

STAGE 5 GLENGARRIFF - MITCHELSTOWN 150 KMS

Thursday 23rd May 2013 / Dé Déardaoin 23ú Bealtaine

	TIME
Riders Sign-On Eccles Hotel	9.30-10.30
Assemble riders at Eccles Hotel	10.45
Ceremonial Start Quills Woollen Mills	11.00
Neutralised 2.3kms	

Team support vehicles depart	10.20
Team cars depart in cavalcade position behind riders	

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
		Ceremonial Start			
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	11:00	11:00	11:00
2.3	1.4	End of neutralised section			
0.0	0.0	okm start signs at 100kph speed signs outside town			
8.3	5.2	Ballylickey 60 speed signs	11:10	11:12	11:15
9.2	5.7	Left at Y junction dir Macroom, Gouganebarra, R584	11:11	11:13	11:17
		On R584			
11.3	7.0	Pearson's Bridge 60 speed signs	11:14	11:16	11:21
13.6	8.4	Kealkill 50 speed signs	11:17	11:20	11:25
14.0	8.7	Left at Y junction, dir Gouganebarra Macroom R584	11:17	11:21	11:26
		On R584			
19.4	12.0	Start of KOM/Blue Flag	11:24	11:29	11:36
		Forest Garden Centre on left hand side			
25.0	15.5	Pass of Keimaneigh KOM Category 2 🏆 ₂	11:31	11:37	11:46
		Finish line for KOM at Monument on right hand side 'Battle of Keimaneigh'			
31.9	19.8	Left at Y junction over bridge, dir Macroom R584	11:39	11:47	11:59
32.0		Ballingeary / Béal Átha an Ghaorthaidh	11:40	11:48	12:00
32.3	20.1	Right at Y junction	11:40	11:48	12:00
32.8	20.4	Turn right over narrow bridge	11:41	11:49	12:01
32.9	20.4	Immediately left at Colaiste na Mumhan onto L3402, dir Ri na nDoiri (9km), Baile Bhuirne (18km)	11:41	11:49	12:01
		On L3402			
33.4	20.7	80 speed signs	11:41	11:50	12:02
		Start of KOM/Blue flag			
34.7	21.6	Right at Y junction (Marshal for left junction)	11:43	11:52	12:05
37.7	23.4	Gortnabinna KOM Category 2 🏆 ₂	11:47	11:56	12:10
		Finish line KOM, junction road to left signposted Kenmare (20km), Kilgarvan (14km) Continue straight dir Macroom, 19km			
42.0	26.1	Renanirree 50 signs	11:52	12:03	12:18

42.5	26.4	Right at Y junction	11:53	12:03	12:19
43.6	27.1	Start of sharp right hand bend followed by left hand bend	11:54	12:05	12:21
47.6	29.6	4 Xrds, straight through	11:59	12:11	12:29
50.0	31.1	Lissacresig Right at T junction onto N22 main Cork road, dir Macroom (8km) @ Mons Bar	12:02	12:15	12:33
		On N22			
56.4	35.0	Macroom 50 speed signs followed by multiple traffic islands up to 56.9k	12:10	12:24	12:45
57.0	35.4	Turn left dir Millstreet onto R582	12:11	12:25	12:46
		On R582			
58.0	36.0	Right at Y junction, 80 speed signs	12:12	12:27	12:48
66.6	41.4	Carriganimmy	12:23	12:39	13:04
67.4	41.9	Left at Y junction	12:24	12:41	13:06
76.8	47.7	Millstreet 50 speed signs	12:36	12:55	13:24
77.2	48.0	Right at T junction onto Minor Row, dir Mallow R583	12:36	12:55	13:24
		On R583			
79.9	49.6	Right turn onto L120 dir Banteer (12km), Rathcool (5km)	12:39	12:59	13:29
84.8	52.7	Rathcool 50 speed signs	12:46	13:07	13:39
91.5	56.9	Level crossing nr XT30	12:54	13:17	13:51
		Right at T junction after level crossing			
91.7	57.0	Banteer 50 speed signs	12:54	13:17	13:51
92.1	57.2	Left at staggered 4rdsX dir Kanturk, R579	12:55	13:18	13:52
		On R579			
92.9	57.7	Right at Y junction	12:56	13:19	13:54
93.4	58.0	Right 4rdsX, dir Mallow N72/Traffic island on junction	12:56	13:20	13:55
		On N72			
99.2	61.6	Start of feed zone @ sign for Mallow (green), Newmarket / Kanturk (white) 	13:04	13:28	14:06
99.8	62.0	End at feed zone at green sign for N72 dir Waterford, Fermoy, Mallow, Cork	13:04	13:29	14:07
111.9	69.5	Mallow 50 signs, road narrows, Traffic island <i>Caution riders protruding pavement</i>	13:19	13:47	14:29
112.5	69.9	Roundabout, 1st exit dir Limerick, Buttevant (12km)	13:20	13:48	14:30
113.0	70.2	Roundabout, 2nd exit dir Limerick N20	13:21	13:49	14:31
		On N20			
117.7	73.1	New Twopothouse	13:27	13:56	14:40
118.3	73.5	Right turn dir Doneraile (7km), R581	13:27	13:57	14:41
		On R581			
120.1	74.6	Straight staggered 4rdsX	13:30	14:00	14:45
121.4	75.4	<i>Caution Series of S-bends</i>	13:31	14:02	14:47
121.8	75.7	<i>Right hand curve Caution Series of S-bends</i>	13:32	14:02	14:48
124.0	77.0	Doneraile 50 speed signs	13:35	14:06	14:52
		4rdsXs, straight through			
125.2	77.8	25k at righthand bend onto the top of the main street, junction from the right	13:36	14:07	14:54
125.3	77.9	Left at Y junction, dir Town Centre, Doneraile Golf Club, Tourist Information	13:36	14:07	14:54
125.4	77.9	<i>Caution Steep ramp</i>	13:36	14:08	14:55
125.6	78.0	<i>Caution Ramp outside Post Office</i>	13:37	14:08	14:55
125.7	78.1	<i>Caution Ramp</i>	13:37	14:08	14:55

