

RÁS  
TAILTEANN  
2018



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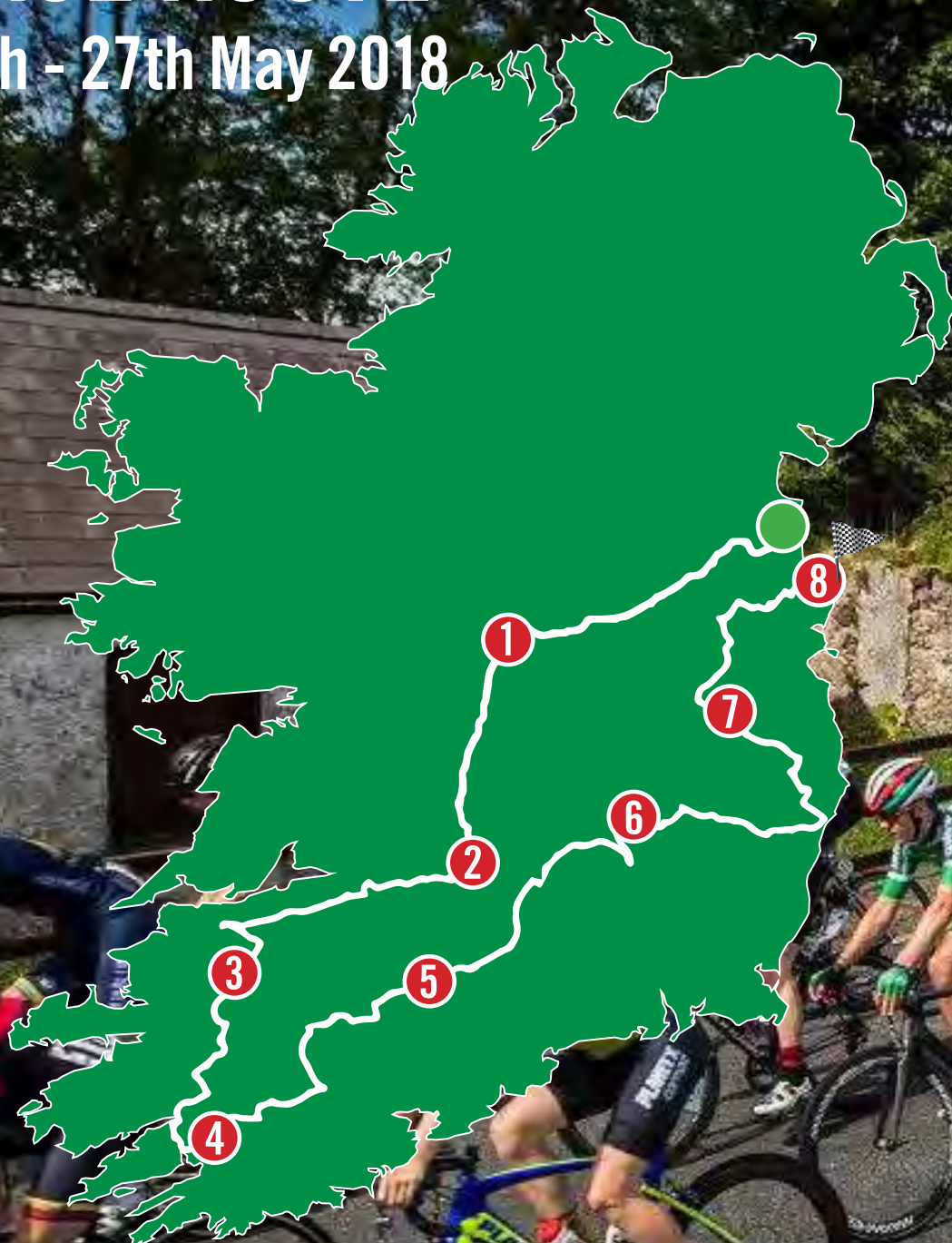


## RACE TECHNICAL GUIDE 2018

8 DAY INTERNATIONAL CYCLE RACE | 20th - 27th MAY

## RACE ROUTE

20th - 27th May 2018



STAGE	DATE	From	To	KMS
1	20 <sup>th</sup> May	Drogheda	Athlone	136kms
2	21 <sup>st</sup> May	Athlone	Tipperary	149kms
3	22 <sup>nd</sup> May	Tipperary	Listowel	140kms
4	23 <sup>rd</sup> May	Listowel	Glengarriff	153kms
5	24 <sup>th</sup> May	Glengarriff	Mitchelstown	150kms
6	25 <sup>th</sup> May	Mitchelstown	Carlow	155kms
7	26 <sup>th</sup> May	Carlow	Naas	141kms
8	27 <sup>th</sup> May	Naas	Skerries	145kms

## HOST TOWNS

### START DROGHEDA

- 1 ATHLONE
- 2 TIPPERARY
- 3 LISTOWEL
- 4 GLENGARRIFF
- 5 MITCHELSTOWN
- 6 CARLOW
- 7 NAAS
- 8 SKERRIES



# RÁS TAILTEANN 2018

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# RACE OFFICIALS

2018 RACE OFFICIALS.	
<b>Race Director</b>	Eimear Dignam
<b>Team Liaison</b>	Bróna O'Sullivan
<b>Stage Finish Coordinator</b>	Seamus Domegan
<b>Chief Motorcycle Marshal</b>	Richie McNamara
<b>Accommodation Officer</b>	Noel Candon
<b>Accommodation Officer</b>	Angela Topping
<b>Route Designer</b>	Stephen O'Sullivan
<b>Assistant Accommodation Officer</b>	Angela Topping
<b>Route Survey</b>	Gerard Campbell
<b>Commissaire President</b>	Jacob Knudsen
<b>Commissaire 2</b>	John Breen
<b>Commissaire 3</b>	Phil O'Brien
<b>Commissaire 4 - Moto</b>	Pat Dowd
<b>Cavalcade moto</b>	Loch Miwa
<b>Timekeepers</b>	Alice Sherratt, Tom Keenan
<b>Chief Judge</b>	Mick Twomey, Michael Campbell
<b>Finish Judge</b>	Jack Watson
<b>IT Consultant</b>	Seamus Shortall
<b>Race Doctors</b>	Dr. Julian Dalby, Dr. Stephen Thompson
<b>Chief Marshal</b>	Martin Reilly
<b>Chief Marshal Driver</b>	Tom Conway
<b>Lead Car 1</b>	Colm Rigley
<b>Lead Car 2</b>	Declan Halligan
<b>Lead Car 3</b>	Tadhg Moriarty
<b>Lead Car 4</b>	Pat Moss
<b>Radio Technical Manager</b>	Paddy Fitzsimons

<b>Radio Tour</b>	Gary McIlroy
<b>Doctors Drivers</b>	Sean Kelly, Stephen Enright
<b>Commissaire drivers</b>	John Bann-Lavery, Henry Whitson, Sean McIlroy
<b>Public Address Announcer</b>	Cian Lynch
<b>Neutral Service</b>	Russell Treacy, Thomas Mulqueen, Sean McNicholl, Peter McBride, Neil Taggart, Gerry Beggs.
<b>Neutral Service Motorcycle</b>	Mark McQuaid, Aaron McCann
<b>Motorcycle Judge</b>	Ciarán McKenna, Mick McKenna,
<b>Blackboard Time Keeper</b>	Kevin Carolan, Therese Dowd
<b>Motorcycle Marshals</b>	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
<b>Press/Photo Motorcyclist</b>	Pat O'Shaughnessy
<b>Photo Finish Equipment</b>	Frank Gibson
<b>Route Markers</b>	Noel Clarke, Gerard Campbell, Pdraig Browne, Liam Harte.
<b>Stage Crew</b>	Noel Kelly, Alan Byrne, Matt Nolan, Martin Clarke, Denis Craven, Ken Clarke, Larry McGrane, Declan Brannigan, Stephen Carroll, Christopher Gorman
<b>Ambulance Service Irish Red Cross Society</b>	Paul Conway , Cyril O'Hare, Sandra Cregan, Alastair Martin
<b>Logistics</b>	John Mason, Brendan Quigley, Vincent Cronin, Harry Sherratt, Susan O'Meara, Oliver McKenna, Noel Mulroy
<b>Broom Wagon</b>	Michael Noonan
<b>Baggage Vans</b>	William Vickers, Mick Higgins, Michael Murray



## TEAM REGISTRATION & SIGN-ON

### Saturday 19th May 2018

Team Registration will take place on Saturday 19th May from 17:00 to 19:30hrs 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 20:00hrs. 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.

### Prize Money

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.

## RESPONSIBILITIES ON BEHALF OF RÁS TAILTEANN

### 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.

### RACE RULES – INFRINGEMENTS AFFECTING PUBLIC IMAGE

The attention of riders and all race personnel is drawn to the UCI Regulations along with the event Special Race Regulations.

Riders and officials shall exercise extreme care 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.

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.

# LOGISTICAL INFORMATION – STAGE 1 - SUNDAY 20TH MAY

Team vehicles are required to vacate hotel car-park at 9am and take up position in the designated area for team parking in DROGHEDA . (See technical guide maps)

## Sign-On

Riders will Sign-On at the Sign-On Podium in Dominic Street, Drogheda, from 10:00 to 11:30hrs.

Team support vehicles to depart car park at 11:30.

## 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.

# GENERAL RACE INFORMATION

Riders, team drivers and race officials are advised that roads for RÁS TAILTEANN 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.

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.

## Medical Services

## Assembly

Assembly in Dominic Street car park 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 12.00hrs from Dominic Street. Following the Ceremonial Start the race is neutralized for 3.6km.

## Bonus Times

Stage 1 Hot Spot Time Bonus Primes at;

84.4km Rochfordbridge

99.4km Kilbeggan

Other Bonus Times

Time bonuses will also be awarded for Athlone stage finish placings, see Race Regulations, Art. 7, Bonuses.

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.

## CONTROL FLAGS

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



## RACE HQ HOTELS

PRE RACE	CITY NORTH HOTEL	Gormanstown, Co Meath	01-6906666
STAGE 1	CREGGAN COURT HOTEL	Dublin Rd., Athlone	090 6477777
STAGE 2	BALLYKISTEEN HOTEL	Ballykisteen, Co. Tipperary	062 33333
STAGE 3	LISTOWEL ARMS HOTEL	Listowel, Co. Kerry	068 21500
STAGE 4	ECCLES HOTEL	Glengarriff, Co. Cork	027 63003
STAGE 5	FIRGROVE HOTEL	Mitchelstown, Co. Cork	025 24111
STAGE 6	THE SEVEN OAKS HOTEL	Athy Road, Carlow	059 9131308
STAGE 7	MOY VALLEY GOLF HOTEL	Moy Valley, Co. Kildare	046 9548000
STAGE 8	CITY NORTH HOTEL	Gormanstown, Co Meath	01-6906666

## NOTES

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# HOSPITAL COORDINATES

Name	Phone	Coordinates 1	Coordinates 1
<b>Stage 1 - Drogheda - Athlone</b>			
<b>Our Lady of Lourdes, Drogheda, Co. Louth</b>	041 9837601	N 53 43 20.657	W 06 21 12.001
<b>Midland Regional Hospital, Mullingar, Co. Westmeath</b>	044 934 0221	N 53 32 03.051	W 07 20 56.321
<b>Portiuncula University Hospital, Ballinasloe, Co Galway</b>	090 9648200	N53 19 36.954	W 8 14 3.967
<b>Stage 2 - Athlone - Tipperary</b>			
<b>Portiuncula University Hospital, Ballinasloe, Co Galway</b>	090 9648200	N53 19 36.954	W 8 14 3.967
<b>University Hospital, Limerick</b>	061 482219	N 52 38.076	W 08 39.151
<b>South Tipperary General Hospital, Clonmel</b>	052 77000	N 52 21 19.042	W 07 42 52.046
<b>Stage 3 - Tipperary - Listowel</b>			
<b>South Tipperary General Hospital, Clonmel</b>	052 77000	N 52 21 19.042	W 07 42 52.046
<b>University Hospital, Limerick</b>	061 482219	N 52 38.076	W 08 39.151
<b>Kerry General Hospital, Tralee, Co Kerry</b>	066 7184000	N 55 15 55.227	W 09 41 11.803
<b>Stage 4 - Listowel - Glengarriff</b>			
<b>Kerry General Hospital, Tralee, Co Kerry</b>	066 7184000	N 55 15 55.227	W 09 41 11.803
<b>Cork University Hospital</b>	021 4546400	N 51 52 58.039	W 08 30 38.066
<b>Stage 5 - Glengarriff - Mitchelstown</b>			
<b>Cork University Hospital</b>	021 4546400	N 51 52 58.039	W 08 30 38.066
<b>South Tipperary General Hospital, Clonmel</b>	052 77000	N 52 21 19.042	W 07 42 52.046
<b>Stage 6 - Mitchelstown - Carlow</b>			
<b>South Tipperary General Hospital, Clonmel</b>	052 77000	N 52 21 19.042	W 07 42 52.046
<b>St. Luke's General Hospital, Kilkenny</b>	056 7785000	N 52 39 58.922	W 07 15 45.874






# STAGE 1

## DROGHEDA TO ATHLONE – 136km

Dé Domhnaigh 20ú Bealtaine | Sunday 20th May

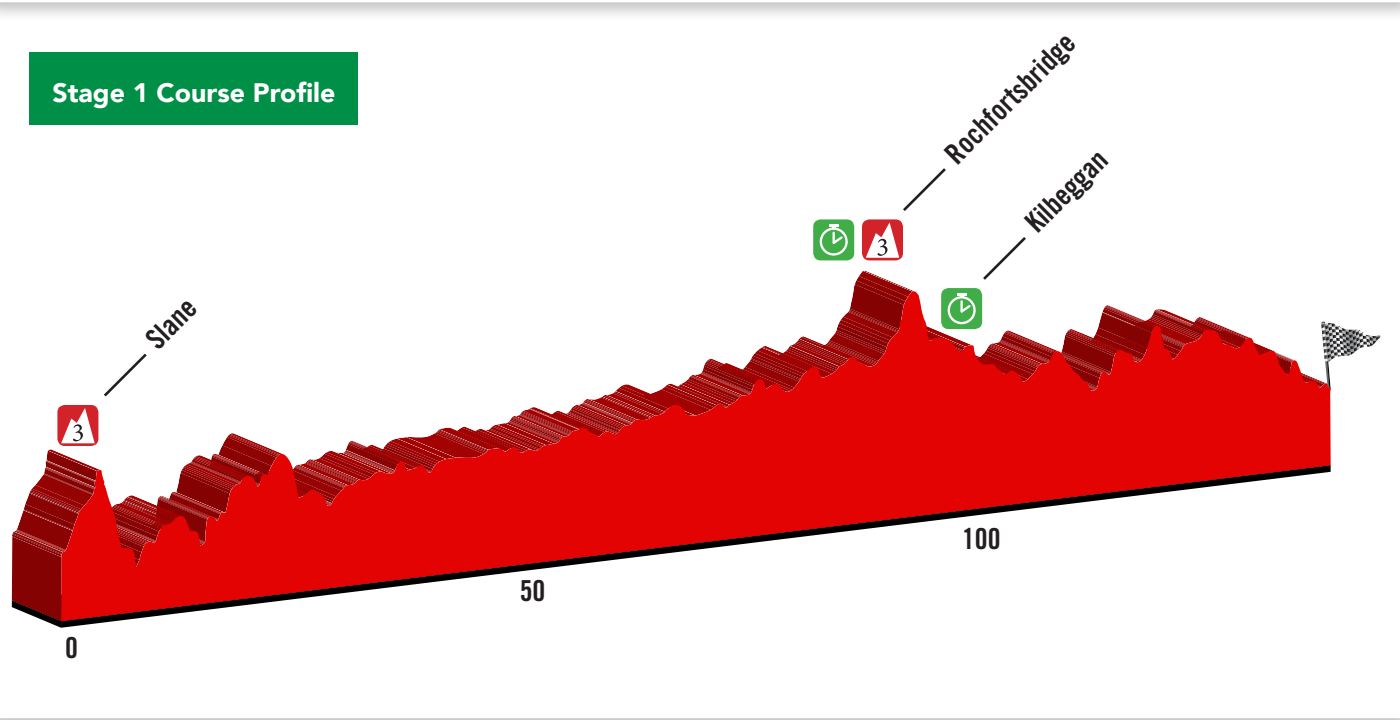
<b>Riders sign-on: Podium on Dominic Street</b>	<b>10:00 to 11:30</b>
<b>Assembly: Dominic Street Car Park</b>	<b>11:45</b>
<b>Ceremonial Start: Dominic Street Car Park, Drogheda</b>	<b>12:30</b>
<b>Distance neutralised</b>	<b>3.6km</b>

Estimated time of arrival at kilometres per hour				48	40	32
Km	Mls.	Road	Location	Back Wind	Avg.	Head Wind
<b>0.0</b>	<b>0.0</b>		<b>Ceremonial Start at St Peters Church, West Street</b>	<b>12:30</b>	<b>12:30</b>	<b>12:30</b>
<b>0.0</b>	<b>0.0</b>		<b>Start of neutralised section</b>		<b>12:30</b>	
0.1	0.1		Right turn onto Shop St.			
0.2	0.1		Right turn onto Dyer St			
0.3	0.2		Left turn onto Haymarket Bridge across from Town Centre			
0.6	0.4		Proceed straight through traffic lights onto Donore Rd (at McDonalds)			
1.1	0.7		Straight at traffic lights			
1.9	1.2		Straight at traffic lights (opposite Lidl)			
2.2	1.4		Straight at traffic lights (before Thatch Pub)			
2.6	1.6	L1601	Enter roundabout, take 2nd exit - dir. Donore			
2.9	1.8		Enter roundabout, take 2nd exit - dir. Donore			
3.1	1.9		Enter roundabout, take 2nd exit - dir. Donore			
<b>3.6</b>	<b>2.2</b>		<b>End of neutralised section</b>			
<b>0.0</b>	<b>0.0</b>		<b>Zero Km signs for Start of Racing at Brown 'Brú na Boinne' sign on left hand side on L1601</b>	<b>12:30</b>	<b>12:30</b>	<b>12:30</b>
1.9	1.2		Enter Donore Village, right turn at Church (dir. Navan 20km)	12:32	12:32	12:33
8.1	5.0		Veer right at 'Y' Junction	12:40	12:42	12:45
11.0	6.8	N2	Right turn onto N2 at staggered Xroads	12:43	12:46	12:50
12.7	7.9		<b>**Caution** - fast descent on approach to Slane</b>	12:45	12:49	12:53
<b>13.7</b>	<b>8.5</b>		<b>Slane Category 3 KOM</b> 	<b>12:47</b>	<b>12:50</b>	<b>12:55</b>
13.8	8.6	N51	Enter <b>Slane</b> Village, left turn at crossroads at traffic lights	12:47	12:50	12:55
25.3	15.7	N51	Enter <b>Navan</b> , enter roundabout at 'Round-O' pub, take 2nd exit dir Delvin	13:01	13:07	13:17
25.7	16.0		Straight through traffic lights at Londis Shop	13:02	13:08	13:18

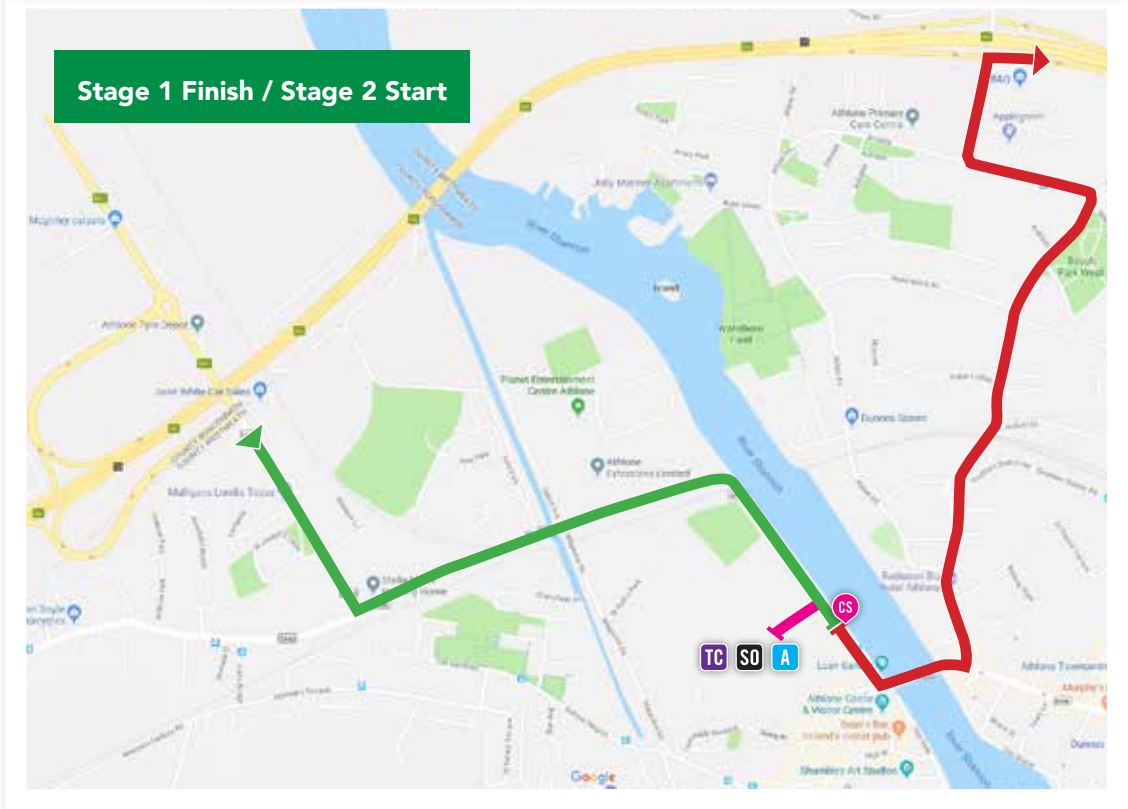
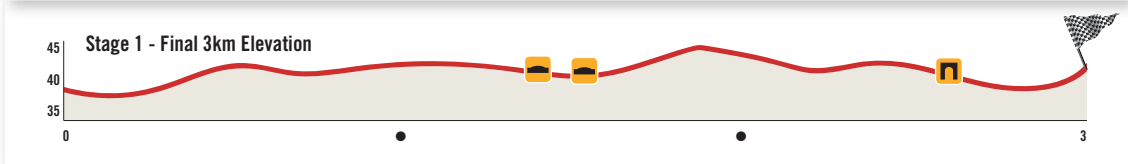
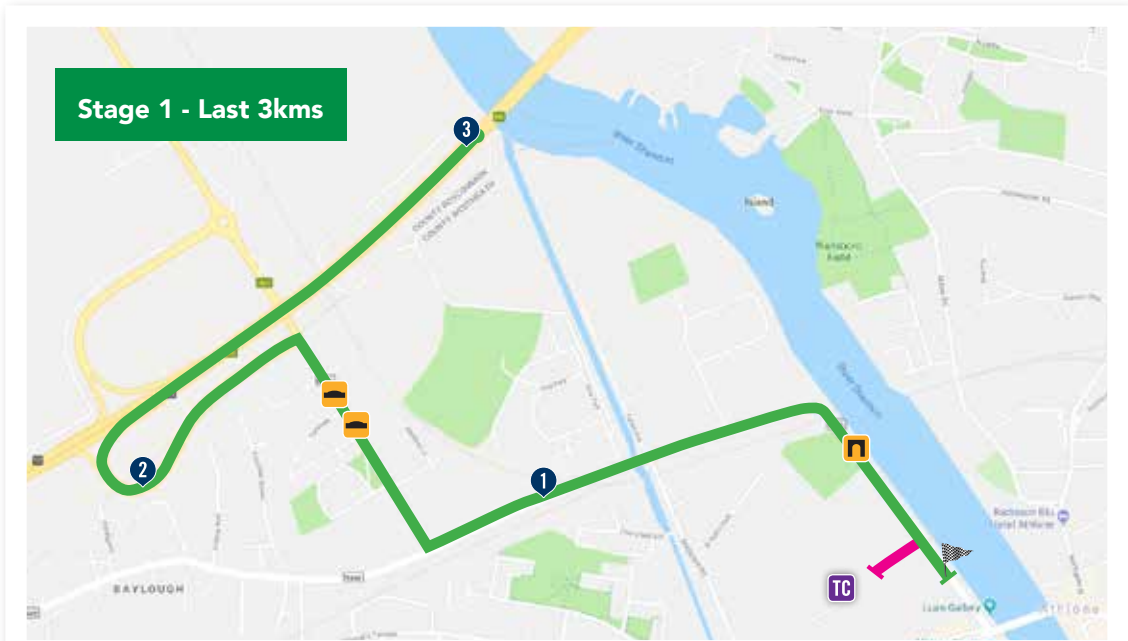


