59	13:05	13:14
27.3	17.0		Entering Kilberry	13:04	13:10	13:21
32.3	20.1		Entering Navan	13:10	13:18	13:30
33.8	21.0		At roundabout, take 2 nd exit, direction Delvin, Town Centre	13:12	13:20	13:33
34.2	21.3		At 4 roads cross, continue straight through	13:12	13:21	13:34
34.6	21.5	R147	Turn left at 4 roads cross opposite fire station, Kells Road, direction All Other Routes on R147	13:13	13:21	13:34
35.0	21.7		At 4 roads cross, traffic lights, continue straight through	13:13	13:22	13:35
35.0	21.7		Pedestrian crossing	13:13	13:22	13:35
35.2	21.9	R153	At 4 roads cross, turn left direction Kentstown, Ashbourne, Duleek on R153, traffic lights and pedestrian crossing	13:14	13:22	13:36
35.6	22.1	R153	Keep right at Y junction direction Duleek on R153	13:14	13:23	13:36
35.8	22.2		Stone archway bridge. (Height restriction 15' 1" / 4.61M)	13:14	13:23	13:37
37.1	23.1		Junction on right at traffic lights, central reservation, continue straight through	13:16	13:25	13:39
44.8	27.8		Entering Kentstown	13:26	13:37	13:54
45.6	28.3	R150	Immediately turn left, sign posted Duleek, Drogheda on R150 followed by ramp	13:27	13:38	13:55
48.3	30.0		At staggered cross roads, turn right immediately turn left direction Duleek	13:30	13:42	14:00
48.4	30.1	R150	Immediately turn left direction Duleek	13:30	13:42	14:00
49.6	30.8		At L5608 4 roads cross, continue straight through	13:32	13:44	14:03
50.0	31.1		50km done signs after 400m from crossroads	13:32	13:45	14:03
53.3	33.1		Entering Duleek	13:36	13:49	14:09
54.0	33.6		Pedestrian crossing, keep left at Y junction through village	13:37	13:51	14:11
			Continue straight through Duleek village			

55.2	34.3	R150/ N2	Turn right at T junction, direction Julianstown, Laytown, Ashbourne	13:39	13:52	14:13
55.3	34.4		Immediately followed by left turn direction Julianstown & Laytown on New Lanes Road			
58.5	36.4	L1615	Turn right direction Bellewstown 3km	13:43	13:57	14:19
61.0	37.9		Bellewstown Category 2 KOM 	13:46	14:01	14:24
			Continue straight through 4 roads cross at top of KOM			
61.2	38.0		Sharp turn left to Legganhall Road, direction Naul 5km, Stamullen 6km, Gormanstown 8km	13:46	14:01	14:24
63.4	39.4		At 4 roads cross, continue straight through direction Stamullen 5km. Mullughteelin on R108	13:49	14:05	14:28
64.4	40.0	R108	Keep right at Y junction, on R108	13:50	14:06	14:30
64.8	40.3	R108	Keep right at Y junction, direction Naul 4km	13:51	14:07	14:31
67.4	41.9		Turn right at T junction direction Naul 2km	13:54	14:11	14:36
67.9	42.2		Continue straight, junction on right direction Drogheda, Stamullen, Naul, Clonalvy.	13:54	14:11	14:37
67.9	42.2		Snowtown Hill/Harbourstown Category 3 KOM 	13:54	14:11	14:37
69.9	43.4	R122	Sharp left turn in Naul village direction Balbriggan	13:57	14:14	14:41
74.8	46.5	R122	At roundabout, take 2 nd exit, direction Balbriggan on R122 over bridge	14:03	14:22	14:50
74.9	46.5		At roundabout, take 1 st exit, direction Balbriggan and Skerries	14:03	14:22	14:50
75.1	46.7		Turn right, direction Balrothery 2km	14:03	14:22	14:50
77.5	48.2		Turn left, immediately followed by traffic lights, central reservation and pedestrian crossing	14:06	14:26	14:55
77.6	48.2		Turn right direction Balrothery and Skerries	14:07	14:26	14:55
77.7	48.3		At roundabout , take 2 nd exit direction Skerries	14:07	14:26	14:55
78.1	48.5		At roundabout, take 1 st exit direction Ardgillan Castle	14:07	14:27	14:56
79.7	49.5		Ringfort View Category 3 KOM 	14:09	14:29	14:59
79.7	49.5		Entrance to circuit, continue straight through	14:09	14:29	14:59
82.0	51.0		Turn left at T junction	14:12	14:33	15:03
83.0	51.6	R127	Turn left at T junction to Skerries Road	14:13	14:34	15:05
86.6	53.8		At roundabout, take 2 nd exit direction Rush to Millers Lane	14:18	14:39	15:12
87.1	54.1		Turn left at 4 roads cross to Golf Links Road	14:18	14:40	15:13
87.7	54.5		Turn left at T junction to Holmpatrick	14:19	14:41	15:14
88.0	54.7		Finish line – 1st passage	14:20	14:42	15:15
88.4	54.9		Turn left to Thomas Hand Street direction Balbriggan	14:20	14:42	15:15
88.5	55.0		At traffic lights, 4 roads cross, continue straight through	14:20	14:42	15:15
88.6	55.1	R127	At traffic lights, turn right direction Balbriggan on Balbriggan Street	14:20	14:42	15:16
91.4	56.8		Turn left under bridge (Height Restriction 10' 2" or 3.4 M) direction Ardgillan Castle	14:24	14:47	15:21
92.8	57.7		Black Hills Category 3 KOM 	14:26	14:49	15:24
93.4	58.0		Turn left at T junction	14:26	14:50	15:25
95.8	59.5		Turn left at T junction	14:29	14:53	15:29
96.8	60.1	R127	Turn left at T junction to Skerries Road on R127	14:31	14:55	15:31
100.3	62.3		Bridge (Height Restriction 11' 3" or 3.44 M)	14:35	15:00	15:38
100.4	62.4		At roundabout, take 2 nd exit direction Rush to Millers Lane	14:35	15:00	15:38
100.9	62.7		Turn left at 4 roads cross to Golf Links Road	14:36	15:01	15:39
101.4	63.0		Turn left at T junction to Holmpatrick	14:36	15:02	15:40
101.8	63.3		Finish line 2nd passage – 1st lap	14:37	15:02	15:40
102.3	63.6		Turn left to Thomas Hand Street direction Balbriggan	14:37	15:03	15:41
102.3	63.6		At traffic lights, 4 roads cross, continue straight through	14:37	15:03	15:41
102.4	63.6	R127	At Traffic lights, turn right direction Balbriggan to Balbriggan Street	14:38	15:03	15:42
105.2	65.4		Turn left under bridge (Height Restriction 10' 2" or 3.4 M) direction Ardgillan Castle	14:41	15:07	15:47
106.6	66.2		Black Hills Category 3 KOM 	14:43	15:09	15:49
107.2	66.6		Turn left at T junction	14:44	15:10	15:51
109.6	68.1		Turn left at T junction	14:47	15:14	15:55
110.6	68.7	R127	Turn left at T junction to Skerries Road on R127	14:48	15:15	15:57