126.4	78.5	Turn right at 4rdsX, dir Mitchelstown 22km, R522 On R522	13:38	14:09	14:57
129.8	80.6	Right at Y junction	13:42	14:14	15:03
131.9	82.0	Left at 4rdsX, dir Mitchelstown, Kildorrery, N73 On N73	13:44	14:17	15:07
132.1	82.1	Right at Y junction dir Mitchelstown / junction on left	13:45	14:18	15:07
133.9	83.2	Straight through 4rdsX	13:47	14:20	15:11
136.1	84.6	Bridge and junction on left Blue Flag KOM Category 3, Kildorrery climb	13:50	14:24	15:15
136.2	84.6	After bridge and right hand bend	13:50	14:24	15:15
137.9	85.7	Kildorrery KOM Category 3 🏆 Finish line for KOM at Post Office 4rdsXs, straight through	13:52	14:26	15:18
140.2	87.1	10k to go sign at farm yard with large silo/storage tank on left hand side.	13:55	14:30	15:22
142.1	88.3	Glennahulla 50 signs	13:57	14:33	15:26
145.2	90.2	5kms to go sign at white coloured gate lodge, white entrance pillars	14:01	14:37	15:32
146.2	90.8	4kms to go sign at cream bungalow left hand side black wooden fence.	14:02	14:39	15:34
147.2	91.5	3kms to go at green coloured corrugated iron gate	14:04	14:40	15:36
147.7	91.8	Roundabout, 3rd exit dir Mitchelstown, R665	14:04	14:41	15:36
148.2	92.1	2kms to go sign at large blue sign 'Welcome to Mitchelstown' on left hand side.	14:05	14:42	15:37
148.3	92.1	Mitchelstown 50 speed signs	14:05	14:42	15:38
148.9	92.5	Left at Y junction at church, Traffic island onto Georges Street	14:06	14:43	15:39
148.9	92.52	<i>Divert Team cars and support vehicles to left at Y junction at church onto Georges street and left into old co-op car park</i>			
149.2	92.7	1km to go sign at Tod's Bar & Ann-marie's hairdresser.	14:06	14:43	15:39
149.3	92.8	Right at staggered 4rdsX on Baldwin Street	14:06	14:43	15:39
149.7	93.0	Right at 4rdsX, traffic lights from Baldwin Street onto Lr Cork Street 500 meters to go sign	14:07	14:44	15:40
149.9	93.1	<i>Caution' Ramp</i>	14:07	14:44	15:41
150.0	93.2	300 metres to go at Hyland stationery shop. 250 metres to go John Nolan & Sons (LHS) opposite Credit Union 200 metres to go Paul Roche Publin House. 150 metress to go at entrance to Reidy's Supervalu super market 100 metres to go at O'Farrells Public House 75 metres to go at McCarthy Insurance Group (LHS) 50 metres to go at Campaign House (LHS) 25 meters to go at Lampost outside Bank of Ireland (RHS)			
150.2	93.3	Finish line at outside number 55 between Bank of Ireland & Xtra-vision	14:07	14:45	15:41

IMPORTANT STAGE LOCATIONS

Race HQ; Fir Grove Hotel, Tel. 025 - 24111

Stage Finish Organiser; Danny Sullivan, Tel. 087 - 8736219

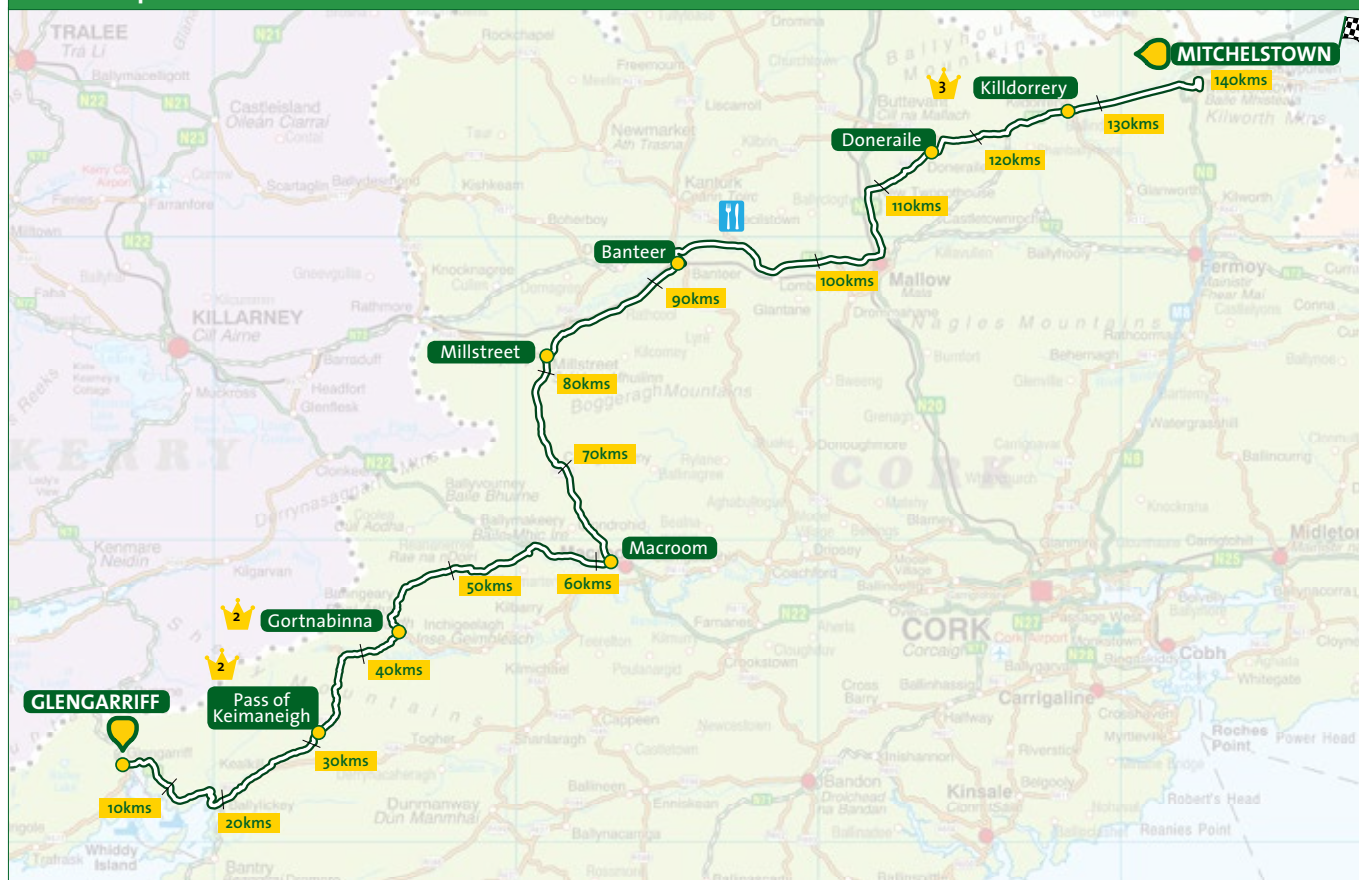
Service Crew Accommodation; Cahir House Hotel, Cahir, Co. Tipperary. Tel. 052 - 7443000