26.0	16.2	R147	Left at crossroads at traffic lights	13:02	13:09	13:18
26.6	16.5		Straight at traffic lights (opposite Meath Chronicle)	13:03	13:09	13:19
26.9	16.7	R161	Turn right at traffic lights, dir Trim. Pedestrian crossing	13:03	13:10	13:20
27.2	16.9		Enter roundabout, take 1st exit dir. Trim 14km. Traffic island	13:04	13:10	13:21
27.4	17.0		Caution - Level Crossing			
39.3	24.4		<b>Trim</b>			
40.7	25.3		Left turn at cross at traffic lights, dir. All routes	13:20	13:31	13:46
41.5	25.8	R160	Enter roundabout, take 2nd exit, dir. Longford on R160, followed by traffic island	13:21	13:32	13:47
42.2	26.2	R161	Enter roundabout, take 3rd exit, dir. Town Centre / Kinnegad	13:22	13:33	13:49
42.9	26.7	R161	Left turn at crossroads at monument, dir. Kinnegad 26km	13:23	13:34	13:50
<b>50.0</b>	<b>31.1</b>		<b>50km completed signs - yellow bungalow on right hand side</b>	<b>13:32</b>	<b>13:45</b>	<b>14:03</b>
50.6	31.4		Right and immediately left turn at staggered crossroads, dir. Kinnegad			
52.5	32.6		Veer right at 'Y' Junction	13:35	13:48	14:08
54.7	34.0		Veer right at 'Y' Junction	13:38	13:52	14:12
55.3	34.4		<b>**Caution** - narrow bridge</b>	13:39	13:52	14:13
57.7	35.9		Left turn at 'Y' junction, dir. Kinnegad	13:42	13:56	14:18
58.3	36.2		Killyon	13:42	13:57	14:19
<b>62.5</b>	<b>38.8</b>		<b>**Caution** narrow bridge at 'Hill Lounge Bar'</b>	<b>13:48</b>	<b>14:03</b>	<b>14:27</b>
<b>66.2</b>	<b>41.1</b>		<b>**Caution** left turn over narrow bridge</b>	<b>13:52</b>	<b>14:09</b>	<b>14:34</b>
68.4	42.5		<b>Kinnegad</b>	13:55	14:12	14:38
68.7	42.7	R148	Right turn at 'T' junction, dir. Town Centre	13:55	14:13	14:38
69.1	42.9		Left turn at Macari's Café, dir. N4	13:56	14:13	14:39
69.4	43.1		Enter roundabout, take 2nd exit, dir. Sligo/Galway	13:56	14:14	14:40
70.2	43.6		Enter roundabout, take 2nd exit, dir. Miltownpass/Sligo	13:57	14:15	14:41
70.8	44.0	R446	Enter roundabout, take 2nd exit, dir. Miltownpass	13:58	14:16	14:42
78.8	49.0		<b>Miltownpass 60km/h signs</b>	14:08	14:28	14:57
82.5	51.2		Traffic islands x 5			
83.4	51.8	R446	Enter mini roundabout, take 2nd exit, dir. Tyrrellspass	14:14	14:35	15:06
<b>84.4</b>	<b>52.4</b>		<b>Rochfortbridge Hot Spot Sprint at Applegreen</b> 	<b>14:15</b>	<b>14:36</b>	<b>15:08</b>
<b>88.1</b>	<b>54.7</b>		<b>Rochfortbridge Category 3 KOM</b> 	<b>14:20</b>	<b>14:42</b>	<b>15:15</b>
89.4	55.6		Enter roundabout, take 2nd exit dir. Tyrrellspass	14:21	14:44	15:17
89.7	55.7		<b>Tyrrellspass 50km/h signs. Traffic islands x 2</b>	14:22	14:44	15:18
91	56.5		6 x long traffic islands			
98.1	61.0		<b>Kilbeggan 50km/h signs</b>	14:32	14:57	15:33
98.6	61.3	R446	Enter mini roundabout, take 2nd exit, dir. Horseleap	14:33	14:57	15:34

<b>99.4</b>	<b>61.8</b>		<b>Kilbeggan Hot Spot Sprint at monument</b> 	<b>14:34</b>	<b>14:59</b>	<b>15:36</b>
99.5	61.8		Traffic islands x 3			
104.7	65.1		<b>Horseleap</b>	14:40	15:07	15:46
112.4	69.8	R446	Enter roundabout, take 2nd exit dir. Moate on R446	14:50	15:18	16:00
113.3	70.4		<b>Moate.</b> Traffic islands x 2	14:51	15:19	16:02
113.9	70.8		Traffic islands x2			
114.2	71		Traffic islands & pedestrian crossings x 3 sets to 115.4km			
116.0	72.1		<b>20km to Finish</b> at do not pass signs on both sides of road when leaving Moate	14:55	15:24	16:07
126.0	78.3		<b>10km to Finish</b> at sign on left (Clonbonny 3km) adjacent to Mercedes sign	15:07	15:39	16:26
126.8	78.8		Enter roundabout, take 3rd exit, dir. Dublin/Galway	15:08	15:40	16:27
127.3	79.1		Enter roundabout, take 1st exit, dir. Galway N6	15:09	15:40	16:28
		<b>N6</b>	<b>**Caution** Proceed onto N6 until Exit 12</b>			
131.0	81.4		<b>5km to Finish</b> - 100m before exit 11 sign adjacent to double 100km/h signs	15:13	15:46	16:35
132.0	82.0		<b>4km to Finish</b> - double sign on left hand side for no left turn adjacent to junction	15:15	15:48	16:37
<b>132.8</b>	<b>82.5</b>	<b>N6</b>	<b>**Caution** Bridge over River Shannon on N6</b>	<b>15:16</b>	<b>15:49</b>	<b>16:39</b>
133.0	82.6		<b>3km to Finish</b> at green sign on left, dir. Sligo/Roscommon left turn	15:16	15:49	16:39
133.7	183.1		Take Exit 12 to the left off N6, direction Sligo/Roscommon			
134.0	83.3		<b>2km to Finish</b> at 100m signs immediately after exit 12 from the N6	15:17	15:51	16:41
134.4	83.5	R914	Right turn at 'T' junction, dir. Town Centre	15:18	15:51	16:42
<b>134.5</b>	<b>83.6</b>		<b>**Caution** Speed bump and pedestrian lights</b>	<b>15:18</b>	<b>15:51</b>	<b>16:42</b>
<b>134.8</b>	<b>83.8</b>		<b>**Caution** Speed bump and pedestrian lights</b>	<b>15:18</b>	<b>15:52</b>	<b>16:42</b>
134.9	83.8		Left turn at T junction beside Hyne's Quality Meats	15:18	15:52	16:42
<b>135.0</b>	<b>83.9</b>		<b>1km to Finish at Toyota garage</b>	<b>15:18</b>	<b>15:52</b>	<b>16:43</b>
135.3	84.1		Straight through traffic lights	15:19	15:52	16:43
<b>135.5</b>	<b>84.2</b>		<b>500m to finish at entrance to railway station</b>	<b>15:19</b>	<b>15:53</b>	<b>16:44</b>
135.7	84.3		Veer right under bridge onto finish straight	15:19	15:53	16:44
<b>135.7</b>	<b>84.3</b>		<b>300m to finish immediately before archway gate</b>	<b>15:19</b>	<b>15:53</b>	<b>16:44</b>
			<b>Team Car Diversion - right into Army Barracks</b>			
			100m, Black Forest Home Bakery			
<b>136.0</b>	<b>84.5</b>		<b>Finish line at centre of bus bay</b>	<b>15:20</b>	<b>15:54</b>	<b>16:45</b>
<b>Stage Finish Organiser:</b> Gordon Brett, Tel: 087 9248139 , Email: gbrett@ait.ie						
<b>Race HQ:</b> Creggan Court Hotel, Dublin Road, Athlone, Tel: 090 6477777						
<b>Service Crew Accommodation:</b> Creggan Court Hotel, Dublin Road, Athlone, Tel: 090 6477777						
<b>Anti-Doping Control located adjacent to finish line</b>						



- Starting Point
- Finishing Point
- Kilometers Mark
- Ceremonial Start
- Bridge/Tunnel
- Speed Bump
- Roundabout
- Traffic Island
- Category 1 Climb
- Category 2 Climb
- Category 3 Climb
- Hot Spot
- Team Cars
- Sign On
- Assembly
- Incoming Stage
- Outgoing Stage
- Diversion Route



- Starting Point
- 🚩 Finishing Point
- 📍 Kilometers Mark
- 🏆 Ceremonial Start
- 🚧 Bridge/Tunnel
- 🚧 Speed Bump
- 🔄 Roundabout
- 🚧 Traffic Island
- 🏠 Category 1 Climb
- 🏠 Category 2 Climb
- 🏠 Category 3 Climb
- 🔥 Hot Spot
- 🚗 Team Cars
- 🚧 Sign On
- 🏠 Assembly
- ➡ Incoming Stage
- ➡ Outgoing Stage
- ➡ Diversion Route



## STAGE 2

### ATHLONE TO TIPPERARY – 148.7km

Dé Luain 21ú Bealtaine | Monday 21st May

Riders sign-on: Army Barracks, Accommodation Road	09:30 to 10:30
Assembly: Army Barracks, Accommodation Road	10:45am
Ceremonial start: Cathedral / Athlone Castle	11.00am
Distance neutralised	4.2km

Estimated time of arrival at kilometres per hour				48	40	32
Km	Mls.	Road	Location	Back Wind	Avg.	Head Wind
0.0	0.0		Ceremonial Start between Cathedral and Athlone Castle	11:00	11:00	11:00
0.0	0.0		Start of neutralised section		11:00	
0.1	0.1	R446	Proceed left across Shannon Bridge			
0.1	0.1		Left turn onto North Gate Street			
1.2	0.7		Straight through Coosan Point Road			
2.0	1.2		Straight through Auburn Villas			
3.0	1.9		Enter Roundabout, take 3rd exit dir. Coosan onto Plunkett Road			
3.1	1.9		Straight through junction, under bridge, traffic Island, dir Dublin (N6) & Coosan			
3.2	2.0		Turn right dir Dublin onto N6 (Athlone By-Pass)			
3.3	2.1		Pass Exit 10 remain on N6. Marshal to keep race on N6 & Marshal to stop traffic merging from on ramp			
			Pass Exit 9 remain on N6. Marshal to keep race on N6 & Marshal to stop traffic merging from on ramp			
			Take exit 8 dir Birr, continue onto roundabout take 3rd exit dir Birr			
			Roundabout take 1st exit, dir Athlone / Birr			
			Roundabout 2nd exit dir Birr			
4.2	2.6		End of Neutralised section			
2.9	1.8		Enter Arcadia roundabout, take 1st exit (Dir. Coosan & other places)			
4.2	2.6		End of Neutralised section			
0.0	0.0		Start of Race at Green sign (Birr 42km) on left hand side	11:00	11:00	11:00
		R446	Proceed on R446			
0.9	0.6	N62	Right turn (Dir. Birr on N62)	11:01	11:01	11:01
7.2	4.5		Veer left at Y junction, dir. Ferbane 10km	11:09	11:10	11:13

9.7	6.0		<b>Doon</b>	11:12	11:14	11:18
16.5	10.3		<b>Ferbane</b>	11:20	11:24	11:30
23.2	14.4		<b>Cloughan</b>	11:29	11:34	11:43
23.6	14.7		Enter mini roundabout, take 2nd exit	11:29	11:35	11:44
23.8	14.8	N62	Left turn, dir. Birr	11:29	11:35	11:44
<b>30.7</b>	<b>19.1</b>		<b>**Caution** level crossing</b>	<b>11:38</b>	<b>11:46</b>	<b>11:57</b>
35.9	22.3	N52	Right turn at T junction, dir. Birr/Nenagh	11:44	11:53	12:07
37.5	23.3		<b>**Caution** Birr - Road narrows</b>	11:46	11:56	12:10
38.3	23.8		Straight through traffic lights at Cherry Tree Pub	11:47	11:57	12:11
38.7	24.0		Left turn at monument	11:48	11:58	12:12
38.8	24.1	N52	Roundabout, 2nd exit dir. Roscrea	11:48	11:58	12:12
39.6	24.6		Enter roundabout, take 3rd exit (Dir. Nenagh/Borrisokane)	11:49	11:59	12:14
39.8	24.7		Enter mini roundabout, take 3rd exit (Dir. Nenagh/Borrisokane)	11:49	11:59	12:14
40.7	25.3		<b>Riverstown</b>	11:50	12:01	12:16
<b>40.9</b>	<b>25.4</b>		<b>**Caution** narrow bridge</b>	<b>11:51</b>	<b>12:01</b>	<b>12:16</b>
41.1	25.5		Keep left at Y junction	11:51	12:01	12:17
41.3	25.7	R490	Continue straight at Y junction and ignore right turn for Nenagh	11:51	12:01	12:17
<b>50.0</b>	<b>31.1</b>		<b>50KM COMPLETED: Small cross roads with grey house on left</b>	<b>12:02</b>	<b>12:15</b>	<b>12:33</b>
<b>50.6</b>	<b>31.4</b>		<b>Bikepark Category 2 KOM</b> 	<b>12:03</b>	<b>12:15</b>	<b>12:34</b>
58.2	36.2	R490	Left turn at stop sign (Dir. Cloughjordan 3km)	12:12	12:27	12:49
59.7	37.1		Keep left at 'Y' (Dir. Cloughjordan 2.1km)	12:14	12:29	12:51
60.9	37.8		<b>Cloughjordan</b>	12:16	12:31	12:54
61.7	38.3		Right turn at village green/church, dir. Nenagh 16km	12:17	12:32	12:55
		R491	<b>Proceed on R491</b>			
69.6	43.2		<b>**Caution** sharp left turn over bridge</b>	12:27	12:44	13:10
71.1	44.2		Keep left at Y junction (Dir. Nenagh)	12:28	12:46	13:13
75.9	47.2	R445	Right turn at T junction (Dir. Nenagh)	12:34	12:53	13:22
76.5	47.5		<b>Nenagh - pedestrian crossing</b>	12:35	12:54	13:23
77.3	48.0	R445	Left turn at T junction onto Main St, dir. Town Centre	12:36	12:55	13:24
77.4	48.1		Straight at mini roundabout on Main St, pedestrian crossing	12:36	12:56	13:25
77.6	48.2		Straight at crossroads at traffic lights, opposite Bank of Ireland	12:37	12:56	13:25
78.5	48.8		<b>**Caution** straight at narrow bridge</b>	12:38	12:57	13:27
		R497	<b>Proceed on R497</b>			





85.3	53.0		<b>Dolla</b>		12:46	13:07	13:39
85.4	53.1		Left turn at T junction, dir. Tipperary 47km		12:46	13:08	13:40
85.5	53.1	R497	Right turn, dir. Tipperary		12:46	13:08	13:40
<b>88.0</b>	<b>54.7</b>		<b>Dolla Category 3 KOM</b>		<b>12:50</b>	<b>13:12</b>	<b>13:45</b>
88.5	55.0		Right turn, dir. Tipperary		12:50	13:12	13:45
<b>92.1</b>	<b>57.2</b>		<b>Silvermines Category 3 KOM</b>		<b>12:55</b>	<b>13:18</b>	<b>13:52</b>
96.7	60.1		<b>**Caution** Sharp right bend</b>		13:00	13:25	14:01
102.1	63.4		Straight through complex junction (Dir. Tipperary 30km)		13:07	13:33	14:11
		R503	<b>Proceed on R503</b>				
104.7	65.1		Right turn onto R497, dir. Tipperary 27km		13:10	13:37	14:16
		R497	<b>Proceed on R497</b>				
106.9	66.4		Keep left at Y junction		13:13	13:40	14:20
110.8	68.8		<b>Hollyford</b>		13:18	13:46	14:27
119.1	74.0		Right turn at crossroads at stop sign		13:28	13:58	14:43
		R505	<b>Proceed on R505 towards Cappawhite</b>				
121.6	75.6		<b>Cappawhite</b>		13:32	14:02	14:48
122.1	75.9		Continue straight through Cappawhite Village (opposite Centra)		13:32	14:03	14:48
125.8	78.2		<b>25km to finish</b> - at holy shrine				
126.1	78.4		Keep right at Y junction towards Doon		13:37	14:09	14:56
128.2	79.7		<b>Doon</b>		13:40	14:12	15:00
128.7	80.0	R507	Left turn at Whelan's Pub, Doon onto R507, dir. Oola (not signposted)		13:40	14:13	15:01
128.7	80.0		<b>20km to Finish:</b> Immediately after left turn		13:40	14:13	15:01
			<b>Proceed on R507</b>				
137.0	85.1	N24	Left turn onto N24, dir. Tipperary 12km		13:51	14:25	15:16
138.7	86.2		<b>10km to Finish</b> - Welcome to Oola sign				
138.9	86.3		Traffic islands x 3				
142.1	88.3		<b>Monard</b> - traffic island		13:57	14:33	15:26
143.7	89.3		<b>5km to Finish</b> - Entrance to Ballykisteen Hotel		13:59	14:35	15:29
144.0	89.5		Traffic islands x 2				
144.2	89.6		Tipperary racecourse on left hand side		14:00	14:36	15:30
144.7	89.9		<b>4km to Finish</b> - Top of bridge OBC267 on left hand side		14:00	14:37	15:31
145.7	90.5		<b>3km to Finish</b> - Stone pillars and wrought iron gate on RHS		14:02	14:38	15:33
146.7	91.2		<b>2km to Finish</b> - Stone entrance to field on LHS		14:03	14:40	15:35
147.2	91.5		<b>Tipperary</b> - 60KM/h signs		14:04	14:40	15:36

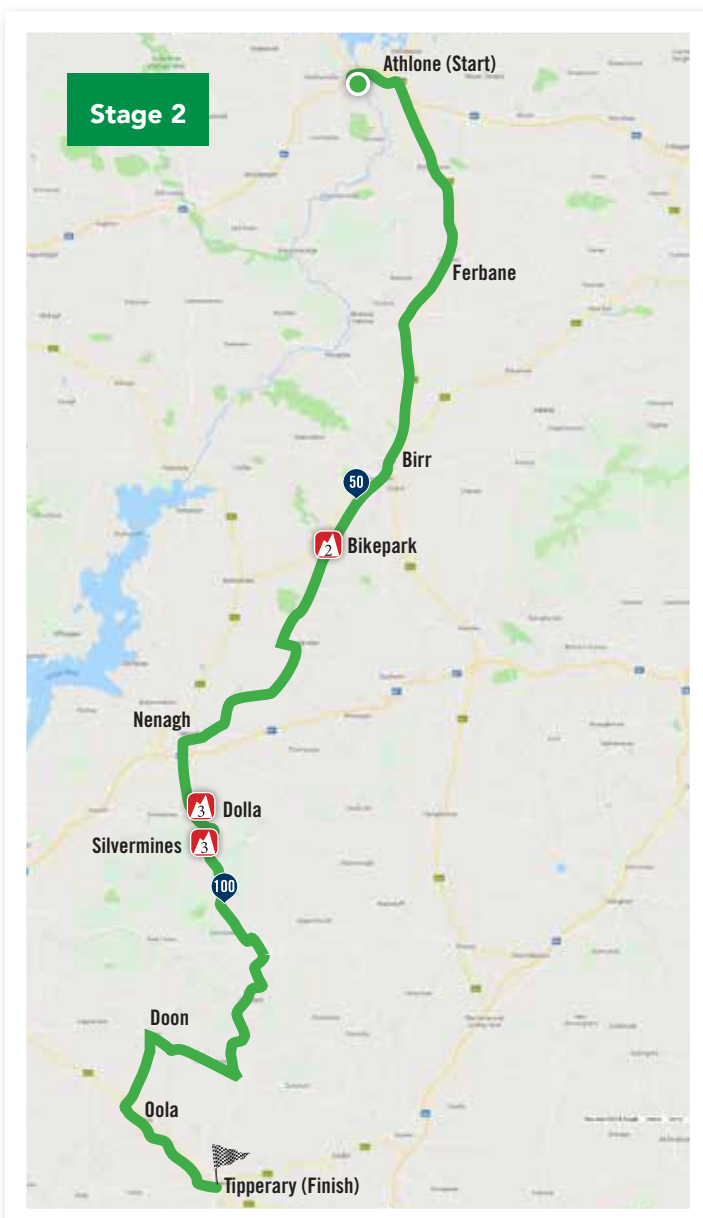
147.3	91.5		Enter Bohercrow roundabout, take 2nd exit, dir. Tipperary	14:04	14:40	15:36
<b>147.7</b>	<b>91.8</b>		<b>1km to Finish - Mirage Bathroom and Tiles on left hand side</b>	<b>14:04</b>	<b>14:41</b>	<b>15:36</b>
<b>148.2</b>	<b>92.1</b>		<b>500m to Finish - Applegreen Service Station on right hand side</b>	<b>14:05</b>	<b>14:42</b>	<b>15:37</b>
148.4	92.2		Bear left onto Main St. at Dave Mc's Menswear	14:05	14:42	15:38
<b>148.4</b>	<b>92.2</b>		<b>300m to Finish - Phonerepairs.ie on right hand side</b>	<b>14:05</b>	<b>14:42</b>	<b>15:38</b>
			<b>Team car diversion - Turn left at Crosses Corner, onto Davids Street, right onto Mitchell Street and right into County Council Car Park</b>			
			<b>100m at Nelly O'Briens Bar</b>			
<b>148.7</b>	<b>92.4</b>		<b>Finish line – AIB Bank</b>	<b>14:05</b>	<b>14:43</b>	<b>15:38</b>