114.1	70.9		Bridge (Height Restriction 11' 3" or 3.44 M)	14:52	15:21	16:03
114.2	71.0		At roundabout, take 2 nd exit direction Rush to Millers Lane	14:52	15:21	16:04
114.7	71.3		Turn left at 4 roads cross to Golf Links Road	14:53	15:22	16:05
115.2	71.6		Turn left at T junction to Holmpatrick	14:54	15:22	16:06
115.6	71.8		Finish line 3rd passage – 2nd lap	14:54	15:23	16:06
116.1	72.1		Turn left to Thomas Hand Street direction Balbriggan	14:55	15:24	16:07
116.1	72.1		At traffic lights, 4 roads cross, continue straight through	14:55	15:24	16:07
116.2	72.2	R127	At Traffic lights, turn right direction Balbriggan to Balbriggan Street	14:55	15:24	16:07
119.0	73.9		Turn left under bridge (Height Restriction 10' 2" or 3.4 M) direction Ardgillan Castle	14:58	15:28	16:13
120.4	74.8		Black Hills Category 3 KOM 🏆	15:00	15:30	16:15
121.0	75.2		Turn left at T junction	15:01	15:31	16:16
123.4	76.7		Turn left at T junction	15:04	15:35	16:21
124.4	77.3	R127	Turn left at T junction to Skerries Road	15:05	15:36	16:23
127.9	79.5		Bridge (Height Restriction 11' 3" or 3.44 M)	15:09	15:41	16:29
128.0	79.5		At roundabout, take 2 nd exit direction Rush to Millers Lane	15:10	15:42	16:30
128.5	79.8		Turn left at 4 roads cross to Golf Links Road	15:10	15:42	16:30
129.0	80.2		Turn left at T junction to Holmpatrick	15:11	15:43	16:31
129.2	80.3		Ramp	15:11	15:43	16:32
129.4	80.4		Finish line 4 th passage – Finish	15:11	15:44	16:32

Stage Finish Organiser: Paul Deans, Tel. 086 2249046

Race HQ: Holmpatrick School for 2 hours after stage finish

Service Crew Accommodation: City North Hotel, Gormanstown, Co Meath. Tel: 01-6906666