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

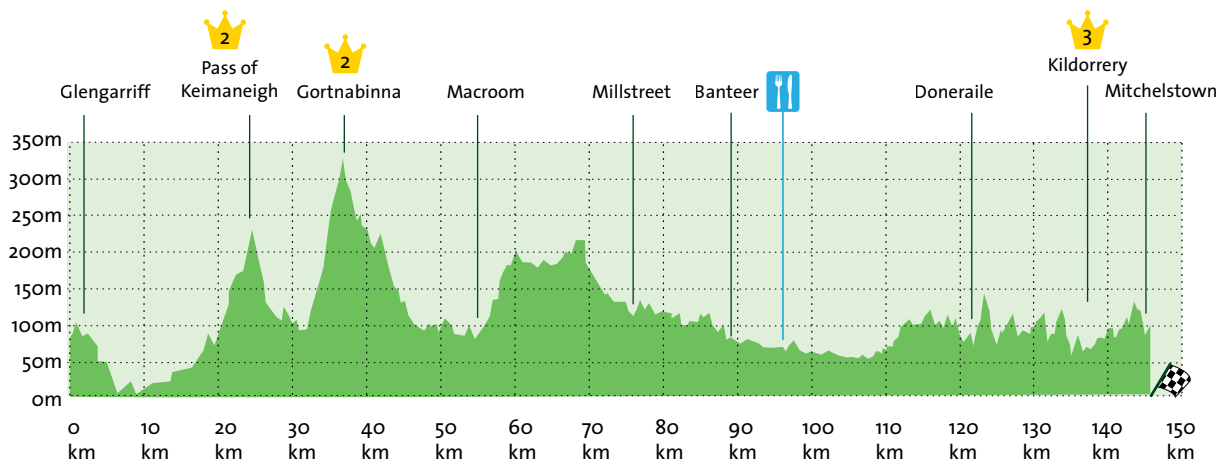
STAGE 5 GLENGARRIFF - MITCHELSTOWN 150 KMS

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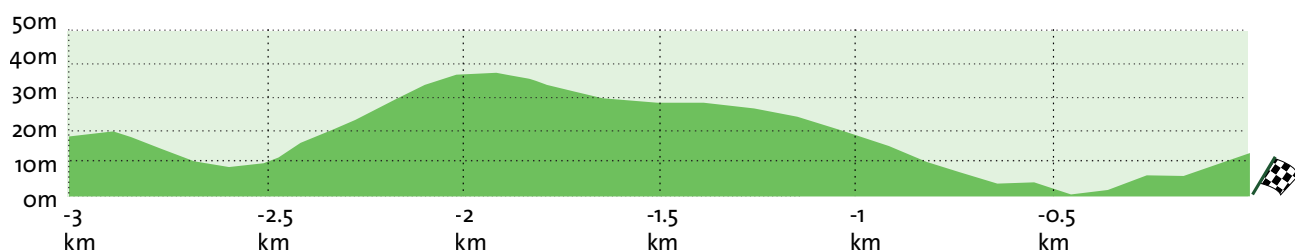
Route Map