**Stage Finish Organiser:** Pat Barragry, Tel: 062 80897

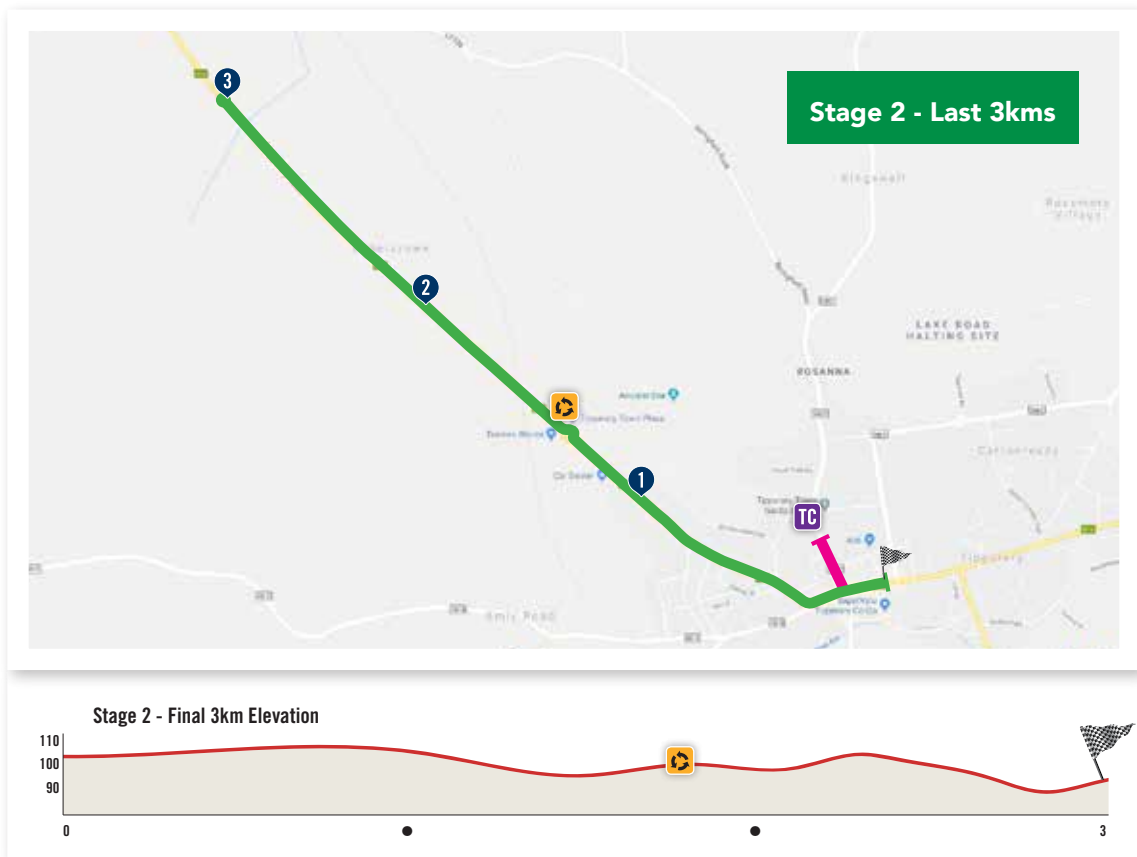
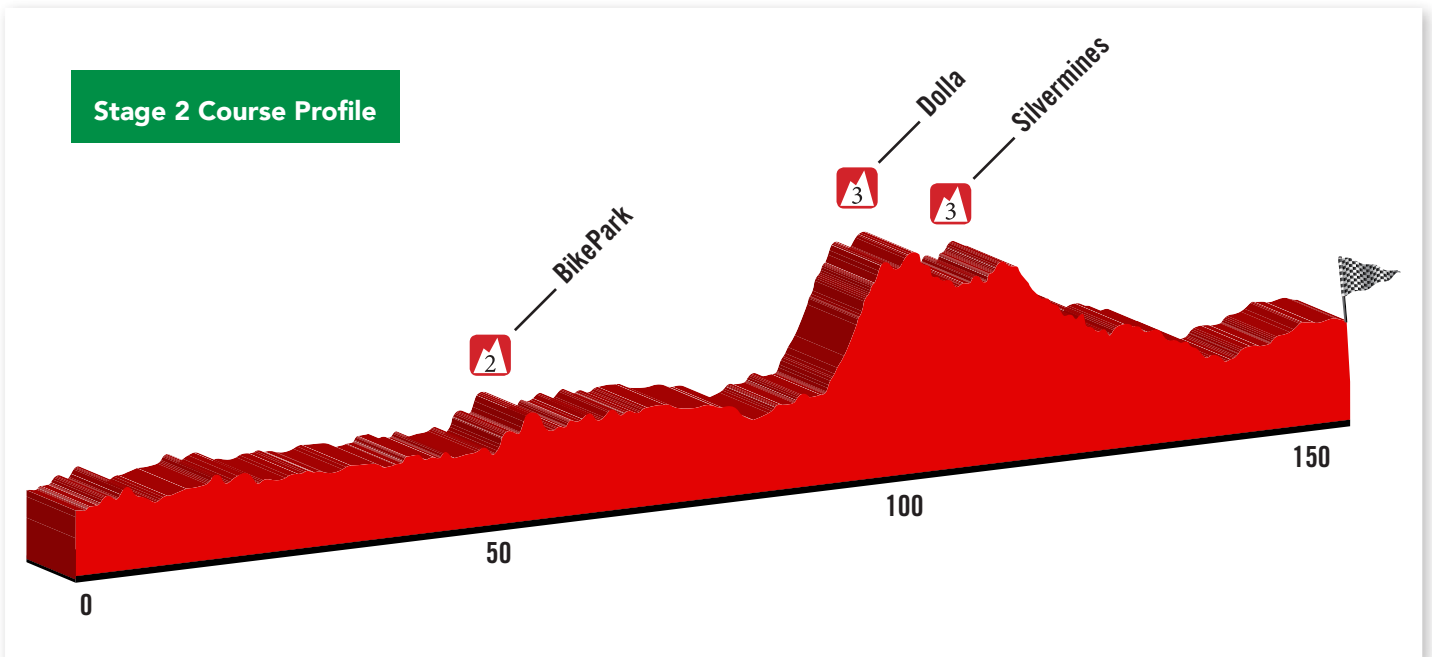
**Race HQ:** Ballykisteen Hotel, Ballykisteen, Co. Tipperary. Tel: 062 33333

**Service Crew Accommodation:** Ballykisteen Hotel, Ballykisteen, Co. Tipperary. Tel: 062 33333

**Anti-Doping Control located adjacent to finish line**



- Starting Point
- Finishing Point
- Kilometers Mark
- Ceremonial Start
- Bridge/Tunnel
- Speed Bump
- Roundabout
- Traffic Island
- Hot Spot
- Category 1 Climb
- Category 2 Climb
- Category 3 Climb
- Team Cars
- Sign On
- Assembly
- Incoming Stage
- Outgoing Stage
- Team Car Diversion Route





- Starting Point
- Finishing Point
- Kilometers Mark
- Ceremonial Start
- Bridge/Tunnel
- Speed Bump
- Roundabout
- Traffic Island
- Hot Spot
- Category 1 Climb
- Category 2 Climb
- Category 3 Climb
- Team Cars
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- Assembly
- Incoming Stage
- Outgoing Stage
- Team Car Diversion Route

## STAGE 3

### TIPPERARY TO LISTOWEL – 140.4km

Dé Mairt 22ú Bealtaine | Tuesday 22nd May

<b>Riders sign-on: Canon Hayes Recreation Centre, Avondale Crescent</b>	<b>09:30 to 10:30</b>
<b>Assembly: Canon Hayes Recreation Centre</b>	<b>10:45am</b>
<b>Ceremonial start: AIB BANK</b>	<b>11.00am</b>
<b>Distance neutralised</b>	<b>1.5KM</b>

Estimated time of arrival at kilometres per hour				32	40	48
Km	Mls.	Road	Location	Back Wind	Avg.	Head Wind
0.0	0.0		<b>Ceremonial Start at AIB Bank, Main Street</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
0.0	0.0		<b>Start of neutralised section</b>		<b>11:00</b>	
0.3	0.2		Keep right, dir. Limerick, through Main St.			
0.6	0.4		Straight through pedestrian lights			
1.2	0.7		Enter Bohercrow roundabout, take 2nd exit dir. Limerick			
<b>1.5</b>	<b>0.9</b>		<b>End of neutralised section</b>			
2.5	1.6		Traffic islands x2			
4.3	2.7		Pedestrian crossing			
7.2	4.5		Traffic islands x2			
7.6	4.7		Traffic island			
<b>0.0</b>	<b>0.0</b>		<b>RACE START: Green sign on left immediately after round-about on N24</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
		N24	<b>Proceed on N24</b>			
11.1	6.9		<b>Brooksbridge</b>	11:13	11:16	11:20
14.8	9.2		<b>Pallasgreen</b> - pedestrian crossing followed by traffic islands	11:18	11:22	11:27
18.6	11.6		Traffic islands x 6			
18.9	11.7		<b>Dromkeen</b>	11:23	11:28	11:35
24.2	15.0		Traffic islands x 4			
24.9	15.5		<b>Boher</b>	11:31	11:37	11:46
26.4	16.4	R153	Left turn, dir. Caherconlish	11:33	11:39	11:49
			<b>Proceed on R513</b>			
28.5	17.7		<b>Caherconlish</b>	11:35	11:42	11:53
29.0	18.0		Right turn dir. Ballyneety, at Michael Lynch Pub, pedestrian crossing	11:36	11:43	11:54
29.3	18.2		Left at Y junction, dir. Ballyneety	11:36	11:43	11:54

31.4	19.5		Right at Y junction, dir. Ballyneety 3km	11:39	11:47	11:58
34.4	21.4		<b>Ballyneety</b>	11:43	11:51	12:04
34.6	21.5	L1147	Right and immediately left turn at Ballyneety Garda Station, dir. Crecora	11:43	11:51	12:04
39.6	24.6	L1148	Straight through crossroads, dir. Crecora	11:49	11:59	12:14
40.7	25.3		Right turn at Y junction, dir. Limerick 9km	11:50	12:01	12:16
40.9	25.4	L1148	Left turn, dir. Croom 10km	11:51	12:01	12:16
43.3	26.9		<b>Crecora</b>	11:54	12:04	12:21
43.5	27.0	L1407	Right turn at crossroads, dir. Patrickswell 4km	11:54	12:05	12:21
44.0	27.3		Left turn at church, dir. Patrickswell	11:55	12:06	12:22
47.3	29.4	R526	Enter roundabout, take 2nd exit, dir. Patrickswell	11:59	12:10	12:28
47.5	29.5		Enter roundabout, take 1st exit, dir. Patrickswell	11:59	12:11	12:29
48.0	29.8		<b>Patrickswell</b>	12:00	12:12	12:30
48.8	30.3		Keep right at grass V and right turn at 50km signs (unmarked) opposite Lucy's Restaurant and shop	12:01	12:13	12:31
<b>50.0</b>	<b>31.1</b>		<b>50km completed</b>	<b>12:02</b>	<b>12:15</b>	<b>12:33</b>
50.9	31.6		Caution - Keep left at sharp Y junction	12:03	12:16	12:35
51.2	31.8	L1425	Right turn, dir. Ferrybridge 3km	12:04	12:16	12:36
54.2	33.7	N69	Left turn at T junction, dir. Listowel	12:07	12:21	12:41
			<b>Proceed on N69</b>			
56.8	35.3		<b>Kildimo</b> - 50km/h signs, pedestrian crossing	12:11	12:25	12:46
61.3	38.1		<b>Kilcoran</b>	12:16	12:31	12:54
78.9	49.0		<b>Foynes</b>	12:38	12:58	13:27
94.1	58.5		<b>Glin</b>	12:57	13:21	13:56
99.5	61.8		County Kerry signs on left hand side	13:04	13:29	14:06
100.1	62.2		<b>Tarbert</b>	13:05	13:30	14:07
100.6	62.5		Continue straight through Tarbert, dir. Ballybunion	13:05	13:30	14:08
		R551	<b>Proceed on R551</b>			
100.8	62.6		Keep left at Y junction	13:06	13:31	14:09
108.1	67.2		<b>Ballylongford</b>	13:15	13:42	14:22
108.8	67.6		Continue straight through Ballylongford, dir. Ballybunion	13:16	13:43	14:24
109.2	67.9		Straight through crossroads			
114.0	70.8		Keep right for Ardee			
115.1	71.5		<b>Asdee</b>	13:23	13:52	14:35
115.4	71.706		<b>25km to finish</b> - Jack's Public House on right hand side	13:24	13:53	14:36
116.4	72.328		Keep left at Y junction	13:25	13:54	14:38
120.4	74.813		<b>20km to finish</b> - sign on left, Ballybunion 6km with small road to right	13:30	14:00	14:45
123.9	76.988		<b>Ballybunion</b>	13:34	14:05	14:52



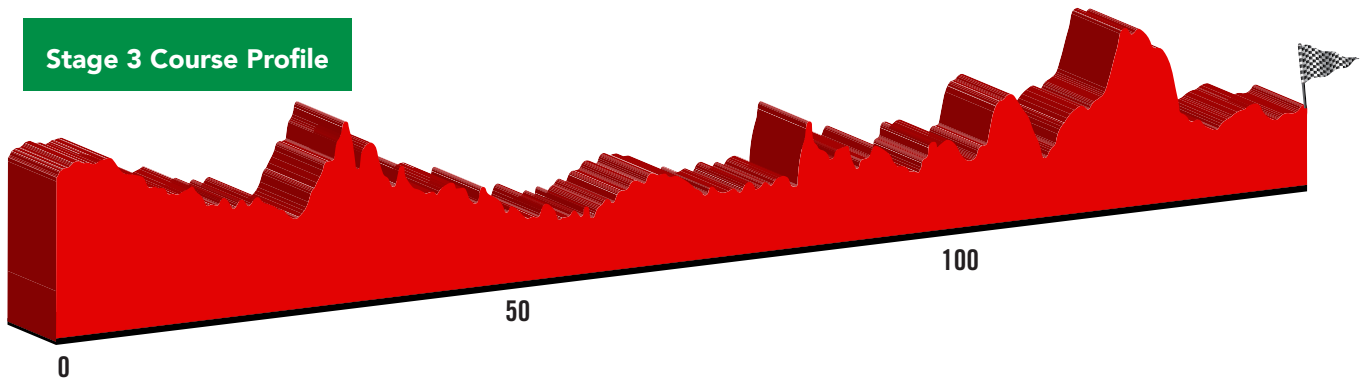
124	77.050		Keep left at Y junction, dir. Ballybunion	13:35	14:06	14:52
125.1	77.734		Sharp left turn followed by right bend at Cliff House Hotel in Ballybunion	13:36	14:07	14:54
125.7	78.1	R553	Left turn at T junction, dir. Listowel	13:37	14:08	14:55
			<b>Proceed on R553</b>			
130.4	81.0		<b>10KM to finish</b> - cream bungalow on right hand side titled 'Green Acre'	13:43	14:15	15:04
132.3	82.2		<b>Lisselton</b>	13:45	14:18	15:08
135.7	84.3		<b>5KM to finish</b> - immediate start of wood of left hand side	13:49	14:23	15:14
136.7	84.9		<b>4KM to finish</b> - water tower on left hand side	13:50	14:25	15:16
137.4	85.4		<b>3KM to finish</b> - small cottage on left hand side with 'Only fools and horses' van outside	13:51	14:26	15:17
138.3	85.9		<b>Listowel 60km/h signs</b>	13:52	14:27	15:19
138.4	86.0		<b>2KM to finish</b> - road to left with yellow walled flower bed immediately before	13:53	14:27	15:19
139.4	86.6		<b>1KM to finish</b> - sign on left hand side for 'Lartigue Mono-rail'	13:54	14:29	15:21
139.7	86.8		<b>**Caution** speed bump &amp; pedestrian crossing</b>	13:54	14:29	15:21
139.9	86.9		<b>**Caution** speed bump &amp; pedestrian crossing</b>	13:54	14:29	15:22
139.9	86.9		<b>500m to finish</b> - grey galvanised gate with spokes on top on right hand side	13:54	14:29	15:22
139.9	86.9		Left turn onto Market St. onto finish straight	13:54	14:29	15:22
140.0	87.0		<b>**Caution** speed bump &amp; pedestrian crossing</b>	13:55	14:30	15:22
140.1	87.1		<b>300m to finish</b> - BK office car wash on right hand side	13:55	14:30	15:22
			<b>Divert Team Cars right into Listowel Racecourse Car Park</b>			
140.2	87.1		<b>200m to finish at Listowel Physiotherapy Clinic</b>	13:55	14:30	15:22
<b>140.4</b>	<b>87.2</b>		<b>Finish line directly outside Rising Sun Bar</b>	<b>13:55</b>	<b>14:30</b>	<b>15:23</b>

**Stage Finish Organiser:** Conor Moriarty, Tel: 087 8375384 / Email: conorjmoriarty@hotmail.com

**Race HQ:** Listowel Arms Hotel, Listowel, Co. Kerry. Tel: 068 21500

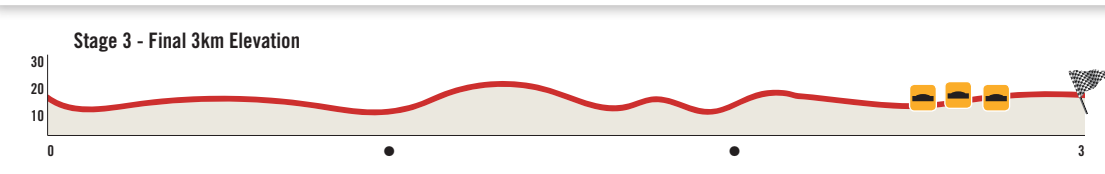
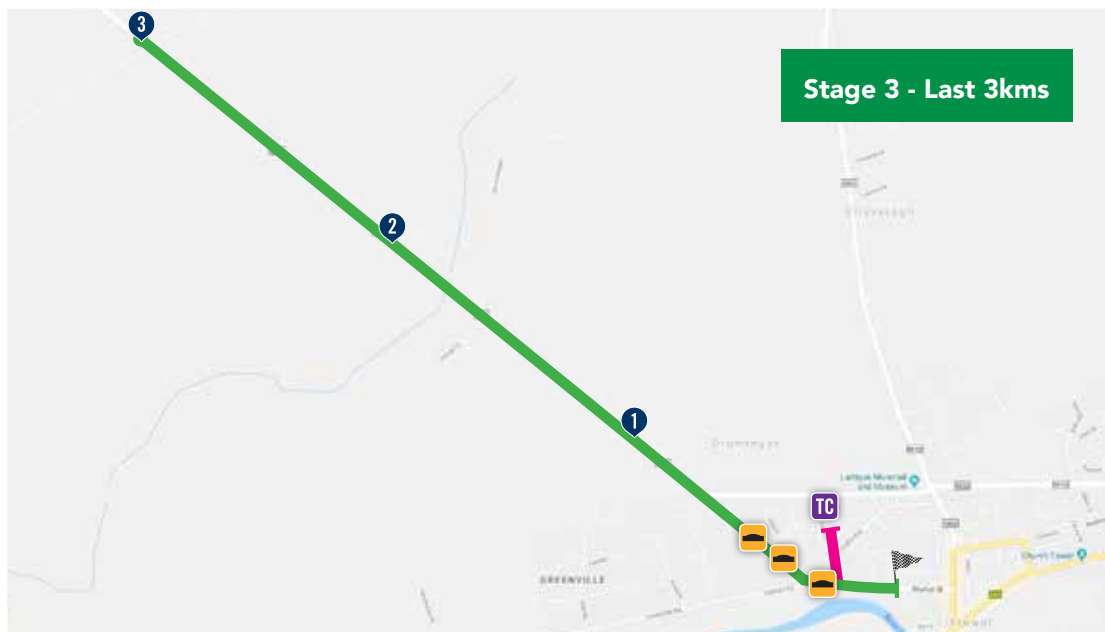
**Service Crew Accommodation:** Listowel Arms Hotel, Listowel, Co. Kerry. Tel: 068 21500

**Anti-Doping Control located adjacent to finish line**



- Starting Point
- Finishing Point
- Kilometers Mark
- Ceremonial Start
- Bridge/Tunnel
- Speed Bump
- Roundabout
- Traffic Island
- Hot Spot
- Category 1 Climb
- Category 2 Climb
- Category 3 Climb
- Team Cars
- Sign On
- Assembly
- Incoming Stage
- Outgoing Stage
- Team Car Diversion Route








# STAGE 4

## LISTOWEL TO GLENGARRIFF – 153 KMS

Dé Céadaoin 23ú Bealtaine | Wednesday 23rd May 2018

<b>Sign-On riders at Listowel Arms Hotel</b>				<b>9.30 - 10.30</b>		
<b>Assemble riders at Listowel Arms Hotel</b>				<b>10.45</b>		
<b>CEREMONIAL START - Listowel Arms Hotel</b>				<b>11.00</b>		
<b>Neutralised</b>				<b>1.7km</b>		
<b>Estimated Time of Arrival at Kilometres per Hour</b>				<b>48</b>	<b>40</b>	<b>32</b>
<b>Km</b>	<b>Mls</b>	<b>Road</b>	<b>Location</b>	<b>Back wind</b>	<b>Avg</b>	<b>Head wind</b>
<b>0.0</b>	<b>0.0</b>		<b>Ceremonial start, Listowel Arms</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
<b>0.0</b>	<b>0.0</b>		<b>Start of neutralised section</b>		<b>11:00</b>	
0.7	0.4		Turn left over bridge at Y junction, dir signpost Abbeyfeale R555			
<b>1.7</b>	<b>1.1</b>		<b>End of neutralised section</b>			
<b>0.0</b>	<b>0.0</b>		<b>0km start sign at signpost on left hand side for Abbeyfeale (15km), Duagh (8km) R555</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
2.8	1.7		Turn right dir Cork (110km), Newmarket , Castleisland (32km)	11:04	11:05	11:07
14.5	9.0		Narrow bridge, left hand bend	11:19	11:22	11:29
15.9	9.9		Narrow bridge	11:20	11:24	11:31
16.6	10.3	N21	Turn right at T junction onto N21, at Westring Inn Pub (on right)	11:21	11:25	11:33
17.5	10.9		Turn left dir Tralee N21, Limerick	11:22	11:27	11:34
17.8	11.1		Turn right at T-junction, dir Castleisland signposted 18km, Tralee (traffic island on junction)	11:23	11:27	11:35
			<b>On N21</b>			
<b>28.3</b>	<b>17.6</b>		<b>Crinny Category 3 KOM</b> 	<b>11:36</b>	<b>11:43</b>	<b>11:55</b>
31.7	19.7	L2041	Roundabout, first exit dir Town Centre	11:40	11:48	12:01
			<b>On L2041</b>			
34.3	21.3		<b>Castleisland</b>	11:43	11:52	12:06
35.0	21.7	N23	Right at Traffic lights / T junction onto Main street, dir Killarney, Tralee, Kerry Airport. Central island at traffic lights	11:44	11:53	12:07
		N23	<b>On N23</b>			
35.2	21.9		Pedestrian crossing, road narrows & traffic island for 400m to bottom of main street	11:45	11:53	12:08
			Keep left at O'Connor & Sons department store			
35.5	22.1	L2040	Continue straight at junction dir Killarney N22, Kerry Airport N23, onto Killarney Road	11:45	11:54	12:08



			Traffic island			
		L2040	<b>On L2040</b>			
36.6	22.7		Roundabout, 1st exit dir Farranfore Airport, Killarney	11:46	11:55	12:10
		N23	<b>On N23</b>			
43.3	26.9		Kerry Airport	11:55	12:05	12:23
44.7	27.8		T junction, turn left dir Killarney (15km)	11:56	12:08	12:25
		N22	<b>On N22</b>			
45.1	28.0		4rdsX, straight through	11:57	12:08	12:26
<b>47.6</b>	<b>29.6</b>		<b>Farranfore Category 3 KOM</b> 	<b>12:00</b>	<b>12:12</b>	<b>12:31</b>
<b>50.0</b>	<b>31.1</b>		<b>50km raced</b>	<b>12:03</b>	<b>12:16</b>	<b>12:35</b>
58.5	36.4		<b>Killarney</b>	12:14	12:28	12:51
58.6	36.4		Pedestrian crossing	12:14	12:28	12:51
58.7	36.5		<b>Cleeny Roundabout</b> , 1st exit dir Cork, Mallow, Kenmare	12:14	12:29	12:52
			Pedestrian crossing			
			<b>**Caution** - traffic islands on both sides of road</b>			
58.9	36.6		Road furniture on both sides of road	12:14	12:29	12:52
			<b>** Caution** warning to riders for road furniture</b>			
59.5	37.0		Traffic island & junction on left	12:15	12:30	12:53
59.7	37.1		Traffic islands on cycleway and main road	12:15	12:30	12:53
61.1	38.0		<b>Michael D O'Shea roundabout</b> , 2nd exit dir Cork, Mallow, Kenmare	12:17	12:32	12:56
61.4	38.2		Pedestrian crossing at entrance to Cronin's Foodstore, followed immediately by	12:17	12:33	12:57
		N22	<b>Park Road Roundabout</b> , 2nd exit dir Cork, Mallow, Kenmare			
62.3	38.7		Turn right dir Woodland Road, Ballycasheen Road, L3907 traffic island on corner	12:18	12:34	12:58
		R3907	<b>On R3907</b>			
65.0	40.4		Left at T junction, traffic lights outside Glena House, onto Muckcross Road	12:22	12:38	13:03
		N71	<b>On N71</b>			
65.8	40.9		Traffic island outside Killarney Convention Centre	12:23	12:39	13:05
66.0	41.0		Central reservation	12:23	12:40	13:05
<b>82.4</b>	<b>51.2</b>		<b>Ladies View Category 2 KOM</b> 	<b>12:44</b>	<b>13:04</b>	<b>13:36</b>
<b>87.3</b>	<b>54.2</b>		<b>Molls Gap Category 2 KOM</b> 	<b>12:50</b>	<b>13:11</b>	<b>13:45</b>
96.2	59.8		<b>Kenmare</b>	13:01	13:25	14:02
97.1	60.3		Square in centre of Kenmare	13:02	13:26	14:04
97.3	60.5		Straight through Junction / 4rdsX	13:02	13:26	14:04
97.6	60.6	N71	Right at T junction outside Lansdowne Arms Hotel, mini roundabout, dir Ring of Kerry, Sneem, All Routes	13:03	13:27	14:05