Anti-Doping Control located in camper van adjacent to finish line

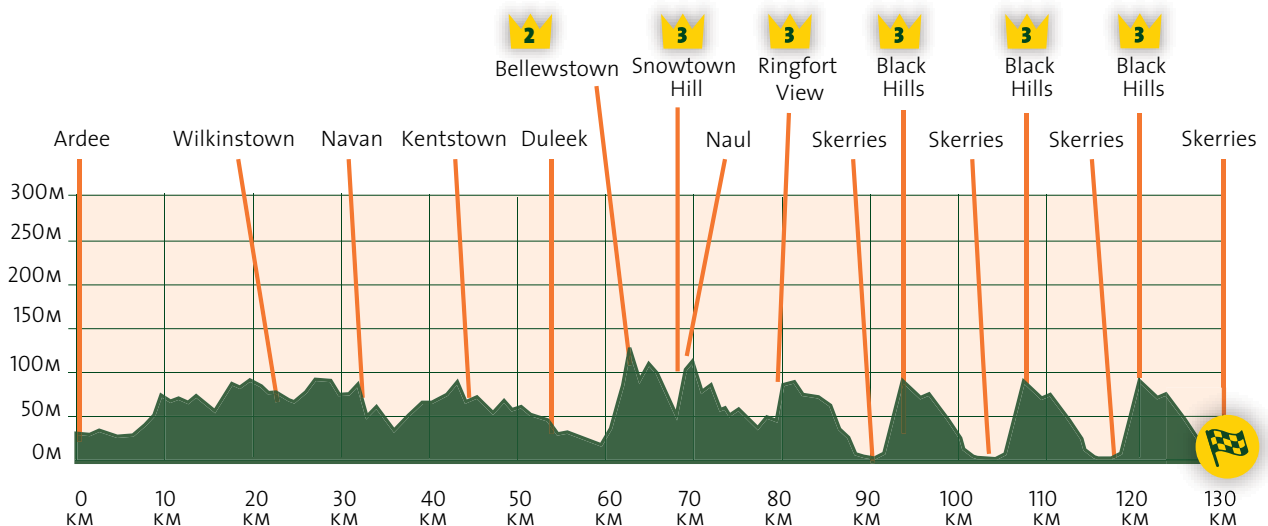
STAGE 8 ARDEE > SKERRIES

DÉ DOMHNAIGH 28Ú BEALTAINNE/SUNDAY 28TH MAY • 129.4KM

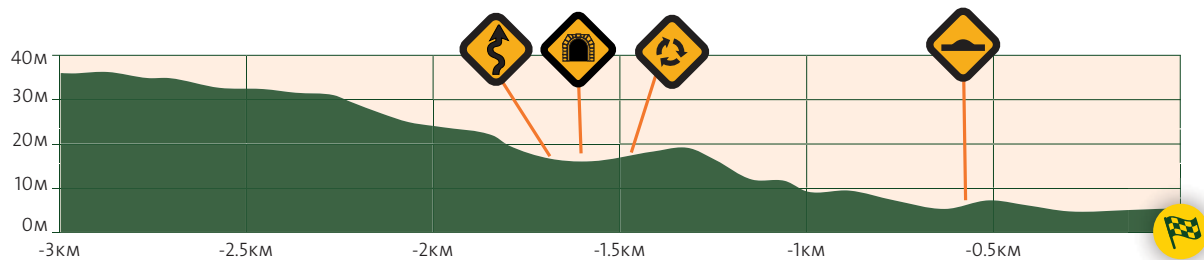
ROUTE MAP



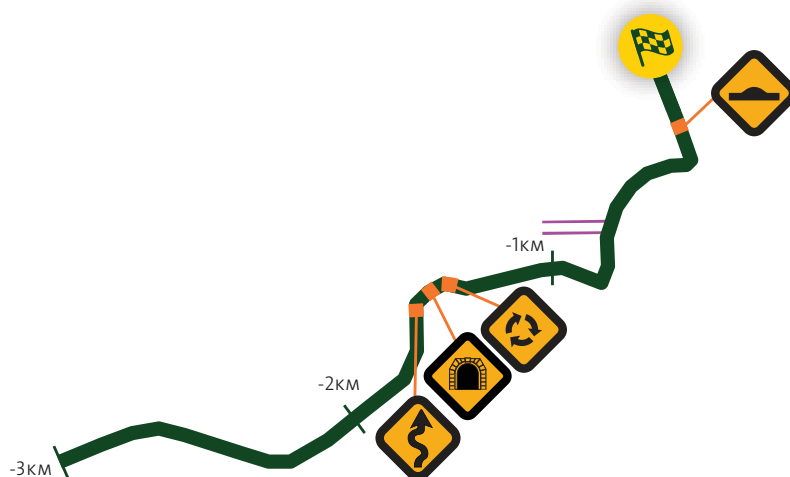
STAGE PROFILE



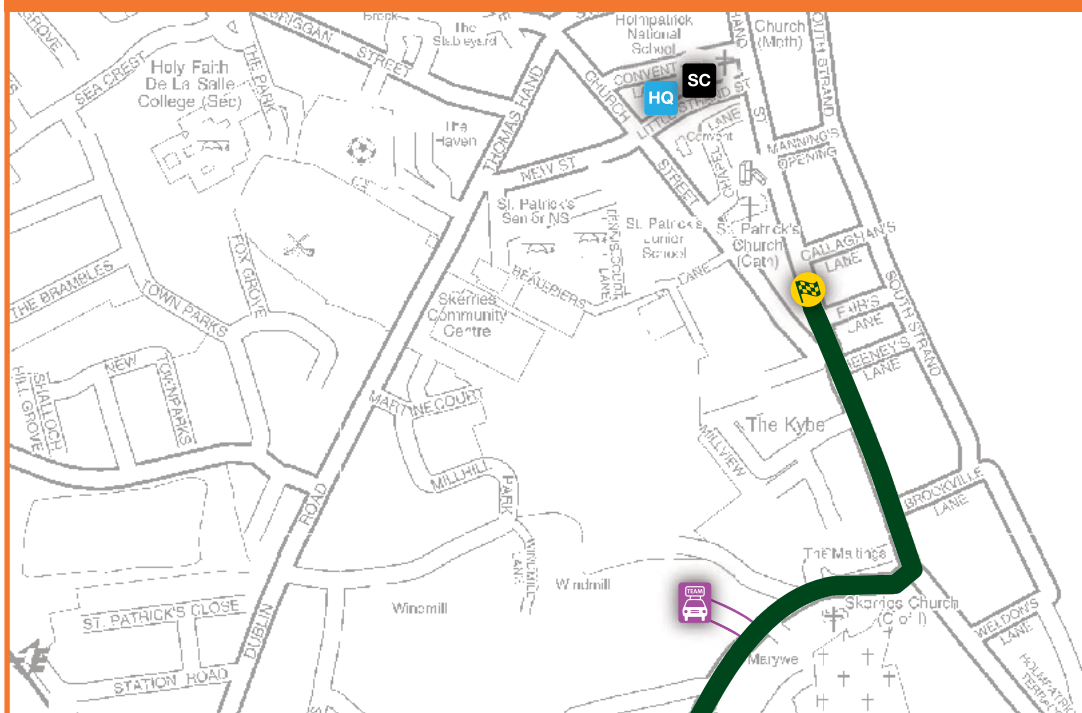
3KM PROFILE



3KM ROUTE



FINISH AND START



- | | | | | | | | | | |
|--------------------|---------------|-----------------|----------------------|-----------------|-------------------|-------------------|----------------|----------|-----------------|
| Sign on & Assembly | Head Quarters | Feeding Station | Anti-doping Centre | Team Car Park | Advance Team Cars | Advance Officials | Rear Team Cars | Team Car | Diversion Route |
| Ceremonial Start | Finish | Prime | King of the Mountain | SC Service Crew | Stage Incoming | Stage Outgoing | | | |

RACE RULES AND REGULATIONS

SPECIFIC REGULATIONS

ARTICLE 1 ORGANISATION

AN POST RÁS is organised by CUMMANN RÁS TAILTEANN, 125 St Jarlaths Road, Cabra, Dublin 7, under the regulations of the International Cycling Union (UCI). It is to be held from 21st to 28th May 2017.

ARTICLE 2 TYPE OF EVENT

The event is open to riders of the Men Elite and Men Under 23 categories. The event is entered on the UCI Europe Tour calendar.

The event is registered as a class 2.2 event. In conformity with the UCI rules, points are awarded as follows:

➤ ARTICLE 3 PARTICIPATION

As per Article 2.1.005 of the UCI Regulations the event is open to the following teams:

UCI Continental Teams, National Teams, Regional Teams, Club Teams and Irish County Teams.

As per Article 2.2.003 of the UCI regulations, teams must be formed of 5 riders with a minimum of 4 riders starting.

ARTICLE 4 RACE HEADQUARTERS

At the start the Race Headquarters shall be open on Saturday 20th May 2017 from 16:00hrs to 19:00hrs and located at the following address: City North Hotel, Gormanstown, County Meath.

Team representatives are requested to confirm their starters and collect their race numbers at the Race Headquarters from 16:00hrs to 19:00hrs on Saturday 20th May 2017.

The team managers' meeting, organised in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaries' Panel, is scheduled for 19:30hrs on Saturday 20th May at City North Hotel, Gormanstown, County Meath.

Please see the technical guide for the locations and opening hours of Race Headquarters for each stage.

ARTICLE 5 RADIO TOUR

Race information will be broadcast on the following frequency: 453.5625mhz.