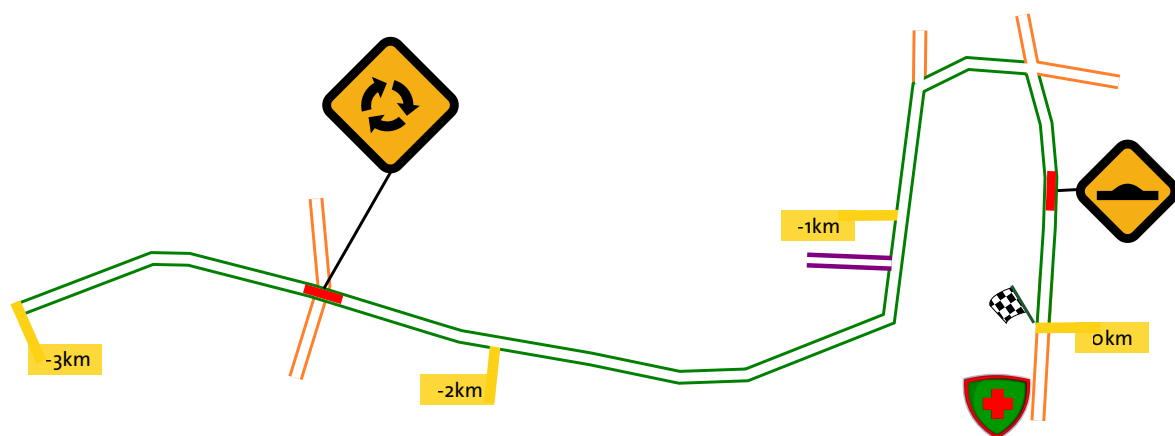
Stage Profile



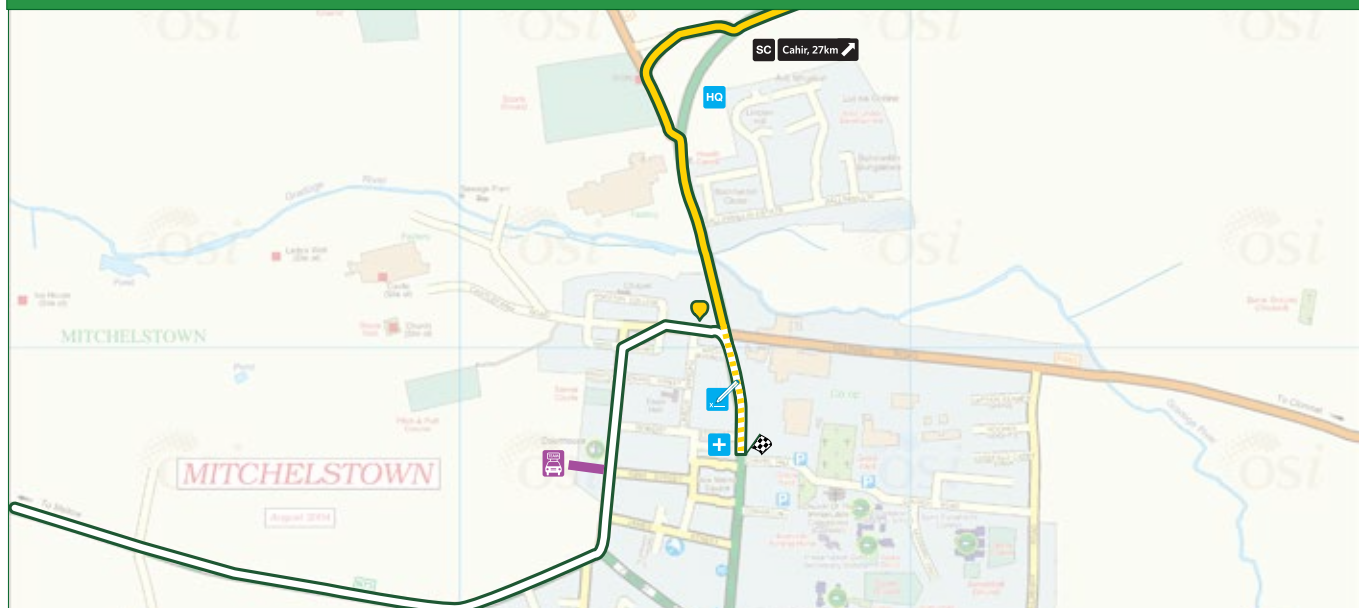
3km Profile



3km Route



Finish and Start




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

STAGE 6 MITCHELSTOWN - CARLOW 155 KMS

Friday 24th May 2013 / Dé hAoine 24ú Bealtaine

		TIME
Riders Sign-On Clongibbon House, Market Square		9.30-10.30
Assemble riders at Market Square		
Ceremonial Start SuperValu, Main Square		
Neutralised 1.5kms		11.00
Team support vehicles depart		10.20
Team cars depart in cavalcade position behind riders		10.45

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
		Ceremonial start outside SuperValu, Main Square			
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			
0.0	0.0	okm start sign at 100kph speed signs after roundabout	11:00	11:00	11:00
3.5	2.2	Roundabout, 2nd exit dir Kilbehenny R639	11:04	11:05	11:06
		On R639			
4.8	3.0	Kilbehenny 50 sign, Traffic island	11:06	11:07	11:09
5.2	3.2	Caution 4 Traffic island	11:06	11:07	11:09
8.8	5.5	Skeheenarinky	11:11	11:13	11:16
10.0	6.2	4rdsX Straight	11:12	11:15	11:18
12.7	7.9	4rdsX Straight	11:15	11:19	11:23
20.7	12.9	Roundabout, 3rd exit dir Cahir, R639, under motorway	11:25	11:31	11:38
21.0	13.0	Roundabout, 1st exit, dir Cahir Castle, R639	11:26	11:31	11:39
25.3	15.7	Right dir Cahir 2km, signposted Cahir (2km), Cahir Castle, Swiss Cottage R903	11:31	11:37	11:47
		On R903			
25.4	15.8	Cahir	11:31	11:38	11:47
26.6	16.5	Staggered 4rdsX just before bridge	11:33	11:39	11:49
27.0	16.8	Left onto square, dir Cashel R670	11:33	11:40	11:50
27.2	16.9	Church Street	11:34	11:40	11:51
		Onto Cashel Road			
29.8	18.5	Right at T junction (Traffic island) onto N24 dir Waterford, Cashel R639	11:37	11:44	11:55
30.2	18.8	New Inn Road Roundabout, 3rd exit dir New Inn, Cashel on R639	11:37	11:45	11:56
		On R639			
35.2	21.8	New Inn 50 speed signs	11:44	11:52	12:06
35.8	22.2	Straight through at mini roundabout & Traffic island	11:44	11:53	12:07
36.0	22.4	Traffic island	11:45	11:54	12:07
40.1	24.9	Straight through 4rdsX	11:50	12:00	12:15