			<b>On N71</b>			
97.7	60.7		Mini roundabout at Kenmare Post Office, first exit dir Ring of Beara, Glengariff, Skibbereen	13:03	13:27	14:05
98.6	61.3	R571	Turn right after bridges dir Castletownbere, Ring of Beara	13:04	13:28	14:06
		R571	<b>On R571</b>			
112.2	69.7		Keep left at Y junction	13:21	13:49	14:32
113.6	70.6		Left at Y junction dir Castletownbere, Healy Pass	13:23	13:51	14:35
<b>117.1</b>	<b>72.8</b>		<b>Garranes Category 2 KOM</b> 	<b>13:27</b>	<b>13:56</b>	<b>14:41</b>
120.9	75.1		<b>Lauragh Sign</b>	13:32	14:02	14:48
121.4	75.4		Left turn dir Healy Pass, Adrigole (14km)	13:32	14:03	14:49
121.5	75.5		Narrow bridge	13:32	14:03	14:49
121.5	75.5	R574	Left dir Healy Pass at An Sibin	13:32	14:03	14:49
			<b>On R574</b>			
<b>127.7</b>	<b>79.3</b>		<b>Healy Pass Category 1 KOM</b> 	<b>13:40</b>	<b>14:12</b>	<b>15:01</b>
127.9	79.5		<b>25km to finish</b> at Don's Mountain Cabin on right hand side	13:40	14:12	15:01
134.5	83.6		Left at T junction	13:49	14:22	15:14
		N572	<b>On R572</b>			
135.9	84.4		<b>Adrigole</b>	13:50	14:24	15:16
142.9	88.8		<b>10km to finish</b> at telegraph pole on rock on left hand side	13:59	14:35	15:29
<b>145.3</b>	<b>90.3</b>		<b>Cooleriagh Category 3 KOM</b> 	<b>14:02</b>	<b>14:38</b>	<b>15:34</b>
147.9	91.9		<b>5km to finish</b> at Homebrew Centre	14:05	14:42	15:39
148.9	92.5		<b>4km to finish</b> at grotto, junction of L4926	14:07	14:44	15:41
149.9	93.1		<b>3km to finish</b> at 2-storey house on rhs with stone shed with grey front door	14:08	14:45	15:43
150.9	93.8		<b>2km to finish</b> at layby on right hand side for Garnish Island, OPW sign	14:09	14:47	15:44
151.9	94.4		<b>Glengariff - 50 km/h signs</b>	14:10	14:48	15:46
<b>151.9</b>	<b>94.4</b>		<b>1km to go at 'Do Not Pass' sign on left hand side</b>	<b>14:10</b>	<b>14:48</b>	<b>15:46</b>
			<b>500m to go</b> at Rockwood House B&B on RHS			
152.6	94.8	N71	Right at T junction at the Blue Loo Bar (P Harrington)	14:11	14:49	15:48
			<b>300m to go at Jack's Restaurant</b>			
			<b>200m to go at Garda Station</b>			
			<b>Team car diversion turn right into Quill's Woolen Mills on right hand side</b>			
			<b>100m to go at Quills wooden market sign</b>			
<b>153.0</b>	<b>95.1</b>		<b>Finish line outside Shamrock Stores, crafts &amp; gift shop</b>	<b>14:12</b>	<b>14:50</b>	<b>15:48</b>

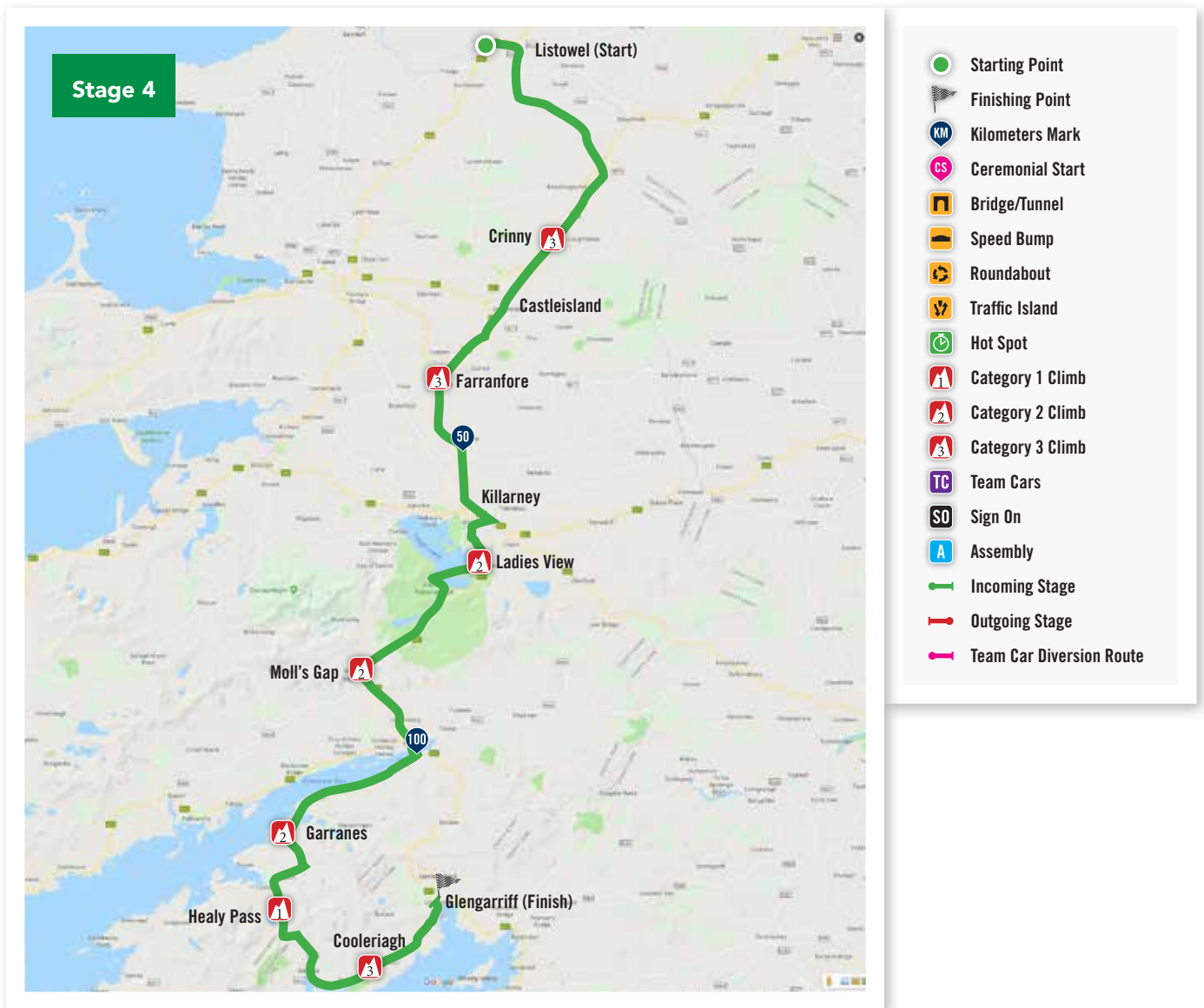


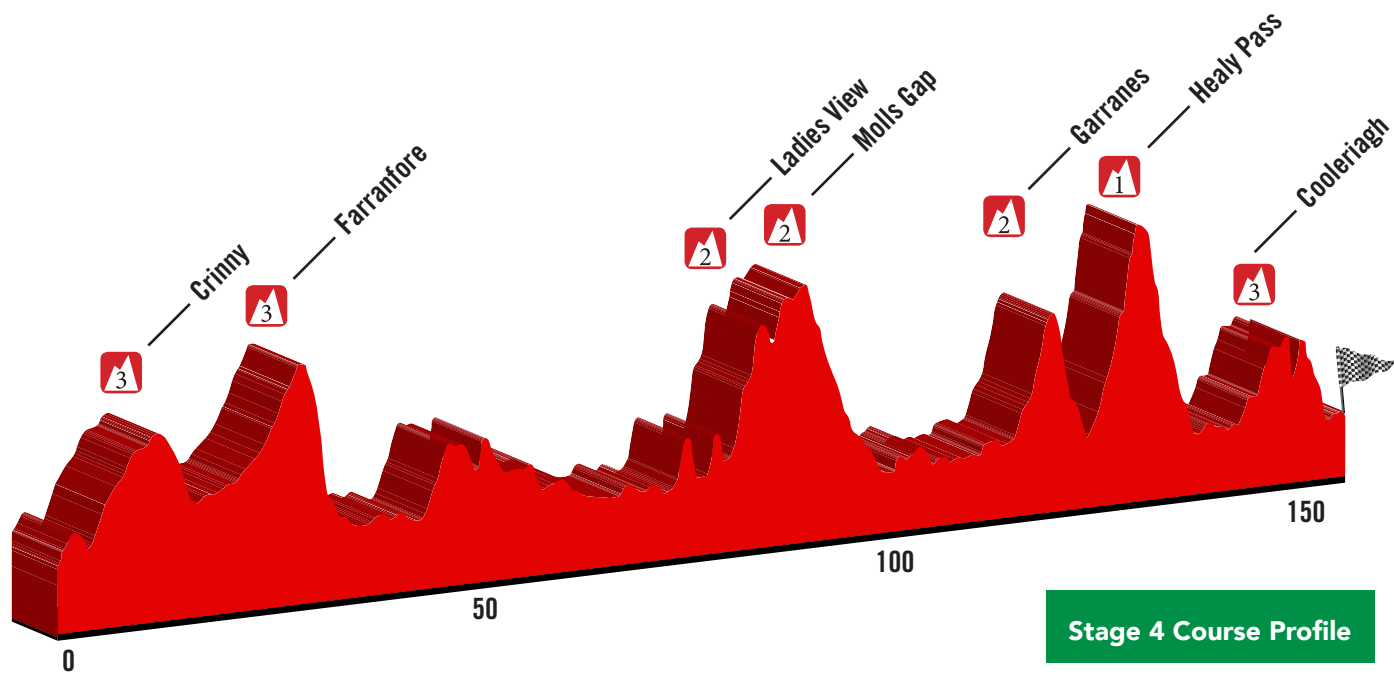
**Stage Finish Organiser:** Chris Harrington, Tel: 027 63167 / Email: chrisblueloo@gmail.com

**Race HQ:** Eccles Hotel, Glengarriff, Co. Cork. Tel: 027 63003



















**Service crew accommodation:** Eccles Hotel, Glengarriff, Co. Cork. Tel: 027 63003

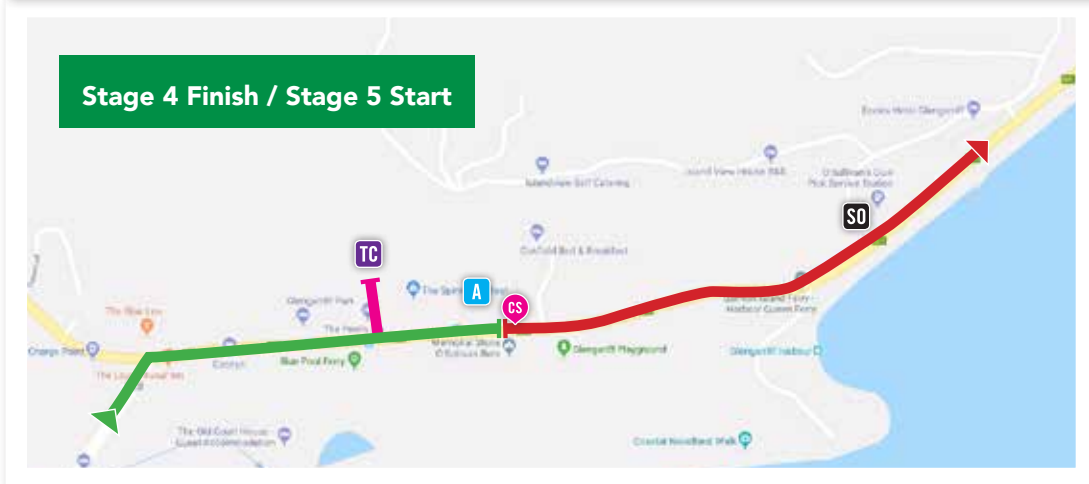
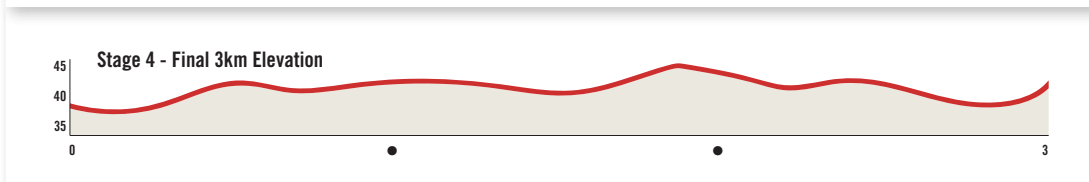
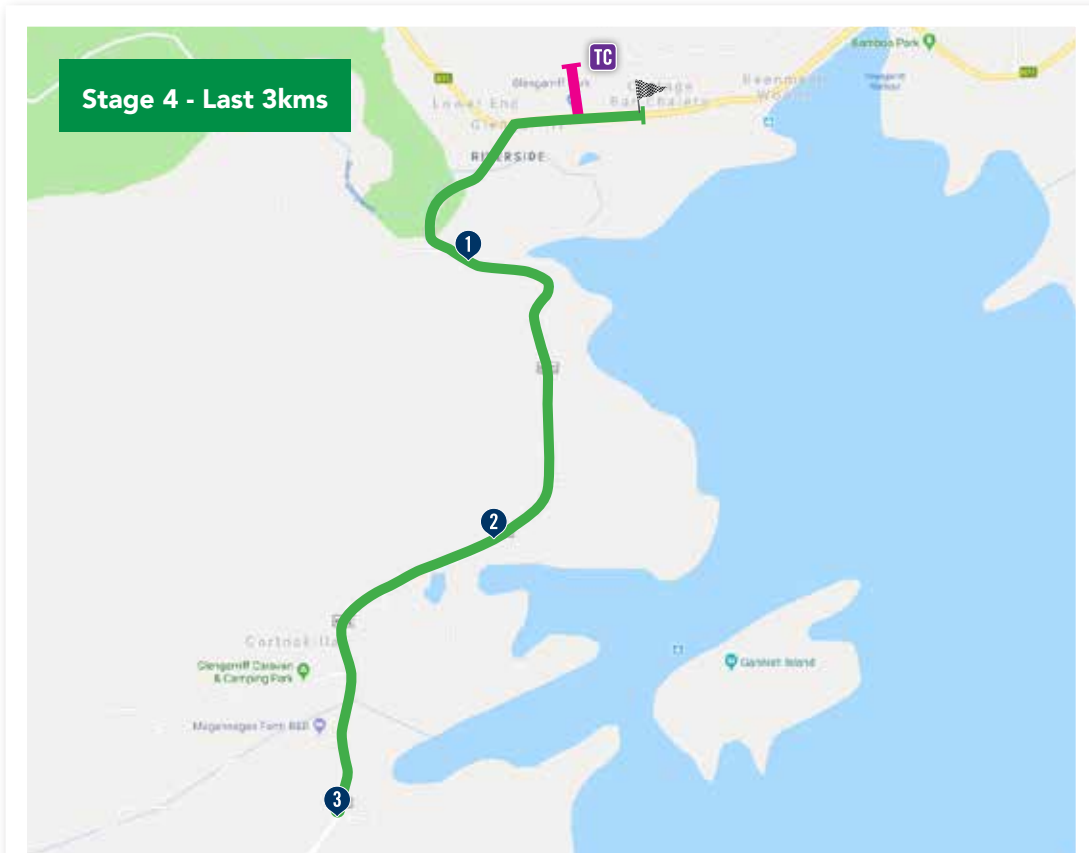
**Anti-Doping Control located adjacent to finish line**





Stage 4 Course Profile

-  Starting Point
-  Finishing Point
-  Kilometers Mark
-  Ceremonial Start
-  Bridge/Tunnel
-  Speed Bump
-  Roundabout
-  Traffic Island
-  Hot Spot
-  Category 1 Climb
-  Category 2 Climb
-  Category 3 Climb
-  Team Cars
-  Sign On
-  Assembly
-  Incoming Stage
-  Outgoing Stage
-  Team Car Diversion Route



# STAGE 5

## GLENGARRIFF TO MITCHELSTOWN – 150km

Dé Déardoin 24ú Bealtaine | Thursday 24th May 2018


<b>Sign-On riders at Eccles Hotel</b>	<b>9.30 - 10.30</b>
<b>Assemble riders at Eccles Hotel</b>	<b>10.45</b>
<b>CEREMONIAL START - Quills Woollen Market</b>	<b>11.00</b>
<b>Neutralised</b>	<b>2.3km</b>

Estimated Time of Arrival at Kilometres per Hour				48	40	32
Km	MIs	Road	Location	Back wind	Avg	Head wind
<b>0.0</b>	<b>0.0</b>		<b>Ceremonial Start</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
<b>0.0</b>	<b>0.0</b>		<b>Start of neutralised section</b>		<b>11:00</b>	
0.0	0.0		Assembly at Quills wooden market sign opposite Cottage Bar & Restaurant			
			Travel direction of Ballylickey			
1.6	1.0		Junction to left, Reenmeen East			
<b>2.3</b>	<b>1.4</b>		<b>End of neutralised section</b>			
<b>0.0</b>	<b>0.0</b>		<b>0km start signs at 100kph speed signs outside town</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
8.3	5.2		<b>Ballylickey</b>	11:12	11:15	11:19
9.2	5.7	R584	Left at Y junction dir Macroom, Gouganebarra, R584	11:13	11:16	11:21
		R584	<b>On R584</b>			
11.3	7.0		<b>Pearson's Bridge</b>	11:16	11:19	11:25
13.6	8.5		<b>Kealkill</b>	11:19	11:23	11:29
14.0	8.7		Left at Y junction, dir Gouganebarra Macroom	11:19	11:24	11:30
		R584	<b>On R584</b>			
14.9	9.3		Bridge / junction on left after bridge	11:20	11:25	11:31
<b>25.0</b>	<b>15.5</b>		<b>Pass of Keimaneigh Category 2 KOM</b> 	<b>11:33</b>	<b>11:40</b>	<b>11:50</b>
31.9	19.8	R584	Left at Y junction over bridge, dir Macroom	11:41	11:50	12:03
32.0	19.9		<b>Ballingeary / Béal Átha an Ghaorthaidh</b>	11:42	11:51	12:04
32.3	20.1		Right at Y junction	11:42	11:51	12:04
32.8	20.4		Turn right over narrow bridge	11:43	11:52	12:05
32.9	20.4	L3402	Immediately left at Colaiste na Mumhan dir Ri na nDoiri (9km), Baile Bhuirne (18km)	11:43	11:52	12:05
		L3402	<b>On L3402</b>			
34.7	21.6		Right at Y junction	11:45	11:55	12:09





37.7	23.4		<b>Gortnabinna Category 2 KOM</b> 	11:49	11:59	12:14
42.0	26.1		<b>Renanirree</b>	11:54	12:06	12:22
42.5	26.4		Right at Y junction	11:55	12:06	12:23
43.6	27.1		Start of sharp right hand bend followed by left hand bend	11:56	12:08	12:25
47.6	29.6		4 Xrds, straight through	12:01	12:14	12:33
50.0	31.1	N22	<b>Lissacresig</b> Right at T junction onto N22 main Cork road, dir Macroom (8km) at Mons Bar	12:04	12:18	12:37
<b>50.0</b>	<b>31.1</b>		<b>50km completed at Mons Bar</b>	<b>12:04</b>	<b>12:18</b>	<b>12:37</b>
		N22	<b>On N22</b>			
56.0	34.8		Traffic island, 60 signs	12:12	12:27	12:49
56.4	35.0		<b>Macroom</b>	12:12	12:27	12:49
			<b>**Caution** multiple traffic islands up to 56.9km</b>			
57.0	35.4	R582	Turn left dir Millstreet	12:13	12:28	12:50
		R582	<b>On R582</b>			
58.0	36.0		Right at Y junction, 80 speed signs	12:14	12:30	12:52
60.0	37.3		Straight through 4 rdsX	12:17	12:33	12:56
66.6	41.4		<b>Carriganimmy</b>	12:25	12:42	13:08
67.4	41.9		Left at Y junction	12:26	12:44	13:10
67.5	41.9		Followed by bridge	12:26	12:44	13:10
76.8	47.7		<b>Millstreet</b>	12:38	12:58	13:28
77.2	48.0		Right at T junction onto Minor Row, dir Mallow	12:38	12:58	13:28
		R583	<b>On R583</b>			
79.9	49.6	L1120	Right turn dir Banteer (12km), Rathcool (5km)	12:41	13:02	13:33
84.8	52.7		<b>Rathcool</b>	12:48	13:10	13:43
91.5	56.9		<b>**Caution** Level Crossing nrXT30</b>	12:56	13:20	13:55
91.5	56.9		Right at T junction after level crossing	12:56	13:20	13:55
91.7	57.0		<b>Banteer</b>	12:56	13:20	13:55
92.1	57.2	R579	Left at staggered 4rdsX dir Kanturk	12:57	13:21	13:56
		R579	<b>On R579</b>			
92.9	57.7		Right at Y junction	12:58	13:22	13:58
93.4	58.0		Right 4rdsX, dir Mallow N72/Traffic island on junction	12:58	13:23	13:59
		N72	<b>On N72</b>			
111.9	69.5		<b>Mallow</b> 50 signs, road narrows, Traffic island	13:21	13:50	14:33
			<b>**Caution** protruding pavement</b>			
112.5	69.9		Roundabout, 1st exit dir Limerick, Buttevant (12km)	13:22	13:51	14:34
113.0	70.2	N20	Roundabout, 2nd exit dir Limerick	13:23	13:52	14:35
		N20	<b>On N20</b>			
113.7	70.6		Traffic islands at 100 speed signs	13:24	13:53	14:37

117.7	73.1		<b>New Twopothouse</b>	13:29	13:59	14:44
117.9	73.3		Traffic island, 60 speed signs	13:29	13:59	14:45
118.3	73.5	R581	Right turn dir Doneraile (7km)	13:29	14:00	14:45
		R581	<b>On R581</b>			
120.1	74.6		Straight staggered 4rdsX	13:32	14:03	14:49
121.8	75.7		<b>**Caution** Right hand curve; series of S-bends</b>	13:34	14:05	14:52
124.0	77.1		<b>Doneraile</b>	13:37	14:09	14:56
			4rdsXs, straight through			
<b>125.2</b>	<b>77.8</b>		<b>25k at righthand bend onto the top of the main street, junction from the right</b>	<b>13:38</b>	<b>14:10</b>	<b>14:58</b>
125.3	77.9		Left at Y junction, dir Town Centre, Doneraile Golf Club, Tourist Information	13:38	14:10	14:58
125.4	77.9		<b>**Caution** Steep ramp</b>	13:38	14:11	14:59
125.6	78.0		<b>**Caution** Ramp outside Post Office</b>	13:39	14:11	14:59
125.7	78.1		<b>**Caution** Ramp</b>	13:39	14:11	14:59
126.4	78.5		Turn right at 4rdsX, dir Mitchelstown 22km	13:40	14:12	15:01
		R522	<b>On R522</b>			
129.8	80.7		Right at Y junction	13:44	14:17	15:07
131.9	82.0		Left at 4rdsX, dir Mitchelstown, Kildorrey	13:46	14:20	15:11
		N73	<b>ON N73</b>			
132.1	82.1		Right at Y junction dir Mitchelstown / junction on left	13:47	14:21	15:11
133.9	83.2		Straight through 4rdsX	13:49	14:23	15:15
136.1	84.6		Bridge and junction on left	13:52	14:27	15:19
<b>137.9</b>	<b>85.7</b>		<b>Kildorrey Category 3 KOM</b> 	<b>13:54</b>	<b>14:29</b>	<b>15:22</b>
			4rdsXs, straight through			
140.2	87.1		<b>10k to finish</b> at farm yard with large silo/storage tank on left hand side.	13:57	14:33	15:26
142.1	88.3		<b>Glennahulla</b>	13:59	14:36	15:30
145.2	90.2		<b>5kms to finish</b> at white-coloured gate lodge	14:03	14:40	15:36
146.2	90.8		<b>4kms to finish</b> at cream bungalow left hand side	14:04	14:42	15:38
147.2	91.5		<b>3kms to finish</b> at green coloured corrugated iron gate	14:06	14:43	15:40
147.7	91.8	R665	Roundabout, 3rd exit dir Mitchelstown	14:06	14:44	15:40
<b>148.2</b>	<b>92.1</b>		<b>2kms to finish at large blue sign 'welcome to Mitchelstown' on left hand side.</b>	<b>14:07</b>	<b>14:45</b>	<b>15:41</b>
148.3	92.1		<b>Mitchelstown</b>	14:07	14:45	15:42
148.9	92.5		Left at Y junction at church, Traffic island onto Georges Street	14:08	14:46	15:43
<b>148.9</b>	<b>92.5</b>		<b>Team cars and support vehicles diversion to left at Y junction at church onto Georges Street and left into old Co-op car park.</b>	<b>14:08</b>	<b>14:46</b>	<b>15:43</b>