ARTICLE 6 NEUTRAL TECHNICAL SUPPORT

The technical support service is handled by vehicles appointed by the Organisation. The neutral support is taken care of by means of: 4 clearly identifiable neutral race service vehicles, 3 cars and 1 motorcycle.

ARTICLE 7 BONUSES

Time bonuses, under Articles 2.6.019 to 2.6.021, will be awarded at Hot Spot Sprints and the Stage Finish for Stage 1 only:

Bonuses will be awarded for the Hot Spot Sprints on the following scale: 1st to 3rd placing, 3, 2 and 1 seconds respectively.

Bonuses will be awarded for the stage finish on the following scale: 1st to 3rd placing, 10, 6 and 4 seconds respectively.

ARTICLE 8 FINISHING TIME LIMITS

The time limit for all stages will be 20% of the stage winner's time.

The time limit may be extended, in extenuating circumstances, by the Panel of Commissaries in agreement with the Director according to Article 2.6.032.

ARTICLE 9 CLASSIFICATIONS

The following classifications will be awarded:

Individual General Classification

Total time recorded by the timekeepers for each rider, and any possible time penalties, shall determine the general time classification.

Time bonuses counts towards **Individual General Classification** only.

If two or more riders make the same time in the general individual classification, ties are resolved in accordance with Article 2.6.015

Points General Classification

Points will be awarded to riders for stage placings. The points will be allocated as follows: 15 points to 1 point respectively for 1st to 15th placing.

In the event of a tie in the general individual classification by points, ties are resolved in accordance with Article 2.6.017

King of the Mountains General Classification

- King of the Mountains Classification
- KOM Points will be awarded for mountain primes on the following scale;
- Category 1 climb, 1st to 7th placing respectively; 15, 12, 10, 8, 6, 5 and 3 points
- Category 2 climb, 1st to 6th placing respectively; 10, 8, 6, 4, 3 and 1 point
- Category 3 climb, 1st to 4th placing respectively; 5, 4, 3 & 2 points.

In the event of a tie in the general individual mountains classification, ties are resolved in accordance with Article 2.6.017

Points will be awarded to riders for stage placings. The points will be allocated as follows: 15 points to 1 point respectively for 1st to 15th placing.

In the event of a tie in the general individual classification by points, ties are resolved in accordance with Article 2.6.017

The leader of the KOM classification wears the One4all KOM jersey.

Under 23 General Classification

Restricted to riders born in 1995/1996/1997/1998. If two or more riders make the same time in the General Individual Classification, ties are resolved in accordance with Article 2.6.015

The leader of the U23 General Classification receives the Sport Ireland White Jersey.

County Individual Classification

Restricted to riders on Irish County Teams.

If two or more riders make the same time in the County Individual Classification, the tie will be broken as follows:

- the sum of the placings obtained in each stage ridden in the first instance;
- if they are still tied, better placing in the last stage ridden will break the tie.

Team Stage and Team General Classification

There will be two separate team classifications. One based on Irish County Teams and the other based on all other teams.

The team classification for the day shall be calculated on the basis of the sum of the three best individual times from each team that is governed by the specific regulation of the event. In the event of a tie, the teams shall be separated by the sum of places acquired by their three best times on the stage. If the teams are still tied, they shall be separated by the placing of their best rider on the stage classification.

The team general classification shall be calculated on the basis of the sum of the three best individual times from each team in each stage ridden. In the event of a draw the following criteria shall be applied in order until the teams are separated:

Number of first places in the daily team classification

Number of second places in the daily team classifications; etc if there is still a draw, the teams shall be separated by the placing of their best rider in the general individual classification.

Any team reduced to fewer than three riders shall be eliminated from the general team classification.

The priority of Classification Jerseys is as follows;

- (a) General Classification by time.
- (b) Points Classification.
- (c) KOM Classification.
- (d) Under 23 General Classification by time.
- (e) Irish County Individual General Classification by time.

With the exception of the final stage a rider will only be awarded one jersey at each presentation ceremony.

Should a rider qualify for more than one jersey he will be presented with the Leaders Jersey of the higher Classification as per priority above, his leadership in the classifications will be announced.

Subsequent Classification Jerseys will then be awarded to the next best-placed rider in the classification subject to him not being entitled to any other Classification Jersey. In respect of the final stage, Classification Jerseys will be awarded to the actual Classification winners.

A Stage Jersey will be awarded to the best-placed rider not entitled to a Classification Jersey at the finish of each stage with the exception of the final stage when the jersey will be awarded to the stage winner.

Riders must wear all Stage and Classification Jerseys, presented to them, throughout the stage that follows presentation.

ARTICLE 10 PRIZES

The full list of prize money is included in the Race Technical Guide.

A grand total of €42,045 will be awarded in prize money at the event.

AN POST RÁS will remit all monies won by teams and riders after receipt of the Anti-Doping tests results.

In accordance with UCI Directive 2% of riders prize winnings will be deducted as contribution to CADF.

ARTICLE 11 ANTIDOPING

UCI Anti-doping regulations are entirely applicable to the event. Where applicable, local anti-doping legislation will be applicable in addition to UCI's anti-doping regulations.

The Doping Control Station will be a camper van located next to the presentation platform adjacent to the finish line of each stage as indicated on the Stage Finish map in the Race Technical Guide. Numbers of riders required to report to the Doping Control Station will be displayed in accordance with the anti-doping regulations.

RACE RULES AND REGULATIONS CONT.

ARTICLE 12 AWARDS CEREMONY

In accordance with article 1.2.112 of the UCI rules, the following riders must attend the official awards ceremony:

- First 3 riders on the stage.
- The leaders of the following classifications – Individual General Classification, Points Classification, King of the Mountains Classification, U23 General Classification, Irish County General Classification.
- The winner of the Stage Jersey.
- 1st Irish County Rider over the line

The riders must present themselves on the Presentation Platform immediately after the finish of each stage.

At the finish of the final stage in addition to the above riders the following riders must also present themselves:

- International Team General Classification Winners.
- Irish County Team General Classification Winners.

ARTICLE 13 PENALTIES

The UCI penalty scale is the only one applicable.

ADDITIONAL RACE REGULATIONS

Additional Regulations specified in this Technical Guide shall be binding on competitors and all race personnel.