42.2	26.2	Roundabout, 2nd exit dir N74 Cashel	11:52	12:03	12:19
42.6	26.5	Roundabout, 1st exit dir Cashel (2km), Tipperary N74, over motorway	11:53	12:03	12:19
42.8	26.6	Roundabout, 1st exit dir Cashel, Tipperary N74	11:53	12:04	12:20
43.2	26.8	Cashel Road Roundabout, 2nd exit dir Cashel R639	11:54	12:04	12:21
		Cashel			
44.1	27.4	Roundabout, Traffic island, 2nd exit straight through at Tesco	11:55	12:06	12:22
44.8	27.8	Sharp right turn	11:56	12:07	12:24
45.0	27.9	Pedestrian Crossing in centre of Cashel outside tourist information office	11:56	12:07	12:24
45.1	28.0	Pedestrian crossing just after S-bend	11:56	12:07	12:24
48.5	30.1	Roundabout, 1st exit dir Horse & Jockey, Littleton, R639	12:00	12:12	12:30
50.0	31.1	50k sign, Ballysheehan Stud on left hand side, big entrance, pillars with ornamental lamps on top	12:02	12:15	12:33
59.0	36.7	Horse & Jockey Traffic island, road narrows, Traffic island, 60 speed signs	12:13	12:28	12:50
		6 x Traffic island in village			
59.2	36.8	Straight through 4rdsX	12:14	12:28	12:51
		<i>Caution road narrows from both sides / pavement juts out</i>			
62.3	38.7	Littleton	12:17	12:33	12:56
62.7	39.0	2 x Traffic island entering Littleton	12:18	12:34	12:57
63.0	39.1	3 x Traffic island leaving Littleton	12:18	12:34	12:58
67.8	42.1	Traffic island	12:24	12:41	13:07
		<i>Caution Traffic Island</i>			
76.6	47.6	Urlingford 50 speed sign, Traffic island, pavement juts out	12:35	12:54	13:23
77.1	47.9	Junction on right hand side	12:36	12:55	13:24
		Post Office Prime Ahead			
77.4	48.1	4rdsX	12:36	12:56	13:25
77.4	48.1	Post Office Prime Urlingford 	12:36	12:56	13:25
78.1	48.5	<i>Caution Traffic islands leaving Urlingford</i>	12:37	12:57	13:26
78.3	48.6	Roundabout, 3rd exit dir Kilkenny R693, Freshford (13km)	12:37	12:57	13:26
		On R693			
82.6	51.3	Right at T junction, dir Kilkenny, Freshford	12:43	13:03	13:34
83.5	51.9	Left at Y junction at Amber Garage Service Station, dir Kilkenny	12:44	13:05	13:36
91.0	56.5	Freshford 50 speed signs	12:53	13:16	13:50
91.9	57.1	S-bends & junction on right hand side	12:54	13:17	13:52
92.0	57.2	Right at Y junction, dir Kilkenny, R693	12:55	13:18	13:52
92.1	57.2	Over hump-backed bridge	12:55	13:18	13:52
92.1	57.2	Left at Y in centre of village at Post Office, dir signpost Kilkenny (14km)	12:55	13:18	13:52
92.4	57.4	Left onto Clintstown Road, sign for Pomodora B&B, opposite Garda Station	12:55	13:18	13:53
92.6	57.5	Hump back bridge	12:55	13:18	13:53
95.8	59.5	Straight through at 4rdsX	12:59	13:23	13:59
95.9	59.6	<i>Caution Humpbacked bridge followed immediately by sharp left & S-bends</i>	12:59	13:23	13:59
97.8	60.8	Left at T junction, dir Durrow, Ballyragget (3km) on N77	13:02	13:26	14:03
		On N77			
100.0	62.1	Feed zone start for 1km 	13:05	13:30	14:07
101.0	62.8	End of feed zone at 60 speed signs entering Ballyragget	13:06	13:31	14:09
		Staggered Xrds in village			
101.2	62.9	Ballyragget 50 speed signs	13:06	13:31	14:09

		Central traffic island, pavement protrudes from left, outside Brookhaven Nursing Home			
102.3	63.6	Right at Y signposted Castlecomer R694, Discovery Park / Marshal junction on left hand side	13:07	13:33	14:11
		On R694			
102.4	63.6	Right at Y outside Tony's Diner	13:08	13:33	14:12
103.0	64.0	Blue flag for start of KOM at yellow signs on left hand side, one for S-bends and one for T-junction to right	13:08	13:34	14:13
103.3	64.2	Left at Y junction, dir Castlecomer	13:09	13:34	14:13
108.7	67.5	Byrnesgrove KOM Category 3 🏆 ₃	13:15	13:43	14:23
		Finish line on left hand side, pillar at gate into field - no obvious landmark/feature			
112.0		<i>Caution S-bends</i>	13:20	13:48	14:30
112.8	70.1	Castlecomer 50 speed signs	13:21	13:49	14:31
113.1	70.3	Straight through complex junction	13:21	13:49	14:32
113.4	70.5	Straight through 4rdsX	13:21	13:50	14:32
		Pedestrian crossing immediately after junction			
113.7	70.6	Hump back bridge & sharp bend	13:22	13:50	14:33
114.0	70.8	Blue flag for KOM outside Arts & Crafts Centre	13:22	13:51	14:33
116.3	72.3	Castlecomer KOM Category 3 🏆 ₃	13:25	13:54	14:38
		Finish line for KOM line at 4rdsX junction of L5847, signpost Ardra - disused shop 'Comerfords'			
119.0	73.9	Right at 4rdsX, signposted Gorteen L184, O'Carroll's Bar & Lounge (yellow colour)	13:28	13:58	14:43
119.0	73.9	Start of KOM blue flag just after junction for KOM	13:28	13:58	14:43
		On L184			
120.2	74.7	Straight through minor 4rdsX	13:30	14:00	14:45
120.9	75.1	Gorteen KOM Category 1 🏆 ₁	13:31	14:01	14:46
		Finish line for KOM at grey 2-storey building on left hand side with corrugated iron shed at the right			
122.1	75.9	4rdsX, straight through, dir signposted Leighlinbridge (14km)	13:32	14:03	14:48
123.6	76.8	Bridge, yellow warning sign steep hill	13:34	14:05	14:51
		Start of KOM blue flag			
124.6	77.4	Coan West KOM Category 2 🏆 ₂	13:35	14:06	14:53
		Finish line for KOM at white shed with bungalow (Mountainview House)			
126.8	78.8	Left at unmarked staggered junction, two old disused houses either side of the road	13:38	14:10	14:57
129.4	80.4	25km to go, 500m past junction on left hand side signposted Bilboa (1.5km) / Carlow (11km) / Castlecomer (11km)	13:41	14:14	15:02
130.4	81.0	Bilboa	13:43	14:15	15:04
130.7	81.2	Start of KOM blue flags at church & graveyard on right hand side	13:43	14:16	15:05
131.1	81.5	4rdsX straight through	13:43	14:16	15:05
133.5	82.9	Clogrenan KOM Category 2 🏆 ₂	13:46	14:20	15:10
		Finish line just before transmitter aerial on right hand side			
134.1	83.3	Left at T junction, dir Rossmore	13:47	14:21	15:11
134.6	83.6	Left at Y junction	13:48	14:21	15:12
136.6	84.9	4rdsX straight through	13:50	14:24	15:16
140.2	87.1	Right at T junction dir Carlow R431	13:55	14:30	15:22
		On R431			
142.1	88.3	Right at Y junction	13:57	14:33	15:26