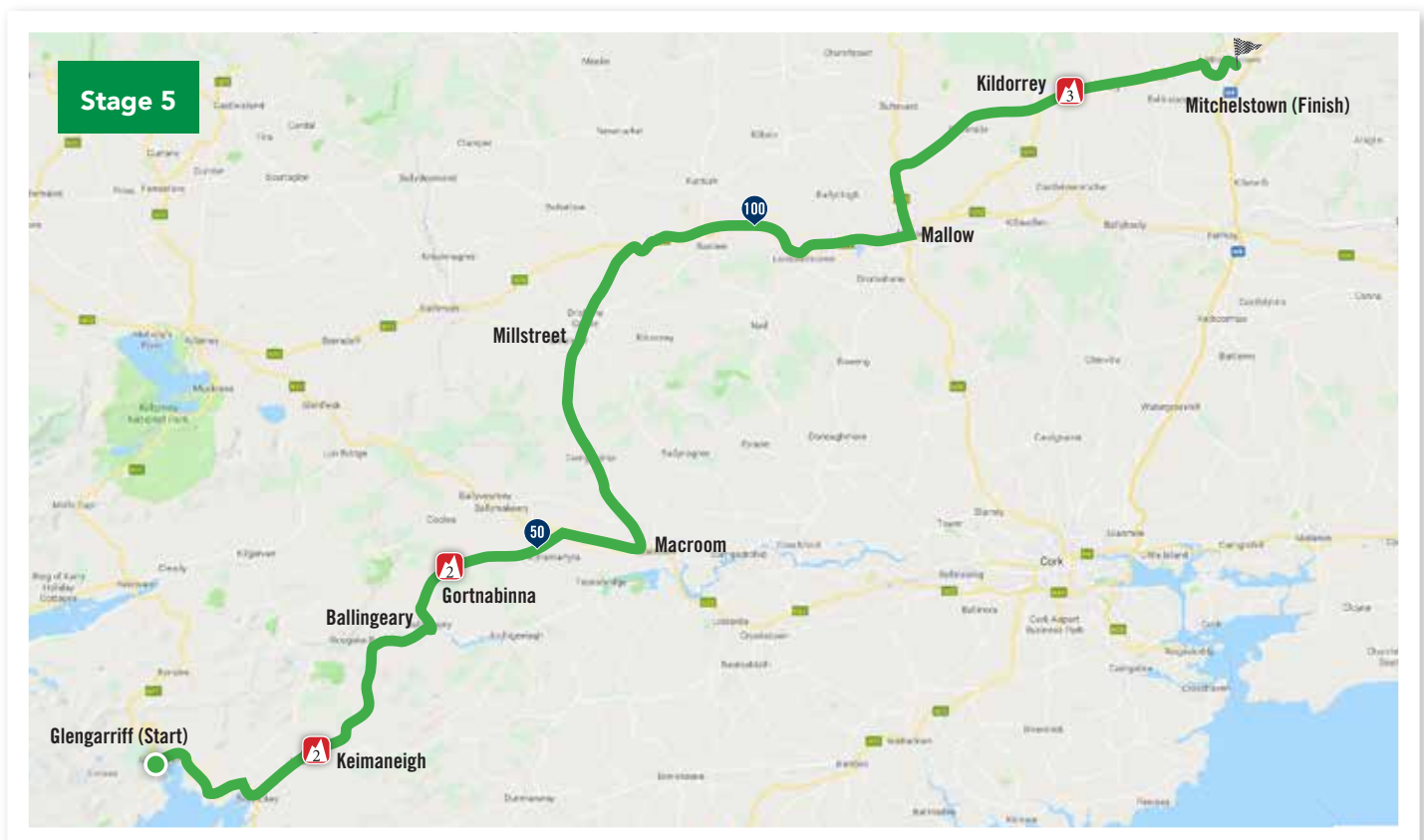
149.2	92.7		<b>1km to finish at Tod's Bar &amp; Ann-Marie's hairdresser on right hand side at King Street.</b>	<b>14:08</b>	<b>14:46</b>	<b>15:43</b>
149.3	92.8		Right at staggered 4rdsX on Baldwin Street	14:08	14:46	15:43
149.7	93.0		Right at 4rdsX, traffic lights from Baldwin Street onto Lr Cork Street	14:09	14:47	15:44
			<b>500 meters to go sign</b>			
149.9	93.1		<b>**Caution** Ramp</b>	14:09	14:47	15:45
<b>150.0</b>	<b>93.2</b>		<b>300m to go at Hyland Stationary shop.</b>	<b>14:09</b>	<b>14:48</b>	<b>15:45</b>
			<b>250m to go John Nolan &amp; Sons (LHS) opposite Credit Union House</b>			
			<b>200m to go Paul Roche Public House.</b>			
			<b>100m to go at The Beehive Public House</b>			
			<b>50m to go at Campaign House</b>			
<b>150.2</b>	<b>93.3</b>		<b>Finish line at outside number 55 between Bank of Ireland &amp; Trials MM Fitness Gym</b>	<b>14:09</b>	<b>14:48</b>	<b>15:45</b>

**Stage Finish Organiser:** Danny O'Sullivan, Tel: 087 8736219 / Email: dannykildrum@hotmail.com

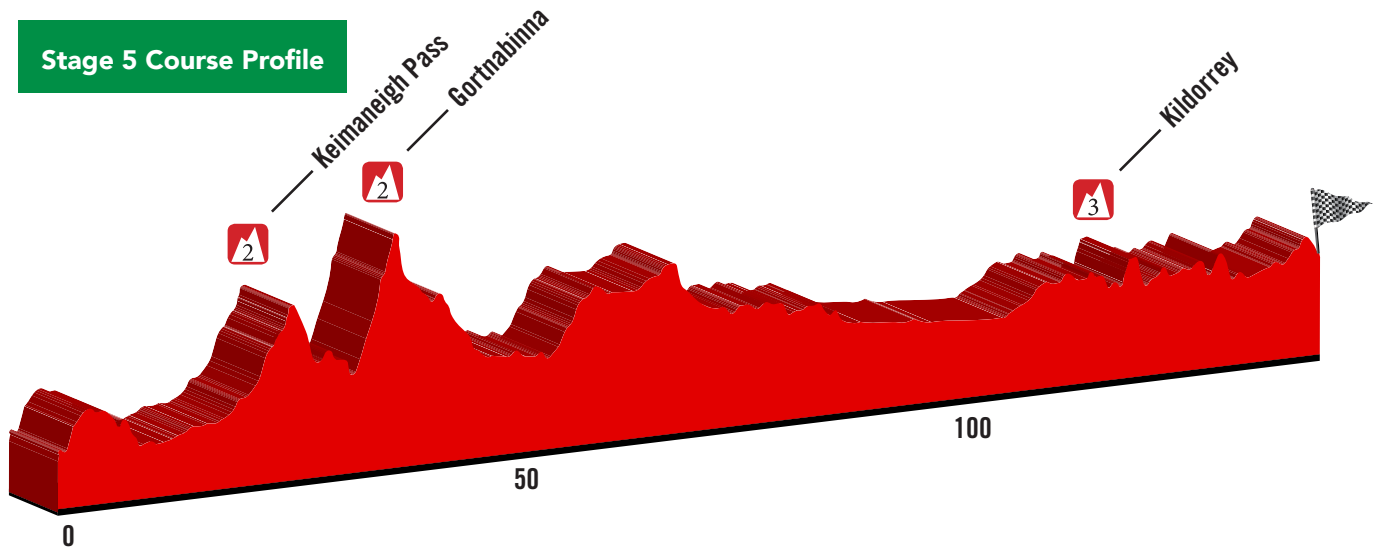
**Service crew accommodation:** Firgrove Hotel, Mitchelstown, Co Cork. Tel: 025 24111

**Race HQ:** Firgrove Hotel, Mitchelstown, Co Cork. Tel: 025 24111

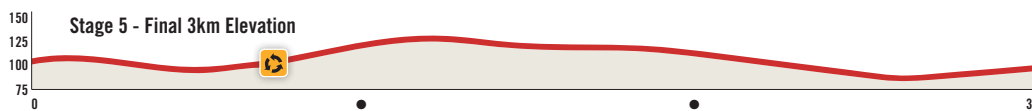
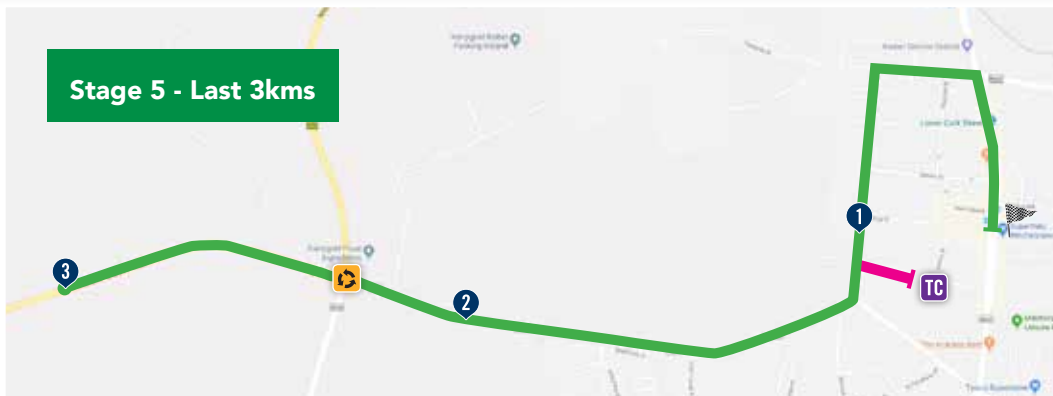
**Anti-Doping Control located adjacent to finish line**



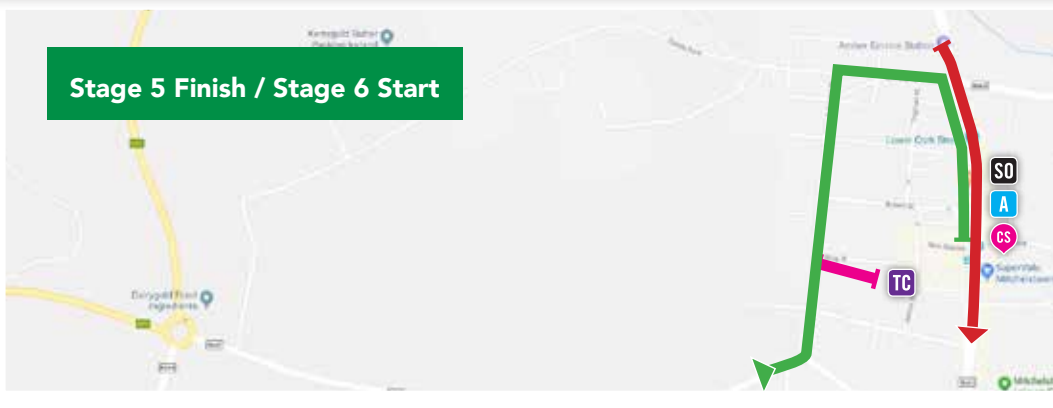
### Stage 5 Course Profile



### Stage 5 - Last 3kms



### Stage 5 Finish / Stage 6 Start



- Starting Point
- Finishing Point
- Kilometers Mark
- Ceremonial Start
- Bridge/Tunnel
- Speed Bump
- Roundabout
- Traffic Island
- Category 1 Climb
- Category 2 Climb
- Category 3 Climb
- Hot Spot
- Team Cars
- Sign On
- Assembly
- Incoming Stage
- Outgoing Stage
- Diversion Route

## STAGE 6

### MITCHELSTOWN TO CARLOW – 155KMS

Dé Haoine 25ú Bealtaine | Friday 25th May 2018

<b>Sign-On riders at Clongibbon House, Market Square</b>	<b>9.30 - 10.30</b>
<b>Assemble riders at Market Square</b>	<b>10.45</b>
<b>CEREMONIAL START - SuperValu, Main Square</b>	<b>11.00</b>
<b>Neutralised</b>	<b>1.5km</b>

Estimated Time of Arrival at Kilometres per Hour				48	40	32
Km	Mls	Road	Location	Back wind	Avg.	Head wind
			<b>Ceremonial start outside SuperValu, Main Square</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
<b>0.0</b>	<b>0.0</b>		<b>Start of neutralised section</b>		<b>11:00</b>	
0.3	0.2		Straight through at 4rdsX with Baldwin St, Clonmel Road			
0.5	0.3		Pedestrian crossing, Traffic island outside Aldi			
0.6	0.4		Traffic island, road narrows, 60 signs			
1.0	0.6		Roundabout, 3rd exit dir Cahir			
1.5	0.9		End of neutralised section, Mitchelstown Business Park on left hand side just after 100kph signs			
<b>0.0</b>	<b>0.0</b>		<b>0km start sign at 100kph speed signs after roundabout</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
3.5	2.2		Roundabout, 2nd exit dir Kilbehenny	11:05	11:06	11:08
		R639	<b>On R639</b>			
4.8	3.0		<b>Kilbehenny</b> 50 sign, Traffic island	11:07	11:08	11:11
5.2	3.2		Caution' x4 Traffic islands	11:07	11:08	11:11
8.8	5.5		<b>Skeheenarinky</b>	11:12	11:14	11:18
10.0	6.2		Straight through 4rdsX	11:13	11:16	11:20
12.7	7.9		Straight through 4rdsX	11:16	11:20	11:25
20.7	12.9	R639	Roundabout, 3rd exit dir Cahir, R639 under motorway	11:26	11:32	11:40
21.0	13.0		Roundabout, 1st exit, dir Cahir Castle	11:27	11:32	11:41
25.3	15.7	R903	Right dir Cahir 2km, signposted Cahir (2km), Cahir Castle, Swiss Cottage	11:32	11:38	11:49
		R903	<b>On R903</b>			
			<b>Cahir</b>			
26.2	16.3		Junction on right hand side, BMW garage	11:33	11:40	11:51
26.6	16.5		Staggered 4rdsX just before bridge	11:34	11:40	11:51
26.9	16.7		Pedestrian crossing	11:34	11:41	11:52

27.0	16.8	R670	Left onto square, dir Cashel	11:34	11:41	11:52
27.2	16.9		Church Street	11:35	11:41	11:53
			Onto Cashel Road			
29.8	18.5	R639	Right at T junction (Traffic island) onto N24 dir Waterford, Cashel	11:38	11:45	11:57
30.2	18.8	R639	<b>New Inn Road</b> Roundabout, 3rd exit dir New Inn, Cashel	11:38	11:46	11:58
		R639	<b>On R639</b>			
35.2	21.9		New Inn	11:45	11:53	12:08
35.8	22.2		Straight through at mini roundabout & Traffic island	11:45	11:54	12:09
36.0	22.4		Traffic island	11:46	11:55	12:09
40.1	24.9		Straight through 4rdsX	11:51	12:01	12:17
42.2	26.2		Roundabout, 2nd exit dir N74 Cashel	11:53	12:04	12:21
42.6	26.5		Roundabout, 1st exit dir Cashel (2km), Tipperary N74 over motorway	11:54	12:04	12:21
42.8	26.6		Roundabout, 1st exit dir Cashel, Tipperary N74	11:54	12:05	12:22
43.2	26.8		Cashel Road Roundabout, 2nd exit dir Cashel R639	11:55	12:05	12:23
			<b>Cashel</b>			
44.1	27.4		Roundabout, Traffic island, 2nd exit straight through at Tesco	11:56	12:07	12:24
44.8	27.8		Sharp right turn	11:57	12:08	12:26
45.0	28.0		Pedestrian Crossing in centre of Cashel outside tourist information office	11:57	12:08	12:26
45.4	28.2		Entrance for Rock of Cashel entrance	11:57	12:09	12:27
48.5	30.1	R639	Roundabout, 1st exit dir Horse & Jockey, Littleton	12:01	12:13	12:32
<b>50.0</b>	<b>31.1</b>		<b>50k completed at Ballysheehan Stud</b>	<b>12:03</b>	<b>12:16</b>	<b>12:35</b>
59.0	36.7		<b>Horse &amp; Jockey</b> Traffic island, road narrows, Traffic island, 60 speed signs	12:14	12:29	12:52
			<b>**Caution** 6 x Traffic island in village</b>			
59.2	36.8		Straight through 4rdsX	12:15	12:29	12:53
			<b>**Caution** road narrows from both sides / pavement juts out</b>			
62.3	38.7		<b>Littleton</b>	12:18	12:34	12:58
62.7	39.0		<b>**Caution** 2 x Traffic island entering Littleton</b>	12:19	12:35	12:59
63.0	39.1		<b>**Caution** 3 x Traffic island leaving Littleton</b>	12:19	12:35	13:00
67.8	42.1		<b>**Caution** Traffic island</b>	12:25	12:42	13:09
			Major junction from left			
			<b>** Caution** Traffic Island</b>			
76.6	47.6		<b>Urlingford</b> 50 speed sign, Traffic island, pavement juts out	12:36	12:55	13:25
77.4	48.1		Straight through 4rdsX	12:37	12:57	13:27
78.1	48.5		<b>**Caution** Traffic islands leaving Urlingford</b>	12:38	12:58	13:28



78.3	48.7	R693	Roundabout, 3rd exit dir Kilkenny R693, Freshford (13km)	12:38	12:58	13:28
			<b>On R693</b>			
82.6	51.3		Right at T junction, dir Kilkenny, Freshford	12:44	13:04	13:36
83.5	51.9		Left at Y junction at Amber Garage Service Station, dir Kilkenny	12:45	13:06	13:38
91.0	56.5		<b>Freshford</b>	12:54	13:17	13:52
91.9	57.1		S-bends & junction on right hand side	12:55	13:18	13:54
92.0	57.2	R693	Right at Y junction, dir Kilkenny	12:56	13:19	13:54
92.1	57.2		Over hump-backed bridge	12:56	13:19	13:54
92.1	57.2		Left at Y in centre of village at Post Office, dir signpost Kilkenny (14km)	12:56	13:19	13:54
92.4	57.4		Left onto Clintstown Road, sign for Pomodora B&B, opposite Garda Station	12:56	13:19	13:55
92.6	57.5		Hump back bridge	12:56	13:19	13:55
95.8	59.5		Straight through at 4rdsX	13:00	13:24	14:01
95.9	59.6		<b>**Caution** Humpbacked bridge followed immediately by sharp left &amp; S-bends **Warn Cyclists**</b>	13:00	13:24	14:01
97.8	60.8		Left at T junction, dir Durrrow, Ballyragget (3km)	13:03	13:27	14:05
		N77	<b>On N77</b>			
			Straight through staggered Xrds in Village			
101.2	62.9		<b>Ballyragget</b>	13:07	13:32	14:11
			<b>**Caution** Central traffic island, pavement protrudes from left, outside Brookhaven Nursing Home</b>			
102.3	63.6		Right at Y signposted Castlecomer R694, Discovery Park	13:08	13:34	14:13
		R694	<b>On R694</b>			
102.4	63.6		Right at Y outside Tony's Diner	13:09	13:34	14:14
102.6	63.8		Humpbacked bridge	13:09	13:34	14:14
103.3	64.2		Left at Y junction, dir Castlecomer	13:10	13:35	14:15
<b>108.7</b>	<b>67.5</b>		<b>Byrnesgrove Category 3 KOM</b> 	<b>13:16</b>	<b>13:44</b>	<b>14:25</b>
112.0	69.6		<b>**Caution** S-bends</b>	13:21	13:49	14:32
112.8	70.1		<b>Castlecomer</b>	13:22	13:50	14:33
113.1	70.3		Straight through complex junction	13:22	13:50	14:34
113.4	70.5		Straight through 4rdsX junction	13:22	13:51	14:34
113.7	70.6		Hump back bridge & sharp bend	13:23	13:51	14:35
<b>116.3</b>	<b>72.3</b>		<b>Castlecomer Category 3 KOM</b> 	<b>13:26</b>	<b>13:55</b>	<b>14:40</b>
119.0	73.9		Right at 4rdsX, signposted Gorteen L1834, O'Carroll's Bar & Lounge	13:29	13:59	14:45
		L184	<b>On L184</b>			
120.2	74.7		Straight through minor 4rdsX	13:31	14:01	14:47
<b>120.9</b>	<b>75.1</b>		<b>Gorteen Category 1 KOM</b> 	<b>13:32</b>	<b>14:02</b>	<b>14:48</b>