GENERAL

1. Entry for the AN POST RÁS is cognisant of art. 2.1.007bis of UCI Regulations. The completion and return of a UCI Enrolment Form does not automatically guarantee inclusion in the race.
2. The George Plant Trophy is awarded to the overall Race Winner, the Ben McKenna Trophy is awarded to Under 23 General Classification Winner, the Brendan Carroll Trophy is awarded to KOM Winner and the Kieran McMahon Trophy is awarded to the Points Winner. Being perpetual trophies, all are for presentation purposes only. The recipients are not entitled to retain the trophies.
3. County Teams will be selected, and approved by respective Provincial Federation.
4. It is the responsibility of team officials and competitors to be familiar with all Race Regulations.
5. The Race Director will under no circumstances hold themselves responsible in any way for cycling, motorcycling, motoring or other civil offences. Responsibility rests with competitors, team and race officials to comply with the Road Traffic Acts. Blatant transgressions of the Road Traffic Acts amounting to dangerous riding/driving by riders and/or race personnel will not be tolerated by the race organisation. Such transgressions may incur penalties including expulsion from the race.

6. All race personnel (riders, race officials, team officials) must be holders of a current valid license issued by a UCI affiliated national federation. The license must be submitted to the Commissaire President if requested at any time during the event.
7. All participants should be aware that the roads used by AN POST RÁS are NOT CLOSED to other traffic. All riders are required to read and sign the Declaration of Awareness (appendix 1) accepting they are fully conversant with the race safety requirements. The Declaration will be issued to team managers at team registration and returned, signed, by the rider at Sign-On for Stage 1.
8. It is compulsory that all riders wear rigid safety headgear at all times on every stage.
9. Should a rider drop out of the race he may not compete in any other cycling events for the duration of AN POST RÁS (see UCI Reg. 2.6.026).
10. Deviations for race vehicles at stage-end finishes are as indicated on the Stage Finish Map in the Race Technical Guide. The deviations, which will be signposted, lead to parking areas that have been agreed with the local authorities. All car parking must be in an orderly manner. Drivers must obey the Gardaí, race officials and stage-end stewards when directed to the deviation.

ACCOMMODATION

1. Any damage whatsoever caused to accommodation or property must be paid for at once. Refusal to make full restitution before leaving the accommodation may mean the dismissal from the race of the person(s) responsible.
2. All race personnel are required to pay their own personal expenses (other than those stated as the responsibility of the Organisation) from the start until the finish of the event, the Race Director will not under any circumstance recognise or be held liable for any debts that may be incurred.

TRANSPORT

1. All vehicles supplied by the Race Director shall be used only for the purpose of the event as authorised by the Race Director. Drivers of such vehicles are responsible for immediately reporting any damage to the vehicle in their charge and should check their vehicle before assuming responsibility and then, on each morning of the race.
2. Race officials using their own vehicles do so entirely at their own risk. The Race Director is not liable for any damage caused to, or by, such a vehicle.
3. No one, unless authorised by the Race Director, may enter or drive any transport provided by the Race Director.

INFRINGEMENTS

1. Riders and officials should be careful regarding toilet requirements and seek suitable areas in places not subject to public view. Failure to comply with this instruction may incur sanctions depending on the seriousness of the offence.

RACE SCHEDULE

1. The Schedule for the Race will be as set out by the Director in the Race Schedule.
2. The distances published are given as an indication and may be subject to variation.

TEAM SPONSORSHIP

1. Sponsorship of teams is permissible but must not conflict with the interests of AN POST.
2. Acceptance of a team is subject to approval of the team sponsor by the Race Director. It is the responsibility of the team to submit the sponsorship for approval. A decision on whether a team sponsor conflicts with the Race Sponsor rests with the Race Director.
3. In accordance with UCI Regulations a rectangle on the front and back of Classification Jerseys will be provided for the approved team sponsor(s). Such advertising must be in keeping with the quality of the print already on the jersey. All such advertising must be submitted to the Race Director and Commissaire President for approval before the start of the race. Under no circumstances will pinned on advertising be permitted.

PANEL OF COMMISSAIRES

1. The Panel of Commissaires, responsible for the sporting aspects of the race, shall comprise of all Commissaires and the Chief Judge.

PRESENTATIONS

1. Riders must wear the official race hat during presentations and all interviews immediately following the presentations.

RACING REGULATIONS

1. Riders are responsible for their own safety and must at all times observe the Provisions of the Road Traffic Acts. Roads are not closed to traffic.
2. Entering for this race implies acceptance of all Race Regulations.
3. The last kilometre on all stages will be indicated by a 1km pennant positioned on each side of the road. These roadside pennants replace the overhead 1km kite as required under UCI Regulations 2.3.005.
4. Boards indicating zero km (the real start), 50km after the Start and the final 25, 20, 10, 5, 4, 3 and 2km will also be displayed. The following distances from the Finish Line will also be indicated, 500m, 300m, 200m, 150m, 100m and 50m.

5. Riders must sign on at the Race Office on each stage within the time specified.
6. Riders, other than classification, previous stage jersey recipients and National Champions, must wear their team jerseys as approved prior to starting AN POST RÁS
7. No inscription, logo, etc., other than those authorised by the Race Director, will be allowed on riders' race clothing.
8. Clothing which may cover or obscure the inscription on stage and classification jerseys shall not be worn on the presentation platform unless the Race Director grants permission.
9. A maximum of one vehicle, with a maximum height of 1.66m, may follow each team in the Race Cavalcade. Only officially approved vehicles will be allowed in the Race Cavalcade, these vehicles must not be equipped with extended "prong type" boot racks. Any cavalcade vehicle not adhering to this rule may be removed from the Cavalcade for the following stage. Should any outside vehicle or motorcycle interfere with the running of the race in any way and be identified as having a connection with a rider or team in the race, that rider or team may be penalised.
10. In addition to the driver, the approved vehicle referred to in Rule 9 must contain at least one other competent person.
11. The Commissaire President may limit the number of vehicles servicing individual riders or incomplete teams if this is deemed necessary. Riders affected may make alternative arrangements to keep them on an equal footing with other teams. The Commissaire President must approve these arrangements.
12. Team vehicles in the Race Cavalcade will follow in the order of individual General Classification on the basis of one vehicle per team.
13. Numbers will be provided for team vehicle showing their place in the Cavalcade on each stage. These numbers shall be positioned on the front and rear windows of the vehicle nearest the road centre. The numbers will be replaced for each stage and only the current numbers may be displayed. A draw for team vehicle placing on Stage 1 will be conducted by the Commissaire President at the team managers meeting in City North Hotel on Saturday 20th May at 19:30hrs.
14. Riders may not assist, other than by normally accepted sporting practice, or enter into agreement with members of other teams and any action of this nature however small will be punished by penalties to each party involved.