144.8	90.0	10km to go at Killeshin town signs	14:01	14:37	15:31
146.5	91.0	Killeshin 50 speed signs	14:03	14:39	15:34
149.5	92.9	5km at Roundabout warning sign just after co-op livestock mart entrance	14:06	14:44	15:40
149.7	93.0	Castlecomer Road Roundabout, 1st exit dir Other Routes N8o	14:07	14:44	15:40
150.1	93.3	Portlaoise Road Roundabout, 2nd exit dir Enniscorthy N8o, New Ross	14:07	14:45	15:41
150.3	93.4	Traffic island, keep riders to left hand side	14:07	14:45	15:41
150.5		4km to go at Traffic island after Portlaoise Road Roundabout	14:08	14:45	15:42
151.0	93.8	Roundabout at Talbot Hotel, 1st exit dir Enniscorthy, Rosslare, Dublin, Waterford N8o	14:08	14:46	15:43
151.2	94.0	Sleaty Road Roundabout, 2nd exit, dir Enniscorthy, Rosslare, Dublin, Waterford N8o	14:09	14:46	15:43
151.5	94.4	3km to go, 200m after Sleaty Road Roundabout	14:09	14:47	15:44
152.0	94.4	Athy Road Roundabout, 2nd exit	14:10	14:48	15:45
152.5	94.8	2km to go at bridge over railway	14:10	14:48	15:45
152.7	94.9	Pedestrian crossing, Traffic island at Oak Park	14:10	14:49	15:46
		Narrow road, keep riders to left			
153.1	95.1	Dr Cullen Road Roundabout, 3rd exit dir Town Centre R448	14:11	14:49	15:47
153.6	95.4	Pedestrian crossing	14:12	14:50	15:48
153.6	95.4	1km to go at B&B sign at Avon House	14:12	14:50	15:48
		900m at sign on left for Hillview Drive			
		800m at end of wall Carlow Guest House B&B on left hand side, just before junction on right, Glendale Avenue			
		700m at centre of wall at Topaz Service Station			
		600m at far side of Sheehy Motors, between Sheehy Motors & ESB office			
154.1	95.8	Pedestrian crossing with Traffic island 500m to go	14:12	14:51	15:48
		400m at overhead railway bridge			
		350m at ramp **Caution riders**			
154.2	95.8	4rdsX outside Fire Station followed by ramp	14:12	14:51	15:49
		300m at red/white sign outside fire station 'Fire Station Entrance No Parking'			
		200m outside Permanent TSB			
		<i>Divert Team cars to right into Barrack Street 170m from finish line, car park on right</i>			
		150m outside Eddie Rockets at far side of junction			
154.4	95.9	4rdsX & pedestrian crossing	14:13	14:51	15:49
		100m at sign for Barrack Street, granite stone			
		75m outside Harmony Wellness Club			
		50m outside tanning/tattoo shop			
		25m at middle of Lucky 7 Amusement Arcade			
154.6	96.1	Finish line at Rattlebag Cafe, directly across from Carpenters, Barrack Street	14:13	14:51	15:49

IMPORTANT STAGE LOCATIONS

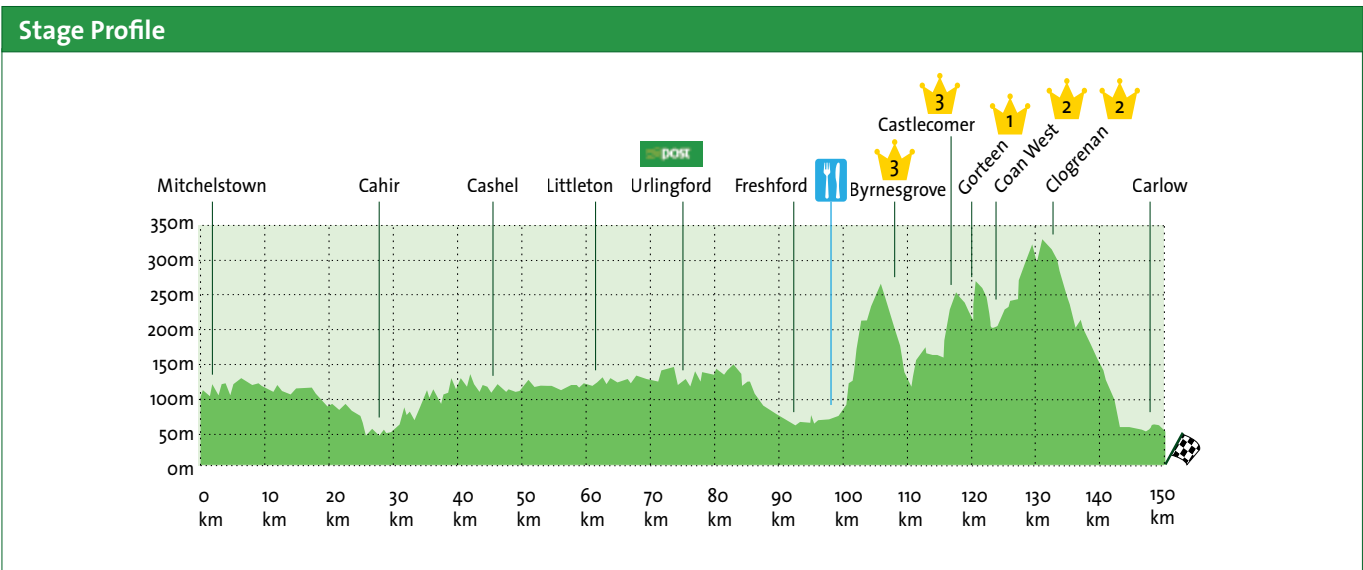
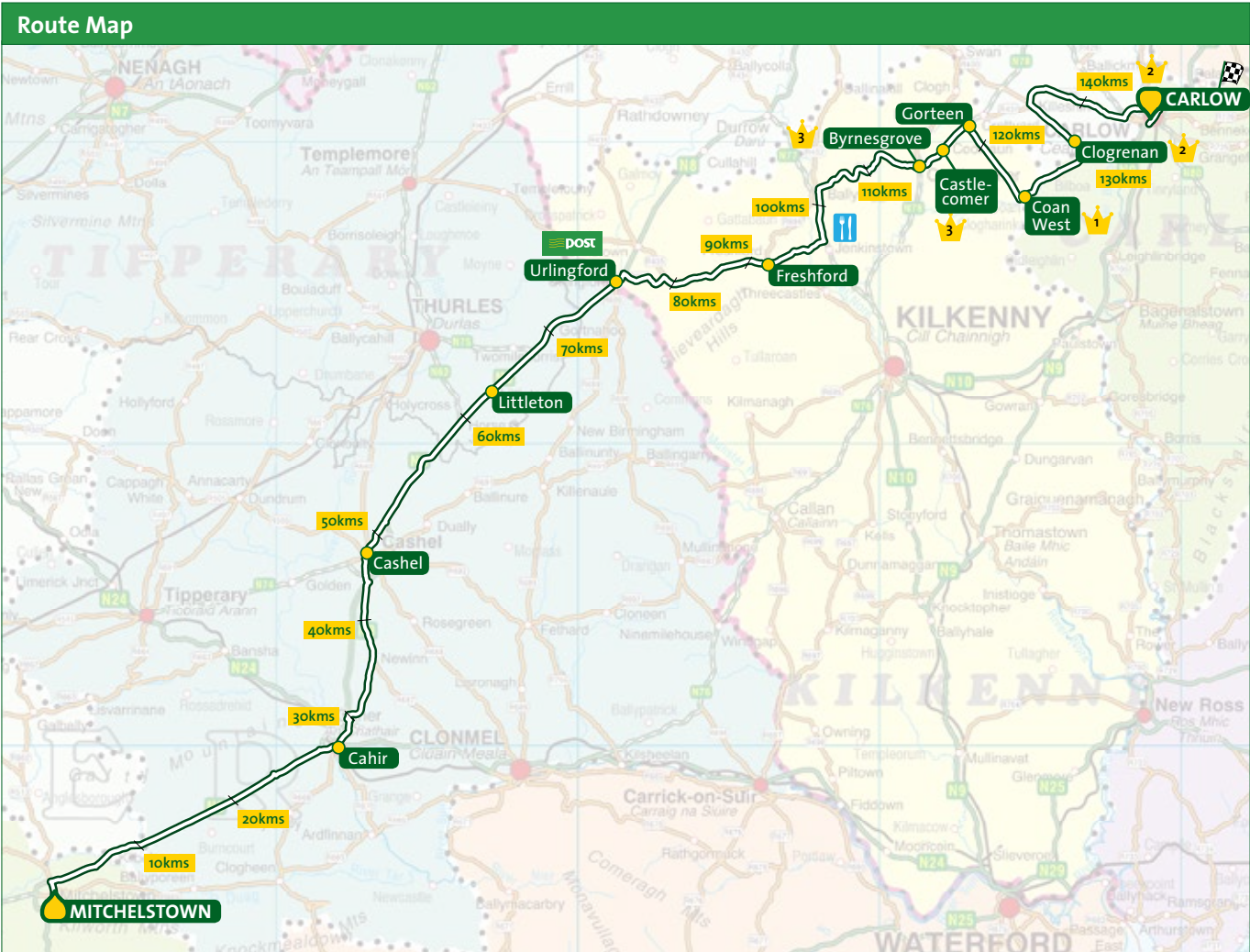
Race HQ; Seven Oaks Hotel, Tel. 059 - 9131308