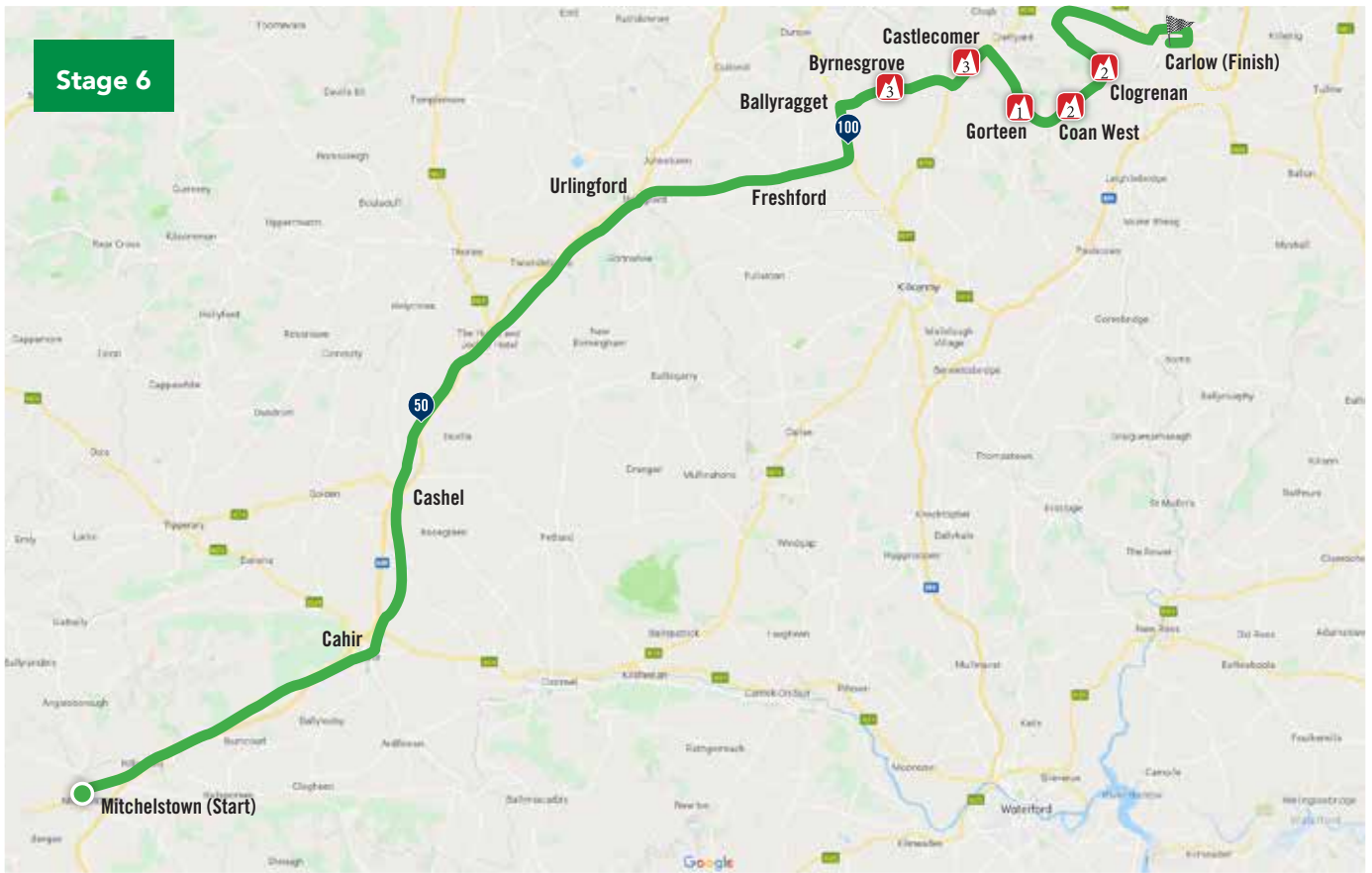
121.1	75.2		4rdsX, straight through, at stop sign, unsigned junction			
122.1	75.9		4rdsX, straight through, dir signposted Leighlinbridge (14km)	13:33	14:04	14:50
<b>124.6</b>	<b>77.4</b>		<b>Coan West Category 2 KOM</b> 	<b>13:36</b>	<b>14:07</b>	<b>14:55</b>
126.8	78.8		Left at unmarked staggered junction, two old disused houses either side of the road	13:39	14:11	14:59
			Timber fence on left hand side			
			Black sign with green writing for Sli 3km			
129.4	80.4		<b>25km to finish</b> , 500m past junction on left hand side sign-posted Bilboa (1.5km) / Carlow (11km) / Castlecomer (11km)	13:42	14:15	15:04
130.4	81.0		<b>Bilboa</b>	13:44	14:16	15:06
131.1	81.5		Straight through 4rdsX	13:44	14:17	15:07
<b>133.5</b>	<b>83.0</b>		<b>Clogrenan Category 2 KOM</b> 	<b>13:47</b>	<b>14:21</b>	<b>15:12</b>
134.1	83.3		Left at T junction, dir Rossmore	13:48	14:22	15:13
134.6	83.6		Left at Y junction	13:49	14:22	15:14
136.6	84.9		Straight through 4rdsX	13:51	14:25	15:18
140.2	87.1		Right at T junction dir Carlow	13:56	14:31	15:24
		R431	<b>On R431</b>			
142.1	88.3		Right at Y junction	13:58	14:34	15:28
144.8	90.0		<b>10k to finish</b> at Killeshin town signs	14:02	14:38	15:33
146.5	91.0		<b>Killeshin</b>	14:04	14:40	15:36
149.5	92.9		<b>5km to finish</b> at Roundabout warning sign just after co-op livestock mart entrance	14:07	14:45	15:42
149.7	93.0		Castlecomer Road Roundabout, 1st exit dir Other Routes N80	14:08	14:45	15:42
150.1	93.3		Portlaoise Road Roundabout, 2nd exit dir Enniscorthy N80, New Ross	14:08	14:46	15:43
150.3	93.4		Traffic island, keep riders to left hand side	14:08	14:46	15:43
150.5	93.5		<b>4km to finish</b> at Traffic island after Portlaoise Road Roundabout	14:09	14:46	15:44
151.0	93.8		Roundabout at Talbot Hotel, 1st exit dir Enniscorthy, Rosslare, Dublin, Waterford N80	14:09	14:47	15:45
151.2	94.0		Sleaty Road Roundabout, 2nd exit, dir Enniscorthy, Rosslare, Dublin, Waterford N80	14:10	14:47	15:45
151.5	94.1		<b>3km to finish</b> , 200m after Sleaty Road Roundabout	14:10	14:48	15:46
152.0	94.4		Athy Road Roundabout, 2nd exit	14:11	14:49	15:47
152.5	94.8		<b>2km to finish</b> at bridge over railway	14:11	14:49	15:47
152.7	94.9		Pedestrian crossing, Traffic island at Oak Park	14:11	14:50	15:48
			Narrow road, keep riders to left			
153.1	95.1	R448	Dr Cullen Road Roundabout, 3rd exit dir Town Centre	14:12	14:50	15:49
153.6	95.4		Pedestrian crossing	14:13	14:51	15:50



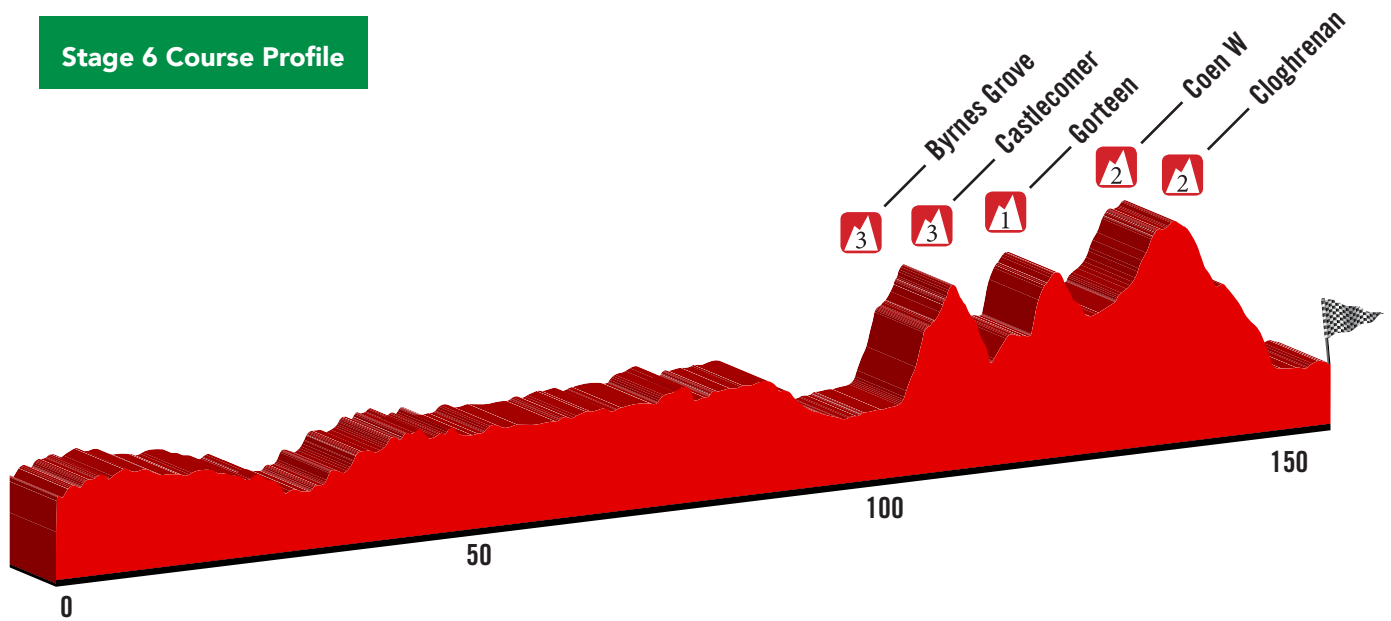


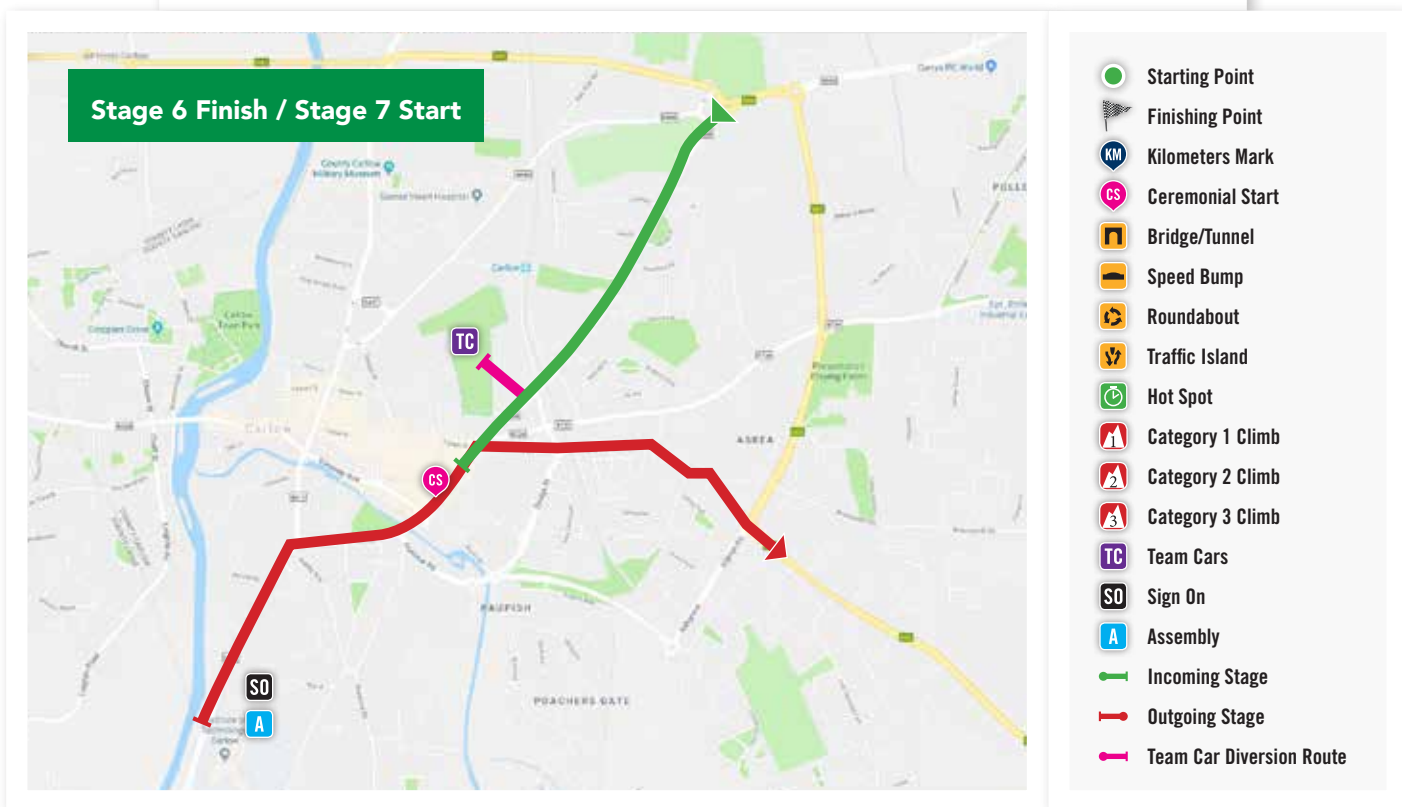
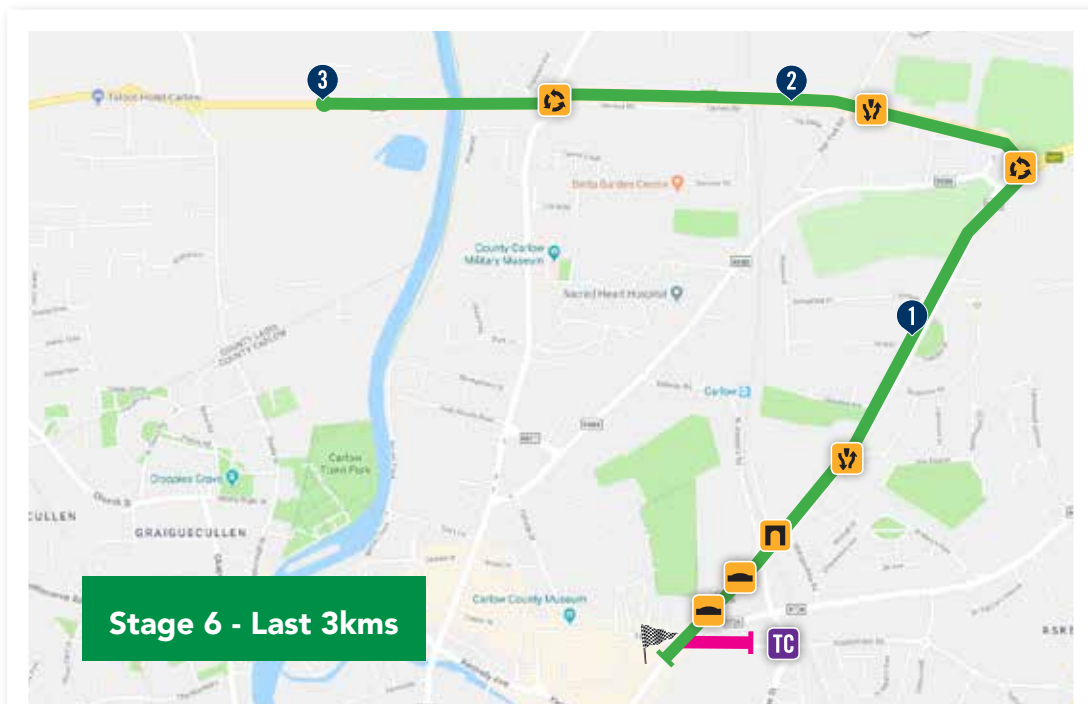
<b>153.6</b>	<b>95.4</b>		<b>1km to go at B&amp;B sign at Avon House on right hand side, just after pedestrian crossing</b>	<b>14:13</b>	<b>14:51</b>	<b>15:50</b>
154.1	95.8		Pedestrian crossing with central reservation	14:13	14:52	15:50
			<b>500m to go at pedestrian crossing with amber flashing lights</b>			
			<b>**Caution** ramp 350m</b>			
154.2	95.8		4rdsX outside Fire Station	14:13	14:52	15:51
			Followed by ramp			
			<b>300m at red/white sign outside fire station 'Fire Station Entrance No Parking'</b>			
			<b>Team car diversion to right into Scoil Mhuire Gan Small NS Car Park opposite fire station</b>			
			<b>150m outside Eddie Rockets at far side of junction</b>			
154.4	95.9		4rdsX & pedestrian crossing	14:14	14:52	15:51
			<b>100m at sign for Barrack Street, granite stone</b>			
<b>154.6</b>	<b>96.1</b>		<b>Finish line at Neighbourhood Espresso, directly across from Carpenters, Barrack Street</b>	<b>14:14</b>	<b>14:52</b>	<b>15:51</b>
<b>Stage Finish Organiser:</b> Donal McNally, Tel.059 9175607 / Email: donal.mcnally@itcarlow.ie						
<b>Service crew accommodation:</b> Seven Oaks Hotel, Athy Road, Carlow. Tel: 059 9131308						
<b>Race HQ:</b> Seven Oaks Hotel, Athy Road, Carlow. Tel: 059 9131308						
<b>Anti-Doping Control located adjacent to finish line</b>						

## Stage 6



## Stage 6 Course Profile





# STAGE 7



## CARLOW TO NAAS – 141 KMS

Dé Sathairn 26ú Bealtaine | Saturday 26th May 2018

<b>Sign-On riders at the Barrow Centre, IT Carlow</b>	<b>9.30 - 10.30</b>
<b>Assemble riders in Barrow Centre Car Park</b>	<b>10.45</b>
<b>CEREMONIAL START - Carpenters Pub, Barrack Street</b>	<b>11.00</b>
<b>Neutralised</b>	<b>4.9km</b>


Estimated Time of Arrival at Kilometres per Hour				48	40	32
Km	Mls	Road	Location	Back wind	Avg	Head wind
			Riders depart Barrow Centre, turn right, next junction keep right on to Kilkenny Road. Straight through roundabout on to Barrack Street to finish line.			
			<b>Ceremonial start outside Carpenters Pub, Barrack Street.</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
<b>0.0</b>	<b>0.00</b>	<b>Road No.</b>	<b>Start of neutralised section</b>		<b>11:00</b>	
1.2	0.7		Right turn at 4xrds traffic lights onto Staplestown Road, dir Rosslare#			
1.3	0.8		Roundabout, 2nd exit followed by roundabout, 2nd exit			
		N80	<b>On N80</b>			
1.4	0.9		Staplestown Road Roundabout, pedestrian crossing and mini-roundabout, straight through, followed by pedestrian crossing			
1.7	1.1		Roundabout, 2nd exit at Carlow District credit Union			
2.0	1.2		<b>**Caution** Ramp &amp; pedestrian crossing &amp; Traffic island</b>			
2.2	1.4		Tullow Road roundabout, 2nd exit dir Enniscorthy N80, Rosslare, Waterford, Tullow R725			
2.4	1.5		<b>**Caution** Pedestrian crossing, Traffic island at Lidl</b>			
2.5	1.6		<b>**Caution** Traffic island</b>			
2.6	1.6		<b>**Caution** Traffic island</b>			
2.7	1.7		Pedestrian lights & Traffic island			
3.4	2.1		Roundabout, 1st exit signposted Tullow 12k			
		R725	<b>On R725</b>			
4.2	2.6		Series of bends			
4.6	2.9		Keep left at Y junction dir Tullow			
<b>4.9</b>	<b>3.0</b>		<b>End of neutralised section</b>			



0.0	0.0		0km start sign at Kernanstown Estate on left hand side	11:06	11:07	11:09
1.8	1.1		Series of bends	11:08	11:09	11:12
10.0	6.2		<b>Tullow</b>	11:18	11:22	11:27
10.5	6.5		Mini roundabout, 2nd exit dir Town Centre	11:19	11:22	11:28
10.8	6.7		Ramp, pedestrian crossing	11:19	11:23	11:29
10.9	6.8		Left at T junction over bridge	11:19	11:23	11:29
			dir Rathvilly (10km), Blessington			
11.0	6.8		<b>**Caution** Pedestrian crossing and ramp</b>	11:19	11:23	11:29
11.2	6.9		Straight through staggered junction	11:19	11:23	11:29
11.3	7.0	R725	Right at Y junction at Top Service Station, onto Station Road, dir Shillelagh	11:20	11:23	11:30
14.1	8.8		Right at Y junction, signpost on right hand side dir Gorey	11:23	11:28	11:35
17.9	11.1		Straight through 4rdsX	11:28	11:33	11:42
19.6	12.2		<b>Coolkenna</b>	11:30	11:36	11:45
19.8	12.3		Straight through 4rdsX	11:30	11:36	11:46
21.5	13.4		Straight through staggered 4rdsX	11:32	11:39	11:49
26.8	16.7		<b>Shillelagh</b>	11:39	11:47	11:59
26.8	16.7		Right at Y junction	11:39	11:47	11:59
27.1	16.8		Keep left at Walkers Shillelagh Store, junction on right hand side	11:39	11:47	11:59
27.6	17.1	L3216	Left at Y junction, dir Coolattin, Coolboy	11:40	11:48	12:00
		L3216	<b>On L3216</b>			
33.6	20.9		Right at 4rdsXs at house with 'Drimingall' stone in front, dir Coolboy (1km), Carnew (7km)	11:48	11:57	12:12
33.7	20.9		Hump back bridge at narrow bend	11:48	11:57	12:12
			<b>Coolboy</b>			
34.2	21.3		Left at T junction at the Little Moon pub Coolboy on right hand side	11:48	11:58	12:13
34.3	21.3		Hump back bridge	11:48	11:58	12:13
35.1	21.8	L3214	Staggered 4rdsX, straight through dir Coolafancy (2km)	11:49	11:59	12:14
			<b>On L3214</b>			
36.1	22.4		<b>Coolafancy</b>	11:51	12:01	12:16
36.3	22.6		<b>**Caution** 2 ramps at church</b>	11:51	12:01	12:17
40.4	25.1		Right at T junction dir Hollyfort, Gorey (14km) 	11:56	12:07	12:24
<b>41.8</b>	<b>26.0</b>		<b>Ballythomas Hill Category 2 KOM</b>	<b>11:58</b>	<b>12:09</b>	<b>12:27</b>
41.8	26.0		Junction from left	11:58	12:09	12:27
			Continue straight, dir Gorey			
42.5	26.4		Left dir Coolgraney 9km (signpost partially hidden) 	11:59	12:10	12:28

44.9	27.9		<b>Monalea Category 3 KOM</b>		12:02	12:14	12:33
45.8	28.5		Humpback bridge followed by junction from left		12:03	12:15	12:34
47.4	29.5		<b>Annagh Gap Category 3 KOM</b>		12:05	12:18	12:37
49.3	30.6		Left at T junction dir Coolgreaney (2km), Ballyfad Post Office		12:07	12:20	12:41
			<b>**Caution** sign for riders on descent</b>				
50.0	31.1		<b>50km completed</b>		12:08	12:22	12:42
51.6	32.1		<b>Coolgreaney</b>		12:10	12:24	12:45
51.7	32.1		Left at T junction signposted Arklow (7km)		12:10	12:24	12:45
52.5	32.6		Sharp left-hand bend		12:11	12:25	12:47
53.1	33.0		Junction at Ballykilty House on left hand side		12:12	12:26	12:48
53.5	33.2		Left at Y junction		12:12	12:27	12:49
56.4	35.0		Straight through 4rdsX dir Arklow (2km)		12:16	12:31	12:54
57.3	35.6		<b>Arklow</b>		12:17	12:32	12:56
57.4	35.7		<b>**Caution** series of ramps 7 pedestrian crossings Ramp</b>		12:17	12:33	12:56
57.5	35.7		2nd ramp followed by small Traffic island		12:17	12:33	12:56
57.6	35.8		Pedestrian crossing with ramp & junction		12:18	12:33	12:57
57.9	36.0		Ramp		12:18	12:33	12:57
58.0	36.0		Pedestrian crossing with ramp		12:18	12:34	12:57
58.1	36.1		Ramp		12:18	12:34	12:57
58.3	36.2		Followed by Traffic island & ramp		12:18	12:34	12:58
58.5	36.4		Ramp & pedestrian crossing		12:19	12:34	12:58
58.8	36.5	R747	Roundabout, first exit onto Vale Road dir Aughrim		12:19	12:35	12:59
			<b>On R747</b>				
65.3	40.6		<b>Woodenbridge</b> , junction on left hand side		12:27	12:44	13:11
65.6	40.8	R747	In Woodenbridge, left at Y junction in front of hotel dir Aughrim		12:28	12:45	13:12
69.2	43.0		Left at Y junction dir Aughrim		12:32	12:50	13:18
70.6	43.9	L6183	Right at junction before bridge		12:34	12:52	13:21
			<b>On L6183</b>				
73.1	45.4		Right at T junction dir Ballinaclash (6km), Rathdrum (10km)		12:37	12:56	13:26
			<b>On R753</b>				
73.3	45.5		<b>Cronebeg Category 3 KOM</b>		12:37	12:56	13:26
78.6	48.8		<b>Ballinaclash</b>		12:44	13:04	13:36
			Turn right over bridge at Y junction at Phelans Licenced Grocers				
79.1	49.2	L6145	Left onto L6145, signpost K9 Club Boarding Kennels & Cattery		12:44	13:05	13:37
			<b>On L6145</b>				



81.4	50.6		<b>Garrymore Category 2 KOM</b> 	12:47	13:09	13:41
			<b>**Caution** sign for riders on descent</b>			
81.4	50.6		Left at T junction onto Garrymore Road	12:47	13:09	13:41
82.5	51.3		Right hand bend	12:49	13:10	13:43
83.7	52.0		<b>Grennan</b> Right at Y junction, dir Glenmalure, signposted Glenmalure (6km)	12:50	13:12	13:45
89.4	55.6		Hump back bridge	12:57	13:21	13:56
89.5	55.6		Right at 4rdsX	12:57	13:21	13:56
89.9	55.9		Narrow bridge	12:58	13:21	13:57
92.5	57.5		<b>Drumgoff Category 1 KOM</b> 	13:01	13:25	14:02
96.2	59.8		<b>**Caution** bad bend</b>	13:06	13:31	14:09
97.4	60.5	R755	Left at T-junction dir Glendalough (3km), Laragh (1km)	13:07	13:33	14:11
98.0	60.9		Bridge, junction after bridge on left hand side	13:08	13:34	14:12
98.4	61.1		<b>Laragh</b>	13:09	13:34	14:13
98.8	61.4	R756	Left at T junction dir Glendalough, Wicklow Gap, Blessington	13:09	13:35	14:14
			<b>On R756</b>			
100.4	62.4	R756	Right at Y junction dir Hollywood, Blessington, Wicklow Gap, Braveheart Drive	13:11	13:37	14:17
107.4	66.7		<b>Wicklow Gap Category 1 KOM</b>	13:20	13:48	14:30
116.1	72.1		<b>25km to finish</b> - Bend in road at junction with L8353 opposite an old school building on the left	13:31	14:01	14:46
118.4	73.6		Left at Y junction dir Hollywood, junction on right hand side	13:34	14:04	14:51
119.1	74.0		<b>**Caution** Narrow bridge &amp; series of bends</b>	13:34	14:05	14:52
119.7	74.4	R756	Right at Y junction dir Blessington Hollywood	13:35	14:06	14:53
121.6	75.6		Right at Y junction dir Hollywood (3km)	13:38	14:09	14:57
122.3	76.0		<b>Slieve Corragh Category 3 KOM</b> 	13:38	14:10	14:58
123.3	76.6		<b>**Caution** dangerous descent</b>	13:40	14:11	15:00
124.2	77.2		<b>Hollywood</b>	13:41	14:13	15:01
124.3	77.2		<b>**Caution** Series of Ramps</b>	13:41	14:13	15:02
			Followed immediately by four more ramps			
124.4	77.3		Last ramp	13:41	14:13	15:02
124.6	77.4		Left at Y junction	13:41	14:13	15:02
124.9	77.6	N81	Right at T junction signposted Dublin, Blessington (10km)	13:42	14:14	15:03
			<b>On N81</b>			
126.3	78.5		Left onto R411 dir Ballymore Eustace	13:43	14:16	15:05
		R411	<b>On R411</b>			
126.4	78.5		<b>**Caution** Six ramps in quick succession</b>	13:44	14:16	15:06
127.7	79.3		Perry Street cross, straight through	13:45	14:18	15:08