RACE RULES AND REGULATIONS CONT.

15. A Commissaire, depending on road/safety conditions, may on any stage permit riders to take supplies from team and/or neutral vehicles. Such feeding will not, normally, be permitted within the first 50km or the last 20km of a stage. Any deviation from these distances is at the discretion of the Commissaire President and teams will be advised at the stage start.
16. The responsibility rests with a rider whether to accept food/drink from any vehicle other than his own team vehicle.
17. Break-away groups may only be followed by helpers when the gap between them and the chasers is greater than one minute and then only with the consent of the Commissaire.
18. No team vehicle may overtake any group of riders in the last 10 kilometers of a stage.
19. Should the Judges be unable to place all the riders in a group the unplaced riders being ex-aequo, prizes and points (rounded up to the next unit) will be divided between them.
20. The Timekeeper will attribute the same time to all riders passing in a group at the finish. However, where the opportunity offers and there are gaps, separate times will be taken.
21. Should a Prime be cancelled for any reason the prize money will be awarded instead as a Special Merit Award. A cancelled Prime will be noticed by the absence of the 200m and Prime flags, and will, where possible, be communicated to the riders.

KING OF THE MOUNTAINS

1. The approach to a mountain prime is indicated by "KOM Climb" sign on each side of the road.

FINAL STAGE

1. Riders will be timed on the finish line at the completion of the stage.
2. All competitors, including lapped riders, shall finish on the same lap as the winner, due to restrictions imposed by the local authorities.
3. Riders who are lapped will receive for their GC time their finish time plus a time equivalent to the number of laps lost multiplied by a nominal lap time.

RACE SERVICE

1. Riders behind the leading groups may be delayed from entering the Skerries circuit; such delay will be recorded by time keepers and deducted from the riders' stage time.
2. Three neutral service cars and one neutral service motorcycle will be provided by the race organisation.

The first neutral service car will normally be placed with the leading group; the second with a following group and the third will remain behind the main bunch. The neutral service motorcycle will be allocated at the discretion of the Commissaire President.

3. Teams wishing to avail of the service will equip these vehicles. Such equipment must be in good mechanical order. Riders receiving equipment will be responsible for returning or replacing it. Wheels shall be clearly marked with the team name. Equipment must be returned undamaged or compensation paid to cover the cost of a similar replacement. It is the responsibility of the team manager to return equipment obtained from neutral or team service vehicle immediately after the stage finishes.
4. Team vehicles are obliged to service riders from other teams when requested to do so by a Commissaire or when neutral service is not available. It is expected that this open service will be carried out in a fair and sporting manner. Where no neutral service is available the first vehicle in line must service any rider requiring service. Team vehicles of the first three riders on General Classification are exempt from this rule and the next vehicle in line must provide service.
5. In the event of a puncture or other mechanical fault riders must stop on the left side of the road. Riders shall be serviced only from the rear of any group.
6. Only officially approved team vehicles will be allowed to act as team service.
7. Race cavalcade team vehicles may not exceed 1.66m in height.
8. Team service vehicles are obliged to supplement race service on specific stages (or part thereof) where requested by the Commissaire President. These will be listed on the General Classification Sheets prior to the stage.

CONTROL FLAGS

1. The standard control flags to be used throughout the race are:
 - (a) AN POST RÁS flag for the Ceremonial Start of each stage;
 - (b) AN POST RÁS chequered flag for stage finish;
 - (c) White flag with blue border 200m before prime & KOM points;
 - (d) White and blue diagonal flag to denote prime & KOM points;
 - (e) Orange and white chequered flag to denote neutralised zone;
 - (f) Red flag to mark danger points.

APPENDIX 1.

I am aware and accept:

1. I participate in this race entirely at my own risk, that I must rely on my own ability in dealing with all hazards and that I must ride in a manner that is safe for all others and myself.
2. The only function of race stewards/marshals is to indicate direction and that I as a road user must decide whether any intended movement is safe.
3. The roads are not closed to other traffic.
4. That I am, at all times during the race, bound by the Road Traffic Acts and other laws of the land.
5. It will not be possible for race marshals to steward all safety hazards, (road obstructions and traffic calming measures, such as centre road traffic islands, protruding footpaths and Roundabouts). Where possible a race marshal will be in position at the first of a series of centre road traffic islands.
6. As time gaps develop during a stage it may not be possible for marshals to remain in position for the passage of all individuals/groups.
7. It is necessary for race marshals to be allowed overtake. I undertake to co-operate fully in giving way to the marshals in the execution of their duties.
8. I have studied the map for each stage finish and am acquainted with the intricacies of each finish and will exercise due caution.
9. The race takes place on roads varying from well-surfaced dual carriageways to poorly-surfaced narrow, winding mountain roads.
10. I accept that no liability whatsoever shall attach to the race organisation, race sponsors, consultants, Cycling Ireland, UCI, or any race official or member of UCI or Cycling Ireland in respect of any injury, loss or damage suffered by me in or by reason of the race, however caused.