Stage Finish Organiser; Dermot Mulligan, Tel. 087 - 9863731

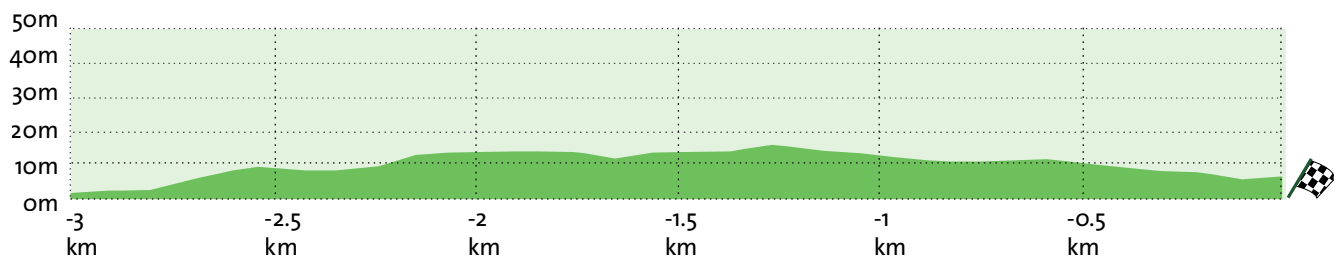
Service Crew Accommodation; Seven Oaks Hotel, Tel. 059 - 9131308

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

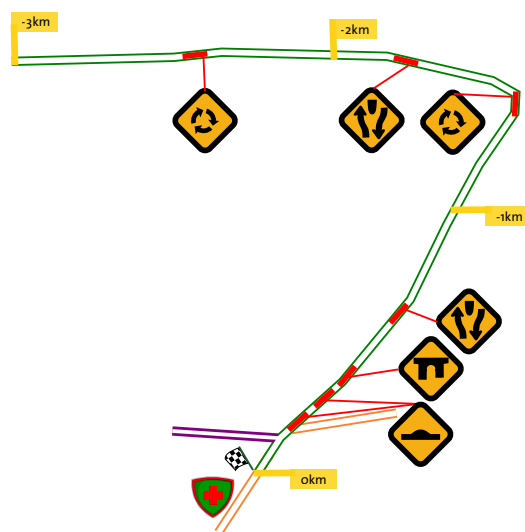
STAGE 6 MITCHELSTOWN - CARLOW 155 KMS
 Friday 24th May 2013 / Dé hAoine 24ú Bealtaine