128.7	80.0		<b>Ballymore Eustace</b>	13:46	14:20	15:10
129.0	80.2		Ramp	13:47	14:20	15:10
129.1	80.2		Ramp	13:47	14:20	15:11
129.2	80.3		Ramp	13:47	14:20	15:11
129.3	80.3		Ramp	13:47	14:20	15:11
129.6	80.5	R411	Straight at junction dir Naas over bridge	13:48	14:21	15:12
129.7	80.6		Right at Y junction at church	13:48	14:21	15:12
129.8	80.7	R411	Left at junction with Chapel Street & Main Street, dir Naas	13:48	14:21	15:12
130.0	80.8		Left at T junction at monument dir PuncHESTOWN (4km), Naas (11km)	13:48	14:22	15:12
130.1	80.8		Right at Y junction dir Naas 11km, PuncHESTOWN 4km	13:48	14:22	15:12
131.2	81.5		<b>10km to finish</b> at row of cottages on right hand side	13:50	14:23	15:15
132.5	82.3		Sharp right hand bend	13:51	14:25	15:17
136.2	84.6		<b>5km to finish</b> at entrance into PuncHESTOWN Racecourse	13:56	14:31	15:24
136.9	85.1	R411	Straight through Watchhouse Cross dir Naas	13:57	14:32	15:25
137.2	85.3		<b>4km to finish</b> 300m after 4rdsX for PuncHESTOWN/Newbridge	13:57	14:32	15:26
138.2	85.9		<b>3km to finish</b> at house 'Killnaneer' on left hand side with timber fence	13:58	14:34	15:28
		R445	<b>On R445</b>			
139.2	86.5		<b>2km to finish</b> - House on right hand side painted red with yellow & black sign for twisty road	14:00	14:35	15:30
139.6	86.7		<b>Ballymore Eustace Road Roundabout 1st exit</b>	14:00	14:36	15:30
139.9	86.9		Kilcullen Road Roundabout, 3rd exit dir Town Centre	14:00	14:36	15:31
<b>140.2</b>	<b>87.1</b>		<b>1km to go sign, 200m after roundabout</b>	<b>14:01</b>	<b>14:37</b>	<b>15:31</b>
140.4	87.2		Straight through staggered junction	14:01	14:37	15:32
			<b>500M to go at Green Ballymore Eustace sign</b>			
140.8	87.5		Junction for Ballymore Road on right hand side, followed immediately by	14:02	14:38	15:33
			Traffic island & pedestrian crossing			
			<b>400m at right turn junction of Highland View Terrace &amp; Ballymore Road</b>			
			Junction Loch Bui on right hand side at Fairgreen Street, Traffic island			
			<b>300m outside 2nd traffic island at Colm McEvoy Auctioneers</b>			
140.9	87.6		Pedestrian Crossing, traffic lights from Fairgreen Street onto South Main Street at junction with New Road	14:02	14:38	15:33
			Traffic island			
			<b>200m opposite Hugh Statham jewellers at Skylocks Hair Salon</b>			



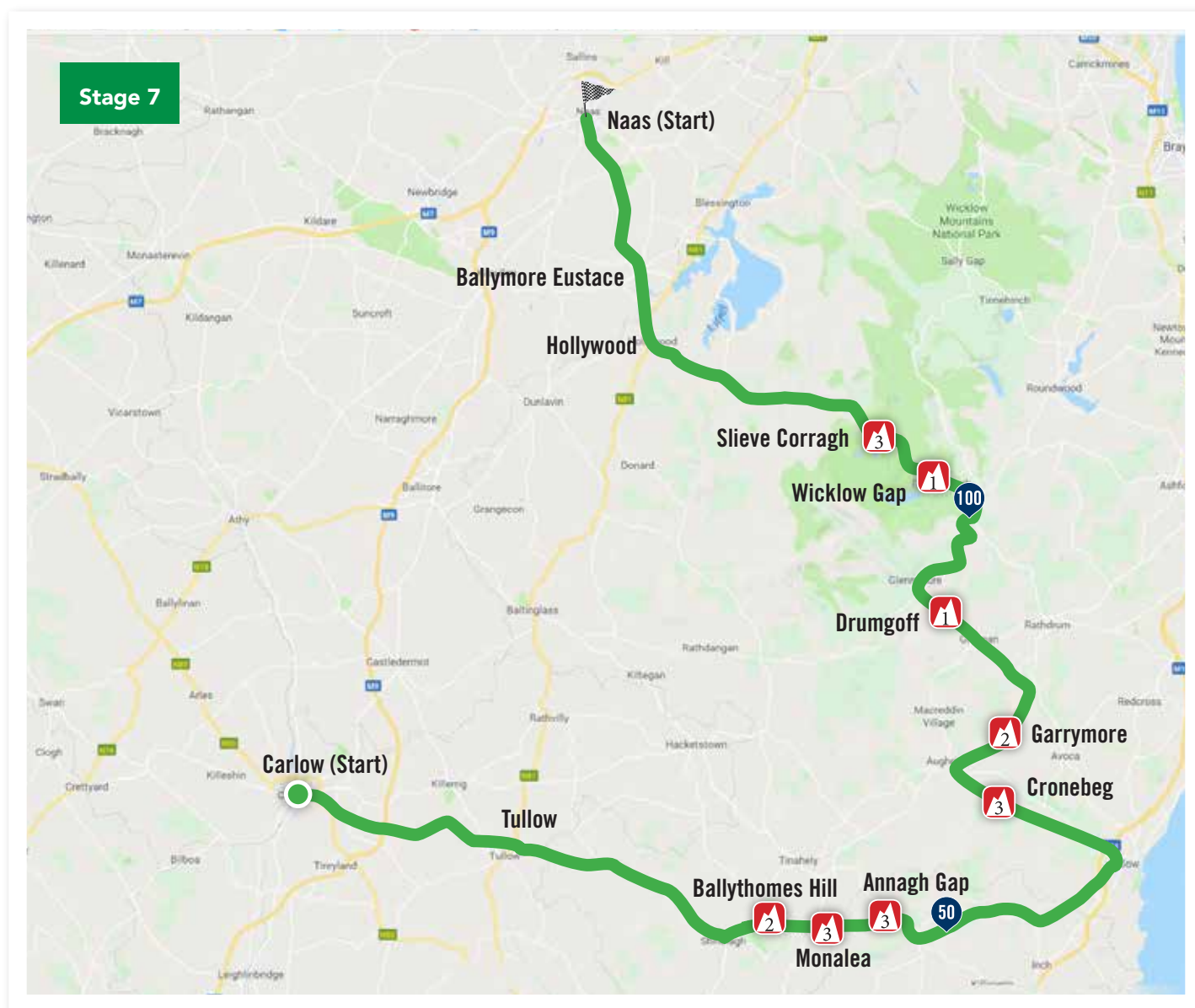
			<b>100m centre of Ulster Bank building</b>			
			<b>Divert Team cars to left down Basin Street then right into Abbey Street, left into Eir Car Park</b>			
141.1	87.7		Pedestrian Crossing at junction of Basin Street	14:02	14:38	15:33
<b>141.2</b>	<b>87.7</b>		<b>Finish Line at An Post office</b>	<b>14:02</b>	<b>14:38</b>	<b>15:33</b>

**Stage Finish Organiser:** Colm Alley, Tel: 087 9562307 / Email: colmalley@gmail.com

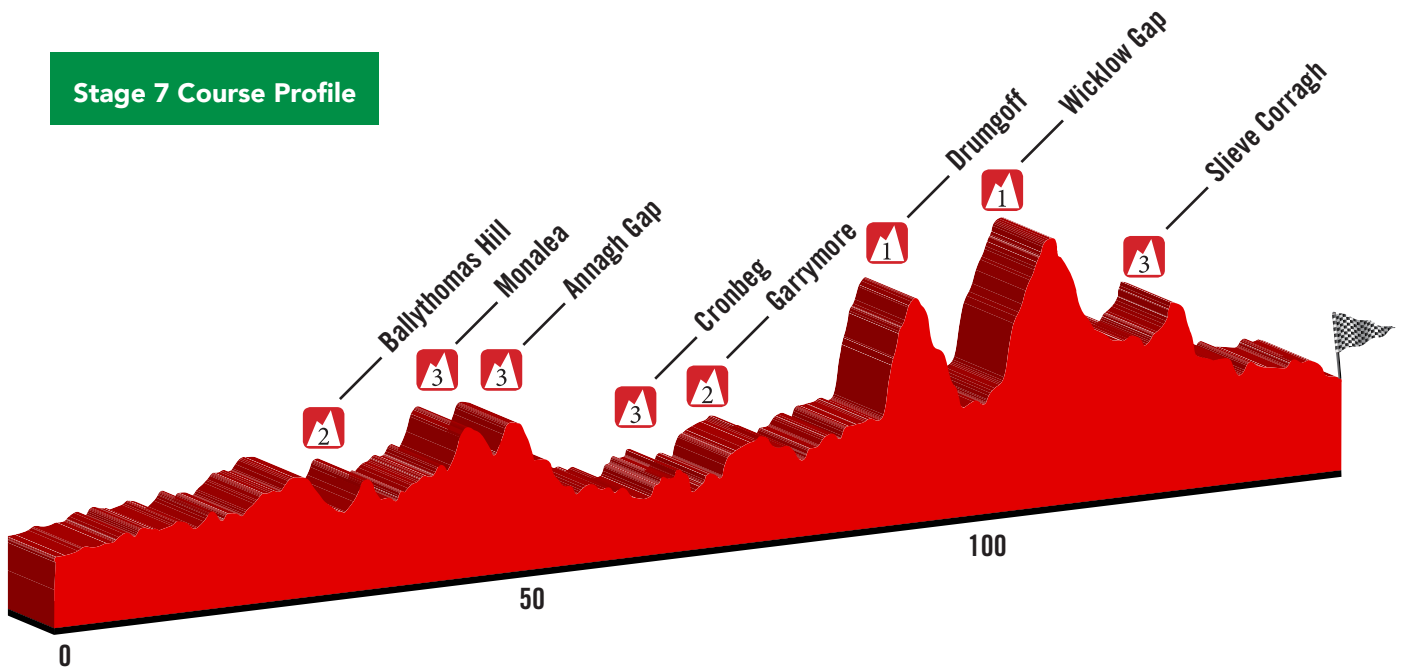
**Race HQ:** Moy Valley Golf Hotel, Moy Valley, Co. Kildare. Tel: 046 9548000

**Service crew accommodation:** Moy Valley Golf Hotel, Moy Valley, Co. Kildare. Tel: 046 9548000

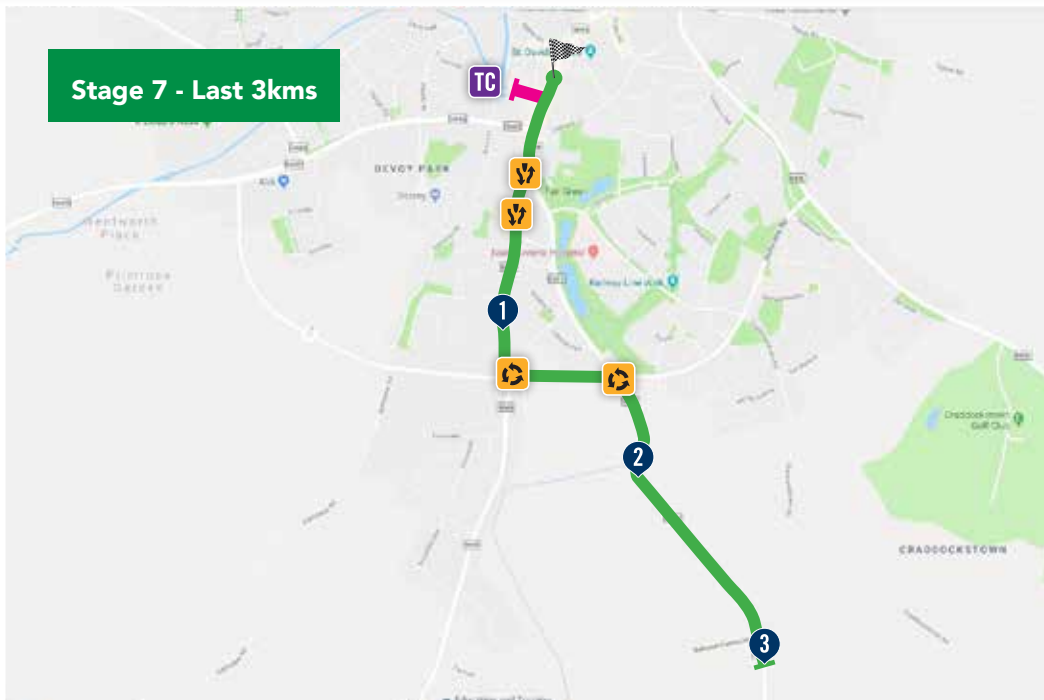
**Anti-Doping Control located adjacent to finish line**



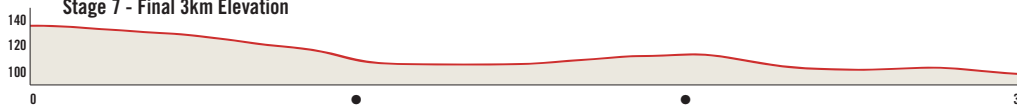
### Stage 7 Course Profile

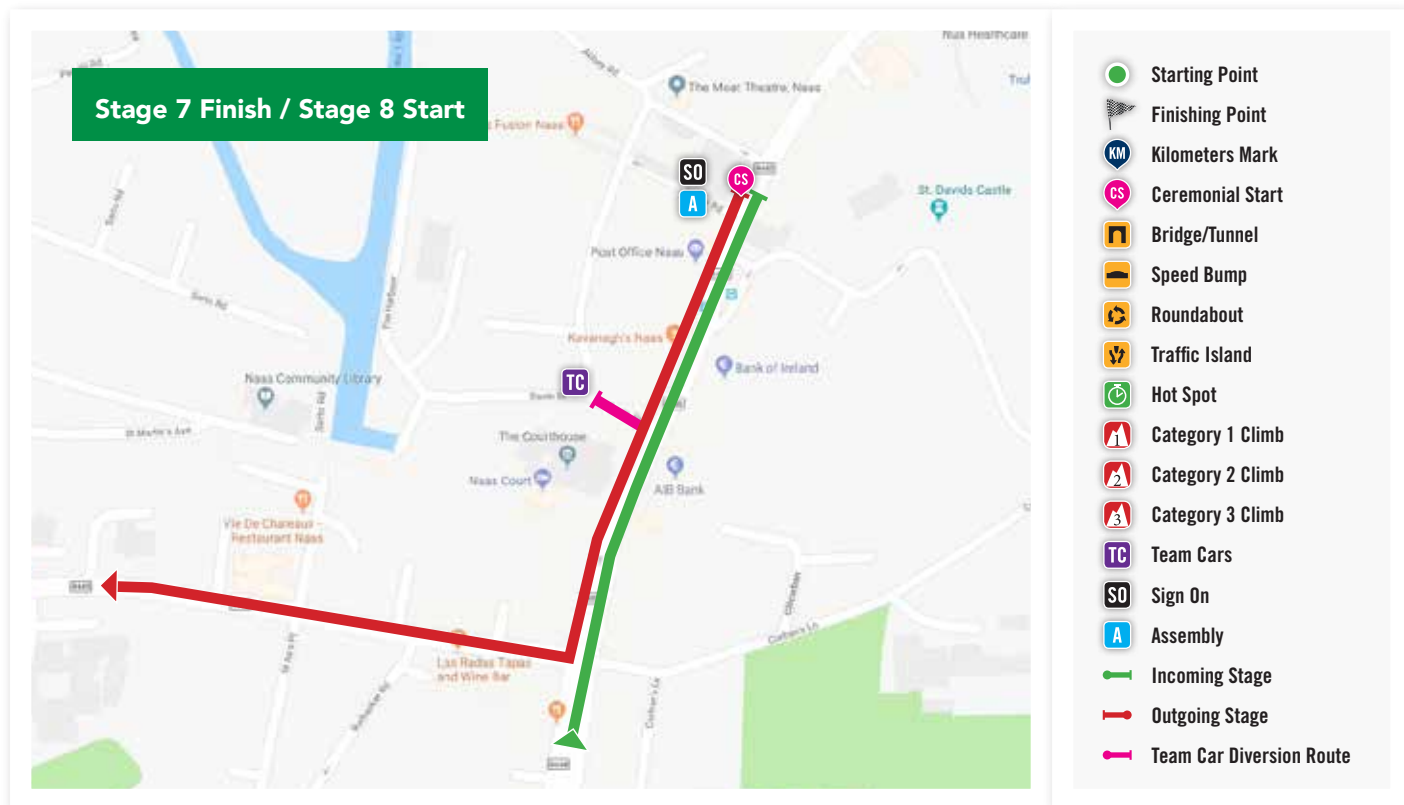


### Stage 7 - Last 3kms



### Stage 7 - Final 3km Elevation





# STAGE 8

## NAAS TO SKERRIES – 145 KMS

Dé Domhnaigh 27ú Bealtaine | Sunday 27th May 2018

<b>Sign-On riders at Town Hall</b>	<b>10.30 - 11.30</b>
<b>Assemble riders at Town Hall</b>	<b>11.45</b>
<b>CEREMONIAL START - Town Hall</b>	<b>12.00</b>
<b>Neutralised</b>	<b>2.6km</b>

Estimated Time of Arrival at Kilometres per Hour				48	40	32
Km	Mls	Road	Location	Back wind	Avg.	Head wind
<b>0.0</b>	<b>0.0</b>		<b>Ceremonial start from Town Hall</b>	<b>12:00</b>	<b>12:00</b>	<b>12:00</b>
			<b>Start of neutralised section</b>		<b>12:00</b>	
0.1	0.1		Pedestrian crossing			
0.2	0.1		Right at traffic lights major junction onto New Row, immediately followed by pedestrian crossing			
0.4	0.2		Pedestrian crossing immediately outside Harbour View Hotel on right			
0.7	0.4		Straight through at traffic lights, major junction at Council offices			
1.0	0.6		Straight through at traffic lights dir Newbridge R445			
		R445	<b>On R445</b>			
1.2	0.7		Pass Aldi on left hand side			
1.3	0.8		Straight through major junction traffic lights			
2.6	1.6		Newbridge Road Roundabout, 2nd exit			
2.9	1.8	R445	Bundle of Sticks Roundabout, 2nd exit dir Newbridge			
			<b>End of neutralised section</b>			
<b>0.0</b>	<b>0.0</b>		<b>0km start sign at 80kph signs for Newbridge</b>	<b>12:02</b>	<b>12:03</b>	<b>12:03</b>
2.6	1.6		Roundabout, 3rd exit dir Newbridge	12:05	12:06	12:07
			<b>On R445</b>			
3.0	1.9		Cross over junction & Traffic island on dual carriageway	12:05	12:07	12:08
5.5	3.4		<b>Newbridge</b>	12:08	12:11	12:13
6.5	4.0		Traffic island	12:10	12:12	12:15
6.6	4.1	R445	Roundabout, 2nd exit dir Town Centre	12:10	12:12	12:15
7.1	4.4		Pedestrian crossing with ramp	12:10	12:13	12:16
7.3	4.5		Straight through 4rdsX traffic lights	12:11	12:13	12:16



7.7	4.8	R416	Right at traffic lights Bank of Ireland dir Milltown, Robertstown outside Post Office onto Charlotte Street	12:11	12:14	12:17
7.8	4.8		Straight through 4rdsX, straight through	12:11	12:14	12:17
		R416	<b>On R416</b>			
8.2	5.1		Ramp	12:12	12:15	12:18
8.6	5.3		Hump back bridge	12:12	12:15	12:19
8.8	5.5		Straight through traffic lights junction	12:13	12:16	12:19
9.2	5.7		Burns Cross traffic lights, straight through, pedestrian lights on either side of junction	12:13	12:16	12:20
12.0	7.5		<b>Milltown</b>	12:17	12:21	12:25
12.8	8.0		Milltown Cross sign followed by ramp	12:18	12:22	12:27
13.1	8.1		Ramp	12:18	12:22	12:27
13.1	8.1		Ramp	12:18	12:22	12:27
<b>15.9</b>	<b>9.9</b>		<b>Hill of Allen Category 3 KOM</b> 	<b>12:21</b>	<b>12:26</b>	<b>12:32</b>
16.9	10.5		Straight through Allen Cross dir Allenwood Kilmeague	12:23	12:28	12:34
		R415	<b>On R415</b>			
17.0	10.6		<b>Allen</b>	12:23	12:28	12:34
17.4	10.8		Ramp	12:23	12:29	12:35
17.5	10.9		Ramp outside church	12:23	12:29	12:35
17.6	10.9		Ramp	12:24	12:29	12:36
17.7	11.0		Ramp	12:24	12:29	12:36
18.6	11.6		<b>Kilmeague</b>	12:25	12:30	12:37
18.9	11.7		Right dir Prosperous at Cill Dara Betting Shop	12:25	12:31	12:38
		L7081	<b>On L7081</b>			
22.1	13.7		Straight through 4rdsX signpost dir Clane 8km	12:29	12:36	12:44
23.7	14.7		Humpback bridge	12:31	12:38	12:47
24.7	15.3		Straight through staggered 4rdsXs dir Prosperous (2km)	12:32	12:40	12:49
25.4	15.8		Prosperous	12:33	12:41	12:50
26.1	16.2		Right at T junction onto R403 dir Clane	12:34	12:42	12:51
26.7	16.6		Left at traffic lights 4rdsX at church dir Maynooth	12:35	12:43	12:53
		R408	<b>On R408</b>			
27.0	16.8		Ramp outside Post Office on right hand side	12:35	12:43	12:53
27.0	16.8	R408	Right dir Rathcoffey (7km) Maynooth (15km)	12:35	12:43	12:53
30.3	18.8		Straight through 4rdsX dir Kilcock	12:39	12:48	12:59
32.3	20.1	R407	Left at T junction dir Kilcock	12:42	12:51	13:03
		R407	<b>On R407</b>			
33.6	20.9		Painstown Cross 4rdsX, straight through	12:44	12:53	13:06
35.0	21.7		Straight through 4rdsX dir Kilcock	12:45	12:55	13:08