Signed:

Race Number:

Dated: 21st May 2017

PAST WINNERS

Year	Winner
1953	Colm Christle (Gate C.C.)
1954	Joe O'Brien (National C.C.)
1955	Gene Mangan (Kerry)
1956	Paudie Fitzgerald (Kerry)
1957	Frank Ward (Dublin)
1958	Mick Murphy (Kerry)
1959	Ben McKenna (Meath)
1960	Paddy Flanagan (Kildare)
1961	Tom Finn (Dublin)
1962	Sé O Hanlon (Dublin)
1963	Zbigniew Glowaty (Poland)
1964	Paddy Flanagan (Kildare)
1965	Sé O Hanlon (Dublin)
1966	Sé O Hanlon (Dublin)
1967	Sé O Hanlon (Dublin)
1968	Milan Hrezdira (Czech.)
1969	Brian Connaughton (Meath)
1970	Alexander Gysiantnikov (USSR)
1971	Colm Nulty (Meath)
1972	John Mangan (Setanta C.C.)
1973	Mike O'Donaghue (Carlow)
1974	Peter Doyle (I.C.F.)
1975	Paddy Flanagan (Kildare)
1976	Fons Steuten (Netherlands))
1977	Yuri Lavrushkin (USSR)
1978	Seamus Kennedy (Kerry)
1979	Stephen Roche (Ireland)
1980	Billy Kerr (Ireland)
1981	Jamie McGahan (Scotland)
1982	Dermot Gilleran (Ireland)
1983	Philip Cassidy (Ireland)
1984	Stephen Delaney (Dublin)

Year	Winner
1985	Nicola Kosiakov (USSR)
1986	Stephen Spratt (Tipperary)
1987	Paul McCormack (Longford)
1988	Paul McCormack (Ireland)
1989	Dainis Ozoles (USSR)
1990	Ian Chivers (Ireland)
1991	Kevin Kimmage (Meath)
1992	Stephen Spratt (Dublin)
1993	Eamonn Byrne (Ireland)
1994	Declan Lonergan (Ireland)
1995	Paul McQuaid (Ireland)
1996	Tommy Evans (Derry)
1997	Andrew Roche (Kerry)
1998	Ciarán Power (Ireland)
1999	Philip Cassidy (Ireland)
2000	Julian Winn (Wales)
2001	Paul Manning (Britain)
2002	Ciarán Power (Ireland)
2003	Chris Newton (Britain)
2004	David McCann (Ireland)
2005	Chris Newton (Britain)
2006	Kristian House (Britain)
2007	Tony Martin (Germany)
2008	Stephen Gallagher (Ireland)
2009	Simon Richardson (Britain)
2010	Alex Wetterhall (Sweden)
2011	Gediminas Bagdonas (Lithuania)
2012	Nicholas Baldo (Switzerland)
2013	Marcin Bialoblocki (Poland)
2014	Clemens Fankhauser (Austria)
2015	Lucas Postlberger (Austria)
2016	Clemens Fankhauser (Austria)

PRIZE LIST

	STAGE	CLASSIFICATIONS							
Pl.	Stage x 8	Overall	Cuchulainn Crystal GC County Rider Award	Points	KOM	U23 GC	Cat. 2* GC	Int. Team	County Team
1	€1,000	€2,000	€300	€400	€350	€350	€350	€500	€450
2	€500	€1,500	€130	€300	€250	€250	€280	€300	€300
3	€300	€1,200	€110	€200	€150	€150	€150	€200	€200
4	€150	€1,000	€100			€100	€100		
5	€120	€900	€85			€70	€80		
6	€100	€800	€75			€50	€60		
7	€90	€700							
8	€80	€600		One4All KOM Primes: Category 1, €60 X 3 Category 2, €45 X 3 Category 3, €30 X 20					
9	€70	€500							
10	€60	€400							
11	€40	€300							
12	€40	€250		Post Office Hot Spot Primes €60 X 3					
13	€40	€220		An Post Primes €50 X 4					
14	€40	€200		City North Hotel Daily County Rider Award* €50 X 8					
15	€40	€180		GC & Stage prizes subject to 2% UCI Levy * Confined to Cycling Ireland Riders					
16	€30	€160							
17	€30	€140							
18	€30	€130							
19	€30	€120							
20	€30	€100							
TOTAL PRIZE FUND €42,045									

TEAMS

IRELAND National Team

- 1 Eddie Dunbar
 - 2 Angus Fyffe
 - 3 Daragh O'Mahony
 - 4 Jake Gray
 - 5 Mark Downey
- Manager:** David McCann

IRELAND An Post Chain Reaction UCI Continental Team

- 6 Conor Hennebry
 - 7 Damien Shaw
 - 8 Matthew Teggart
 - 9 Regan Gough
 - 10 Sean McKenna
- Manager:** Kurt Bogaerts

AUSTRALIA National Team

- 11 Alexander Porter
 - 12 Cameron Myer
 - 13 Michael Storer
 - 14 Samuel Jenner
 - 15 Samuel Welsford
- Manager:** James Victor

BELGIUM National Team

- 16 Brian Boussaer
 - 17 Gerben Thijssen
 - 18 Jules Hesters
 - 19 Sasha Weemaes
 - 20 Moreno De Pauw
- Manager:** Peter Pieters

BRITAIN JLT Condor UCI Continental Team

- 21 Edward Laverack
 - 22 James Gullen
 - 23 Ian Bibby
 - 24 Robert McCarthy
 - 25 Thomas Moses
- Manager:** Timothy Kennaugh

BRITAIN Madison Genesis UCI Continental Team

- 26 Connor Swift
 - 27 Joseph Evans
 - 28 Matthew Holmes
 - 29 Richard Handly
 - 30 Taylor Gunman
- Manager:** Joan Horrach

BRITAIN Bike Channel Canyon UCI Continental Team

- 31 Alex Richardson
 - 32 Dexter Gardias
 - 33 Joe Fry
 - 34 Mitchell Webber
 - 35 Robert Partridge
- Manager:** Simon Holt

BRITAIN Team Wiggins UCI Continental Team

- 36 Andrew Tennant
 - 37 Chris Latham
 - 38 Joey Walker
 - 39 Michael O'Loughlin
 - 40 Nathan Draper
- Manager:** Andrew McQuaid

BRITAIN Neon Velo Cycling Team

- 41 Elliott Porter
 - 42 Jeremy Durrin
 - 43 Will Bjergfelt
 - 44 Marc Potts
 - 45 Mike Cumming
- Manager:** Gabby Durrin

DENMARK Riwal Platform Cycling UCI Continental Team

- 46 Stefan Djurhuus
 - 47 Jonas Aaen Jørgensen
 - 48 Jonas Gregaard Wilsly
 - 49 Nicolai Brøchner Nielsen
 - 50 Rasmus Mygind
- Manager:** Michael Blaudzun

FRANCE Armée de Terre
UCI Continental Team

- 51 Bastien Duculty
- 52 Benjamin Thomas
- 53 Bryan Alaphilippe
- 54 Damien Gaudin
- 55 Thomas Rostollan
- Manager** Cédric Barre

SLOVENIA ROG Ljubljana
UCI Continental Team

- 61 Izidor Penko
- 62 Matic Grošelj
- 63 Tilen Finkšt
- 64 Žiga Ručigaj
- 65 Žiga Jerman
- Manager** Marko Planc

CYCLING ULSTER

- 71 Chris McGlinchy
- 72 Conor McCann
- 73 James Curry
- 74 Lindsay Watson
- 75 Marcus Christie
- Manager** Patrick Withers

CORK
Aqua Blue Sport

- 81 Bryan Keane
- 82 Matteo Cigala
- 83 Ronan McLoughlin
- 84 Sean Lacey
- 85 Sean Hahessey
- Manager** Frank Campbell

CORK
Strata3 / VeloRevolution

- 91 Bryan McCrystal
- 92 Mark Dowling
- 93 Michael Fitzgerald
- 94 Simon Ryan
- 95 Stephen Murray
- Manager** Aidan Crowley

NETHERLANDS Candidacy Team Delta
UCI Continental Team

- 56 Dennis Bakker
- 57 Ike Groen
- 58 Jan-Willem Van Schip
- 59 Daan Meijers
- 60 Mitchell Mulhern
- Manager** Jim Van den Berg

USA CCB Velotooler
UCI Continental Team

- 66 Cooper Willsey
- 67 Cory Small
- 68 Jake Sitler
- 69 Jonah Mead VanCort
- 70 Noah Granigan
- Manager** Tim Mitchel

ANTRIM
Phoenix

- 76 Christain Nachtigall
- 77 Ciaran McVeigh
- 78 Craig Rea
- 79 Jody Wright
- 80 Niall O'Gorman
- Manager** Cormac McCann

CORK
MSL Mercedes-Benz Giant

- 86 Clinton O'Mahony
- 87 Michael McCarthy
- 88 Robert O'Leary
- 89 Shane Fuller
- 90 Simon Tuomey
- Manager** John Murphy

DERRY
EJB Car Sales

- 96 Alasdair Gribbon
- 97 David Hamilton
- 98 Jonathan Taylor
- 99 Joseph McCrory
- 100 Paul McCarter
- Manager** Cathal Doyle

TEAMS CONT.

DONEGAL Voodoo Performance

- 101 Gary Jeffers
- 102 Dermot White
- 103 Nick Cooper
- 104 Oliver Huszar
- 105 Sean McFadden
- Manager** Jason McHugh

DOWN Newry Wheelers

- 111 Des Woods
- 112 Eugene Moriarty
- 113 John Hodge
- 114 Jude Sands
- 115 Marc Flavin
- Manager** Barry Monaghan

DUBLIN Friends First St Tiernan's

- 121 Adam Greally
- 122 James Quinn
- 123 James Maloney
- 124 Marcus Dowling
- 125 William McCormack
- Manager** Justin McGee

GALWAY Team iTap

- 131 Daire Feeley
- 132 David Brody
- 133 Graham O'Brien
- 134 Jason Prendergast
- 135 Nathan McGreehan
- Manager** Jonathan Gibson

KERRY Killarney CT

- 141 Conor Kissane
- 142 Eoin O'Connell
- 143 John Brosnan
- 144 Richard Maes
- 145 Leigh Hewardine
- Manager** Paul Morgan

DOWN Bikehouse

- 106 Darnell Moore
- 107 David Watson
- 108 James Ambrose
- 109 Adam Armstrong
- 110 Lewis Ferguson
- Manager** David S Watson

DUBLIN Orwell Scott

- 116 Brian McArdle
- 117 Brian McNally
- 118 Jamie Busher
- 119 Odhran Connors
- 120 Stephen Barry
- Manager** Stephen O'Shea

DUBLIN UCD Fitz Cycles

- 126 Cian O'Reilly
- 127 Connor McKenna
- 128 Eoin Morton
- 129 Ian Richardson
- 130 Louis Carnac
- Manager** Noel McGlynn

GALWAY Team Gerry McVeigh Cars

- 136 Cathal Dilliane
- 137 Ciaran Murphy
- 138 Matthew McCullagh
- 139 John Lynch
- 140 Sean O'Tuathail
- Manager** Martin Rice

LEITRIM Velo Café Magasin

- 146 Ben Cady
- 147 Cormac Daly
- 148 Declan Egan
- 149 Mark Millar
- 150 Neville O'Neill
- Manager** Brian Begley

LIMERICK
Newcastle West / Rockwell Engineering

- 151 Aaron O'Brien
152 Paul Kennedy
153 Paul O'Connell
154 Ronan Costello
155 Shane Kenny
Manager Gearoid Costello

MAYO
Castlebar Unit 7

- 161 Chris Coyle
162 David Brennan
163 David Walsh
164 Jonathan Caulfield
165 Peter Tuohy
Manager John Brennan

MEATH
Navan Road Club

- 171 Andy McGuinness
172 Ger Dunne
173 Johnny Clarke
174 Niall Doggett
175 Stephen Byrne
Manager Gerry Harte

TYRONE
Omagh Wheelers

- 181 Darragh McCarter
182 David McFall
183 Gary Donaldson
184 Stevie McKenna
185 A.N. Other
Manager Sean Kelly

WESTMEATH
Team Planet X Carnac

- 191 David O'Loughlin
192 Eoin Lynch
193 Felix English
194 Fintan Ryan
195 Keith Finn
Manager Morgan Fox

LOUTH
Cuchulainn

- 156 Alan Grey
157 John Fitzpatrick
158 Liam Dolan
159 Ray O'Shaughnessy
160 Tomas McCabe
Manager Karl Dolan

MAYO
Westport Covey Wheelers

- 166 James McGreevy
167 Noel Mulroy
168 Patrick Clarke
169 Richard Meaney
170 Sean O'Malley
Manager Noel Brady

TIPPERARY
Panduit

- 176 Andrew Aherne
177 Cathal Purcell
178 Jamie Blanchfield
179 John Dempsey
180 Sean Yelverton
Manager Paul Lonergan

WATERFORD
Racing Club

- 186 Constantin Bartels
187 Swayne Kirwan
188 Shane Power
189 Robin Kelly
190 John O'Reilly
Manager Keith Gater



Race Director
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Promoted under UCI & Cycling Ireland Rules
The race receives financial support from Sport Ireland