41.6	25.8	R407	Roundabout, 2nd exit dir Kilcock	12:54	13:05	13:21
42.2	26.2		Roundabout, 1st exit dir Kilcock	12:54	13:06	13:22
42.7	26.5		Bridge over canal	12:55	13:07	13:23
42.8	26.6		Left at 3-road junction into Kilcock centre	12:55	13:07	13:23
43.0	26.7		<b>**Caution** Traffic island at corner at left hand bend</b>	12:55	13:07	13:23
43.8	27.2	R158	Right dir Trim Summerhill	12:56	13:08	13:25
			<b>On R158</b>			
44.1	27.4		Bridge	12:57	13:09	13:25
44.5	27.7		Roundabout, 1st exit dir Trim, Summerhill	12:57	13:09	13:26
49.7	30.9		Garadice	13:04	13:17	13:36
<b>50.0</b>	<b>31.1</b>		<b>50km completed after Garadice sign</b>	<b>13:04</b>	<b>13:18</b>	<b>13:36</b>
53.3	33.1	R156	Roundabout 2nd exit dir Dunsaney Dunboyne	13:08	13:22	13:42
			<b>On R156</b>			
53.8	33.4	L2210	Left dir Dunsany (10km)	13:09	13:23	13:43
			<b>On L2210</b>			
54.0	33.6		Sharp left hand bend	13:09	13:24	13:44
56.4	35.0		Series of bends	13:12	13:27	13:48
56.9	35.4		Straight through 4rdsX Shanks Mare pub, dir Dunsany (7km)	13:13	13:28	13:49
60.9	37.8		Straight through 4rdsX dir Dunsany (3km)	13:18	13:34	13:57
		L2207	<b>On L2207</b>			
62.7	39.0		Humpback bridge	13:20	13:37	14:00
63.9	39.7		Right turn dir Dunshaughlin (7km), Killeen Castle	13:21	13:38	14:02
67.5	41.9		Roundabout 2nd exit	13:26	13:44	14:09
69.7	43.3	L2208	Station House Hotel Roundabout, 2nd exit Dunshaughlin	13:29	13:47	14:13
		L2208	<b>On L2208</b>			
69.9	43.4		<b>Dunshaughlin</b>	13:29	13:47	14:14
70.7	43.9	R125	Straight through major junction traffic lights dir Ratoath (Across old main Dublin-Navan Road)	13:30	13:49	14:15
			<b>On R125</b>			
70.9	44.1		Right at Y junction dir Ratoath Swords 25km	13:30	13:49	14:15
71.0	44.1	R125	Right at Y junction signpost dir Ratoath, Dublin Airport Swords	13:30	13:49	14:16
71.8	44.6		Right at Y junction dir Ratoath (5km)	13:31	13:50	14:17
75.9	47.2		Roundabout 2nd exit dir Ratoath	13:36	13:56	14:25
76.2	47.3		Roundabout 2nd exit dir Ratoath	13:37	13:57	14:25
76.7	47.7		Left at 4rdsX in centre of village at Homeworld, La-Trenz in Ratoath	13:37	13:58	14:26
77.0	47.8		Traffic lights 4rdsX straight through, dir Curragha 4km, Slane	13:38	13:58	14:27



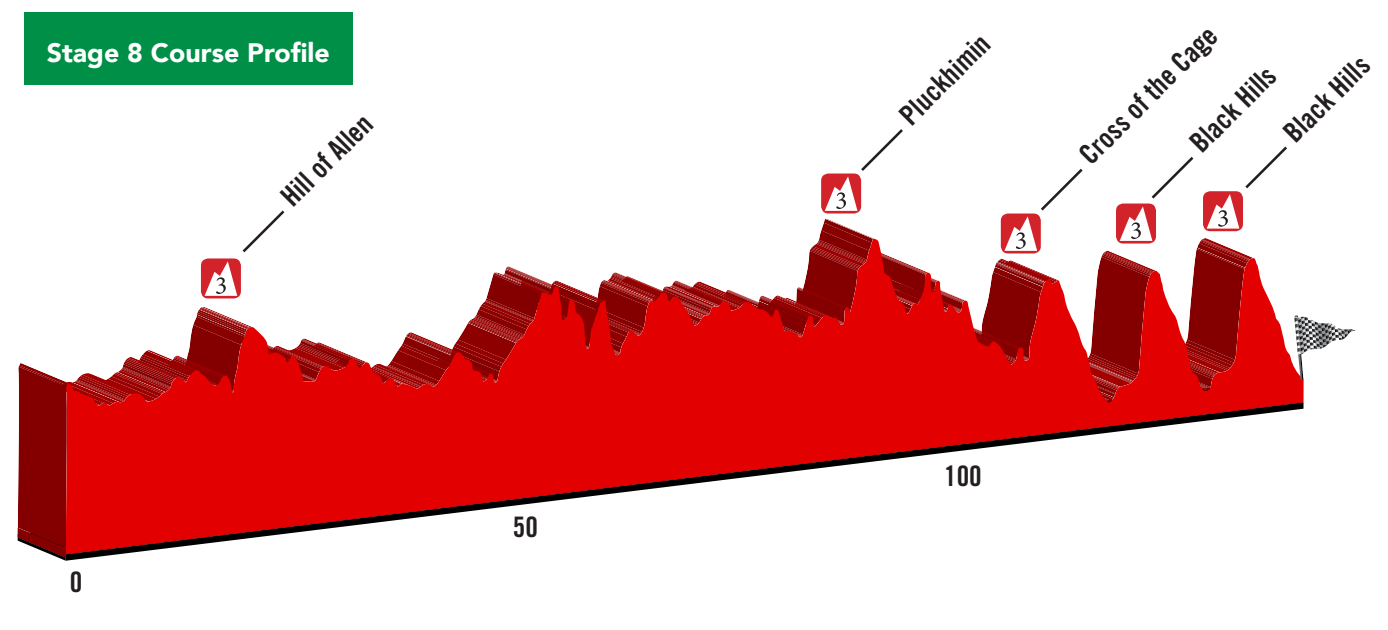
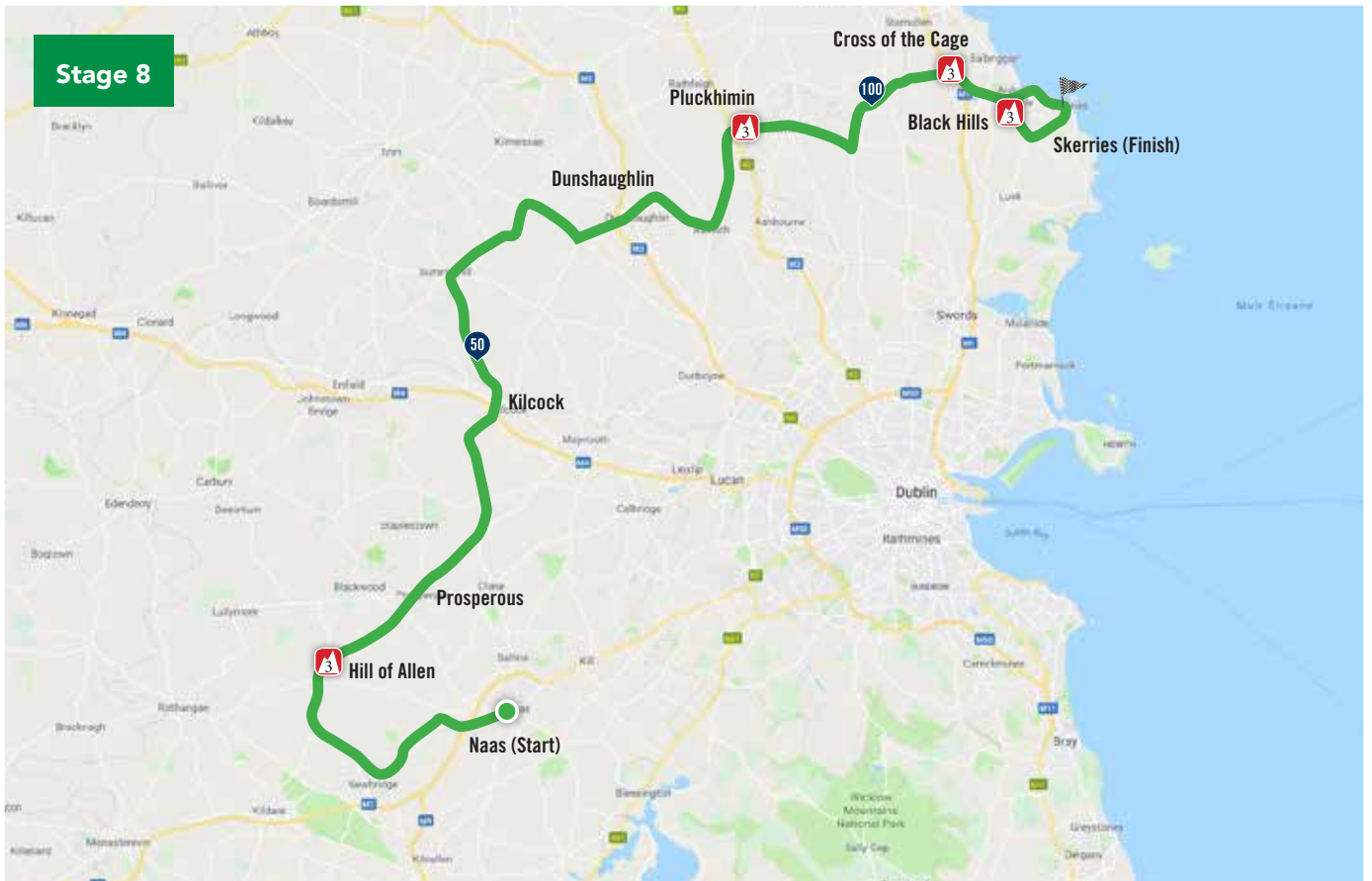
78.0	48.5		Right at Y junction, signpost Curragha 2km	13:39	14:00	14:29
			<b>Curragha</b>			
81.0	50.3		Straight through 4rdsX at Swans pub, Curragha.	13:43	14:04	14:34
81.7	50.8		Right at Y junction dir Slane 19km	13:44	14:05	14:36
83.2	51.7	N2	Left at traffic lights major 4rdsX	13:46	14:07	14:39
83.9	52.1	L5007	Right turn dir L5007	13:46	14:08	14:40
			<b>On L5007</b>			
<b>88.1</b>	<b>54.7</b>		<b>Pluckhimin Category 3 KOM</b> 	<b>13:52</b>	<b>14:15</b>	<b>14:48</b>
88.5	55.0		Right at 4rdsX junction in Garristown	13:52	14:15	14:48
88.5	55.0	R130	Left at junction dir Naul	13:52	14:15	14:48
			<b>On R130</b>			
90.6	56.3		Straight through 4rdsX	13:55	14:18	14:52
93.0	57.8	R122	Left at T junction dir Naul	13:58	14:22	14:57
			<b>On R122</b>			
93.6	58.2		Left at Y junction	13:59	14:23	14:58
97.8	60.8		Right at T junction dir Balbriggan	14:04	14:29	15:06
97.8	60.8		<b>Naul</b>	14:04	14:29	15:06
98.0	60.9		Left dir Balbriggan in Naul Village	14:04	14:30	15:06
102.5	63.7		Straight through 4rdsX	14:10	14:36	15:15
103.1	64.1		Roundabout 2nd exit dir Balbriggan	14:10	14:37	15:16
103.3	64.2		Roundabout, 1st exit dir Skerries	14:11	14:37	15:16
103.4	64.2		Right turn dir Balrothery 2km, Ardgillan Castle & Demesne	14:11	14:38	15:16
			Left at T junction dir Balbriggan			
105.9	65.8		Pedestrian crossing Traffic island	14:14	14:41	15:21
			Right turn dir Skerries 7km, Balbriggan, Ardgillan			
106.0	65.9		Left turn	14:14	14:42	15:21
			Followed immediately by mini roundabout, 2nd exit			
106.2	66.0		Ramp	14:14	14:42	15:22
106.3	66.1		Ramp	14:14	14:42	15:22
106.4	66.1		Mini-roundabout, 1st exit dir Blackhills, Skerries	14:15	14:42	15:22
<b>108.0</b>	<b>67.1</b>		<b>Cross of the Cage Category 3 KOM</b> 	<b>14:17</b>	<b>14:45</b>	<b>15:25</b>
<b>108.5</b>	<b>67.4</b>		<b>Point of entry to Skerries circuit</b>	<b>14:17</b>	<b>14:45</b>	<b>15:26</b>
110.5	68.7		Left at T junction	14:20	14:48	15:30
111.5	69.3	R127	Left at T junction dir Skerries	14:21	14:50	15:32
115.0	71.5		<b>Skerries</b> 50 speed signs followed by	14:25	14:55	15:38
			Narrow Bridge,			
115.1	71.5		Roundabout, 2nd exit dir Rush R128, L1325	14:25	14:55	15:38

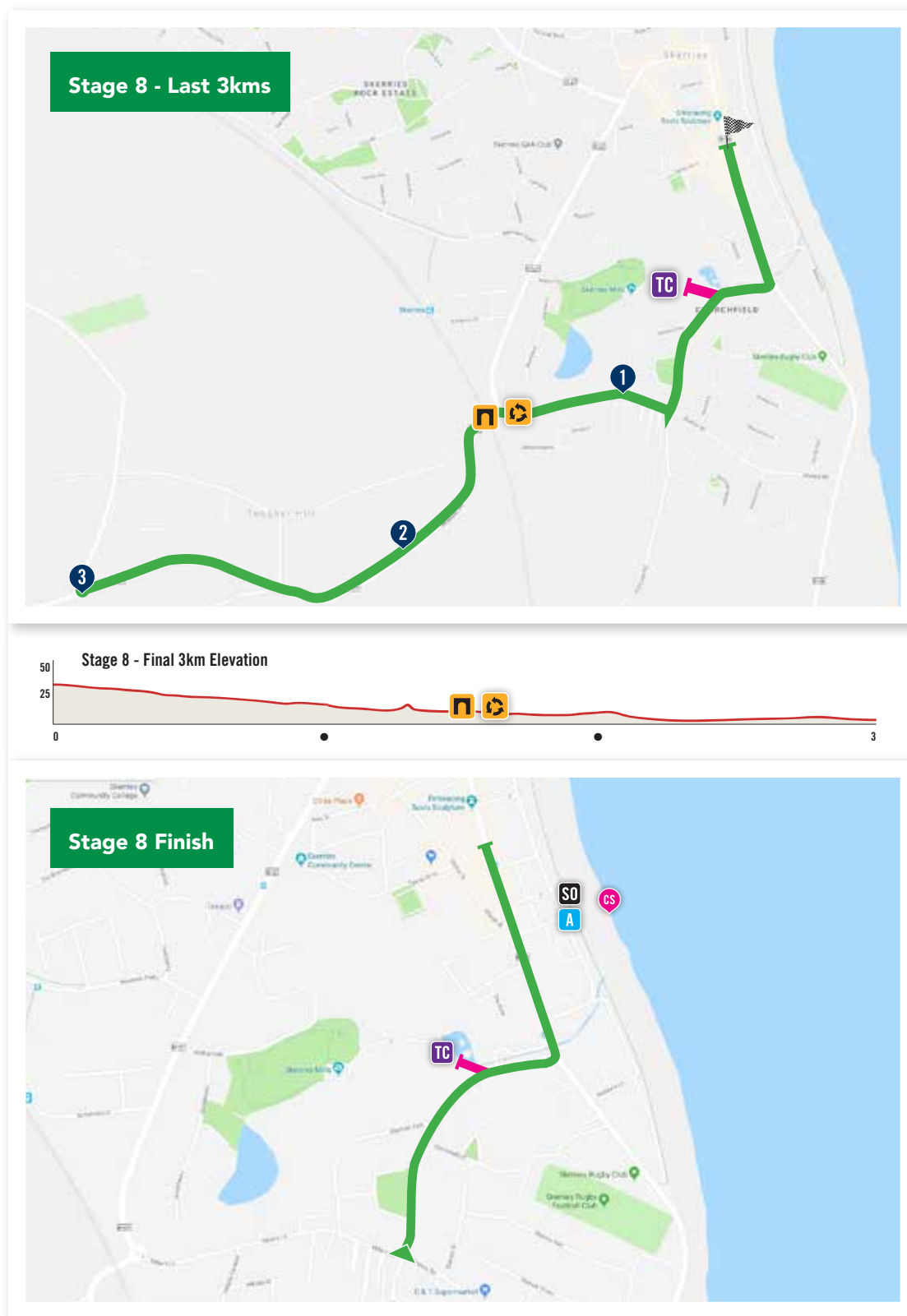
115.8	71.9		Left at 4rds junction onto Golf Links Road, Millers Lane dir Skerries Mills	14:26	14:56	15:40
116.2	72.2		Left at T junction dir Balbriggan R127	14:27	14:57	15:40
116.5	72.4		<b>** Caution** Ramp</b>	14:27	14:57	15:41
<b>116.6</b>	<b>72.5</b>		<b>First passage across finish line</b>	<b>14:27</b>	<b>14:57</b>	<b>15:41</b>
116.9	72.6		<b>** Caution** Ramp...</b>	14:28	14:58	15:42
			...Followed immediately by ...			
			<b>...Roundabout, 1st exit dir Balbriggan R128</b> <b>**Caution** Traffic Island</b>			
117.1	72.8		Straight through 4rdsX, pedestrian crossing (major junction)	14:28	14:58	15:42
117.2	72.8		Right at traffic lights dir Balbriggan onto Balbriggan Street	14:28	14:58	15:42
117.5	73.0		<b>** Caution** Ramp</b>	14:28	14:59	15:43
118.1	73.4		Traffic island, keep riders to left	14:29	15:00	15:44
118.3	73.5		<b>** Caution** Ramp</b>	14:29	15:00	15:44
120.0	74.6		Left under rail bridge unsigned	14:32	15:03	15:48
<b>121.4</b>	<b>75.4</b>		<b>Black Hills Category 3 KOM</b> 	<b>14:33</b>	<b>15:05</b>	<b>15:50</b>
122.0	75.8		Left at T junction dir Lusk	14:34	15:06	15:51
124.5	77.4		Left at T junction unsigned	14:37	15:09	15:56
125.5	78.0		Left at T Junction dir Skerries 5k R127	14:38	15:11	15:58
128.0	79.5		<b>**Caution** to slow down riders on approach to rail bridge</b>			
129.0	80.2		Narrow bridge followed by	14:43	15:16	16:04
			Roundabout, 2nd exit			
129.7	80.6		Left at 4rdsX onto Millers Lane	14:44	15:17	16:06
130.2	80.9		Left at T junction dir Balbriggan onto finishing straight Thomas Hand Street	14:44	15:18	16:07
130.5	81.1		<b>** Caution** Ramp</b>	14:45	15:18	16:07
130.6	81.2		Second passage across finish line	14:45	15:18	16:07
130.9	81.3		<b>** Caution** Ramp</b>	14:45	15:19	16:08
			Roundabout, 1st exit dir Balbriggan R128			
			Traffic island			
131.1	81.5		Straight through 4rdsX, pedestrian crossing (major junction)	14:45	15:19	16:08
131.2	81.5		Right at traffic lights dir Balbriggan onto Balbriggan Street	14:46	15:19	16:09
131.5	81.7		<b>** Caution** Ramp</b>	14:46	15:20	16:09
132.1	82.1		Traffic island, keep riders to left	14:47	15:21	16:10
132.3	82.2		<b>** Caution** Ramp</b>	14:47	15:21	16:11
134.0	83.3		Left at under rail bridge unsigned dir Blackhills	14:49	15:24	16:14
<b>135.4</b>	<b>84.1</b>		<b>Black Hills Category 3 KOM</b> 	<b>14:51</b>	<b>15:26</b>	<b>16:16</b>





136.0	84.5		Left at T junction dir Lusk	14:52	15:27	16:18
136.5	84.8		Left at T junction unsigned	14:52	15:27	16:18
139.5	86.7		<b>5Km to finish</b> - Left at T Junction dir Skerries 5km R127	14:56	15:32	16:24
141.0	87.6		3Km to finish at Junction signed for Ardgillan 3K & also to Ardlia Burial Ground	14:58	15:34	16:27
142.0	88.2		<b>2K to finish</b> at large green corrugated gates on left, just before Roundstone	14:59	15:36	16:29
142.4	88.5		<b>**Caution** to slow down riders on approach to rail bridge</b>	15:00	15:36	16:30
143.0	88.9		Narrow bridge followed by	15:00	15:37	16:31
			Roundabout, 2nd exit onto Millers Lane			
			<b>1km to finish</b> , 50m before Shenck Park on left			
143.7	89.3		Left at 4rdsX onto Millers Lane	15:01	15:38	16:32
			Team Car Diversion - left to car-park at Skerries Mills			
144.2	89.6		Left at T junction dir Balbriggan onto finishing straight Thomas Hand Street	15:02	15:39	16:33
			<b>300m at No. 20 on right</b>			
			<b>200m Dr. John Keane Surgery on right</b>			
			<b>150m at No 14 house on left</b>			
			<b>100m at traffic island at junction with Church Street</b>			
144.5	89.8		<b>** Caution** Ramp</b>	15:02	15:39	16:33
<b>144.6</b>	<b>89.9</b>		<b>Final passage through Finish Line at the Citizen Information Centre on Strand Street</b>	<b>15:02</b>	<b>15:39</b>	<b>16:34</b>
<b>Service crew accommodation:</b>						
<b>Stage Finish Organiser:</b> Paul Deans, Tel. 086 - 2249046						
<b>Race HQ:</b> Holmpatrick School for 2 hours after stage finish						
<b>Anti-Doping Control located adjacent to finish line</b>						





- Starting Point
- Finishing Point
- KM Kilometers Mark
- CS Ceremonial Start
- n Bridge/Tunnel
- Speed Bump
- Roundabout
- Traffic Island
- Category 1 Climb
- Category 2 Climb
- Category 3 Climb
- Hot Spot
- TC Team Cars
- SO Sign On
- A Assembly
- Incoming Stage
- Outgoing Stage
- Diversion Route

# Special Race Regulations

## Article 1 Organisation

RÁS TAILTEANN is organized by CUMMANN RÁS TAILTEANN, 7 Ridgewood Court, Swords, Co. Dublin, under the regulations of the International Cycling Union (UCI). It is to be held from 20th to 27th May 2018.

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.

## Article 2 Type of Event

The event is open to athletes 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:

- Final General Classification – 40, 30, 25, 20, 15, 10, 5, 3, 3, 3
- Stages & Half Stages – 7, 3, 1
- Wearing the Race Leaders Jersey per Stage – 1 for the UCI Europe Tour Men Elite and U23 Ranking.

All participants should be aware that the roads used by RÁS TAILTEANN are NOT CLOSED to other traffic. All riders are required to read and sign the Declaration of Awareness 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

## 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. Should a rider withdraw from the race he may not compete in any other cycling events for the duration of RÁS TAILTEANN (see UCI Reg. 2.6.026).

## Article 4 Race Headquarters

At the start the Race Headquarters shall be open on Saturday 19th May 2018 from 16:30hrs to 19:30hrs 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 17:00hrs to 19:30hrs on Saturday 19th May 2018.

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 20:00hrs on Saturday 19th 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.

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.

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.

## Article 7 Bonuses

Time bonuses, under Articles 2.6.019 to 2.6.029, will be awarded as follows:

- 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 increased, in exceptional circumstances, by the Panel of Commissaries in agreement with the Race Director according to Article 2.6.032.

### **Article 9 Classifications**

The following classifications will be awarded in order of priority below:

#### **Individual General Classification**

Established by adding up the times recorded for the stages taking into account bonuses and penalties – Article 2.6.014.

In the event of a tie in the Individual General Classification, the tie will be resolved in accordance with article 2.6.015.

The leader of the Individual General Classification will wear the yellow jersey.

#### **Individual Points Classification**

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

In the event of a tie in the Individual Points Classification, the tie will be resolved in accordance with article 2.6.017

The leader of the Individual Points Classification will wear the green jersey.

#### **King of the Mountains Classification**

KOM points will be awarded as follows:

- 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 King of the Mountains Classification, the tie will be resolved in accordance with article 2.6.017.

The leader of the King of the Mountains Classification will wear the multi-coloured jersey.

#### **U23 General Classification**

Open to riders born in 1996 / 1997 / 1998 / 1999.

In the event of a tie in the U23 General Classification, the tie will be resolved in accordance with article 2.6.015.

The leader of the U23 General Classification will wear the white jersey.

#### **County Individual General Classification**

Open to riders entered on Irish County Teams.

Established by adding up the times recorded for the stages taking into account bonuses and penalties – Article 2.6.014.

In the event of a tie in the County Individual General Classification, the tie will be resolved in accordance with article 2.6.015.

The leader of the County Individual General Classification the blue jersey.

### **Stage Winners 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.

### **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 in accordance with article 2.6.016 of the UCI regulations.

In the event of a tie in the Team General Classification, the tie will be resolved in accordance with article 2.6.016.

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

### **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.

RÁS TAILTEANN 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 Anti-doping**

Doping Control will be carried out by Sport Ireland, in line with UCI Anti-Doping regulations. Sport Ireland will be deemed to be the Results Management Authority.

The Doping Control Station will be situated adjacent to the presentation podium and indicated by signage at the stage finish. The numbers of the riders required to report to the Doping Control Station will be displayed in accordance with the UCI Anti-doping Regulations.

### **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

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

**Article 13 Penalties**

The UCI penalty scale is the only one applicable.

**Notes**

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