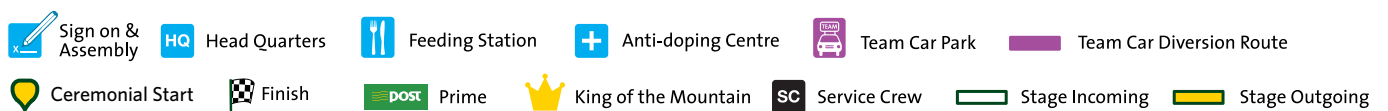
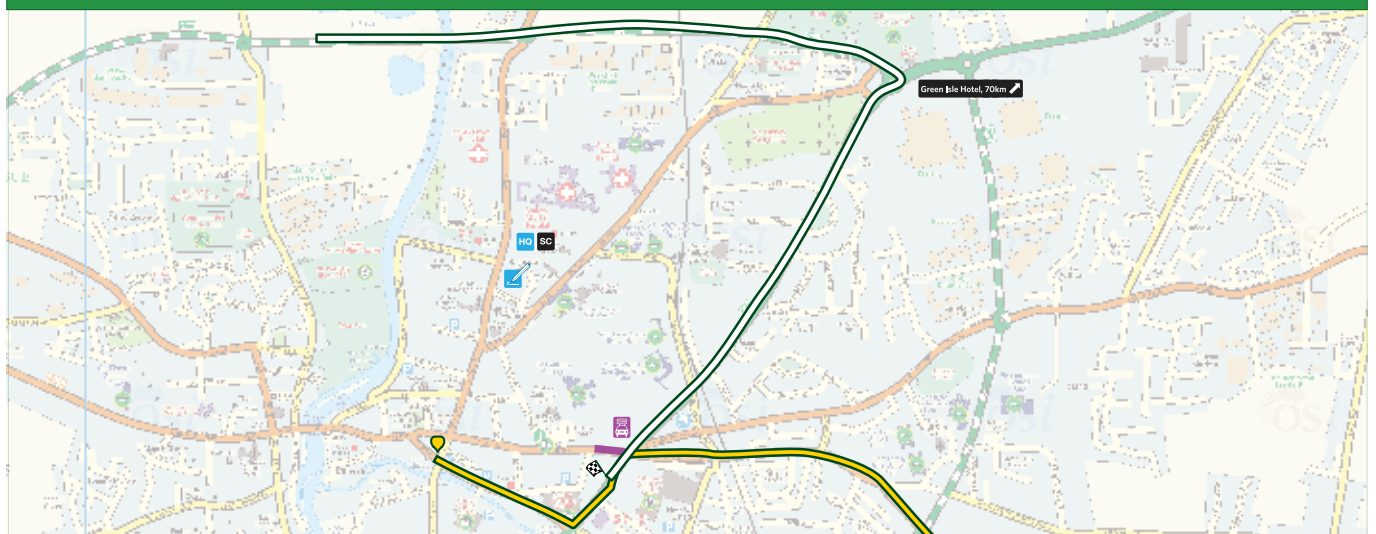
3km Profile



3km Route



Finish and Start



STAGE 7 CARLOW - NAAS 141 KMS

Saturday 25th May 2013 / Dé Sathairn 25ú Bealtaine

	TIME
Riders Sign-On County Council Offices	9.30-10.30
Assemble riders at	10:45
Ceremonial Start Post Office, Dublin Street	11.00
Neutralised 4.9kms	

Team support vehicles depart	10.20
Team cars depart in cavalcade position behind riders	

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
		Ceremonial start outside Post Office on Dublin Street			
0.7	0.4	Neutralised section			
0.9	0.6	Left onto Kennedy Ave followed by roundabout, straight through onto Kennedy Ave			
1.1	0.7	Roundabout 1st exit onto Barrack Street			
1.2	0.8	Right turn at 4 Xrds traffic lights onto Stapletown Road			
		Roundabout, 2nd exit			
1.3	0.8	Followed by roundabout, 2nd exit			
		On N80			
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	Ramp & pedestrian crossing & Traffic island			
2.2	1.4	Tullow Road roundabout, 2nd exit dir Enniscorthy N80, Rosslare, Waterford, Tullow R725			
2.4	1.5	Pedestrian crossing, Traffic island at Lidl			
2.5	1.5	Traffic island			
2.6	1.6	Traffic island			
2.7	1.7	Pedestrian lights & Traffic island			
3.1	1.9	60 speed signs			
3.4	2.1	Roundabout, 1st exit signposted Tullow 12k R725			
		On R725			
4.2	2.6	Series of bends			
4.6	2.9	Keep left at Y junction dir Tullow R725			
4.9	3.0	End of neutralised section at Kernanstown Housing Estate on left hand side			
0.0	0.0	okm start sign at Kernanstown Estate on left hand side on R725	11:00	11:00	11:00
10.0	6.2	Tullow 50 speed signs	11:12	11:15	11:18
10.5	6.5	Mini roundabout, 2nd exit dir Town Centre	11:13	11:15	11:19
10.8	6.7	Ramp, pedestrian crossing	11:13	11:16	11:20
10.9	6.8	Left at T junction over bridge dir Rathvilly (10km), Blessington	11:13	11:16	11:20
11.0	6.8	<i>Caution Pedestrian crossing and ramp</i>	11:13	11:16	11:20
11.2	6.9	Staggered junction	11:13	11:16	11:20

11.3	7.0	Right at Y junction at Top Service Station, onto Station Road, dir Shillelagh R725	11:14	11:16	11:21
14.1	8.8	Right at Y junction, signpost on right hand side dir Gorey / Marshal junction on left hand side	11:17	11:21	11:26
17.9	11.1	4rdsX straight	11:22	11:26	11:33
19.6	12.1	Coolkenna	11:24	11:29	11:36
19.8	12.3	4rdsX, straight through	11:24	11:29	11:37
21.5	13.4	Staggered 4rdsX	11:26	11:32	11:40
26.8	16.6	Shillelagh 50 speed sign	11:33	11:40	11:50
26.8	16.6	Right at Y junction / Marshal junction on left hand side	11:33	11:40	11:50
27.1	16.8	Keep left at Walkers Shillelagh Store, junction on right hand side	11:33	11:40	11:50
27.4	17.0	Junction on left hand side dir Tinahely	11:34	11:41	11:51
27.6	17.1	Left at Y junction, dir Coolattin, Coolboy, L3216	11:34	11:41	11:51
		On L3216			
33.6	20.9	Right at 4rdsXs at house with 'Drimingall' stone in front, dir Coolboy (1km), Carnew (7km)	11:42	11:50	12:03
33.7	20.9	Hump back bridge at narrow bend	11:42	11:50	12:03
		Coolboy			
34.2	21.2	Left at T junction at the Little Moon pub Coolboy on right hand side	11:42	11:51	12:04
34.3	21.3	Hump back bridge	11:42	11:51	12:04
35.1	21.8	Staggered 4rdsX, straight through dir Coolafancy (2km), L3214	11:43	11:52	12:05
		On L3214			
36.1	22.4	Coolafancy 50 speed signs	11:45	11:54	12:07
36.3	22.6	<i>Caution riders 2 ramps at church</i>	11:45	11:54	12:08
39.5	24.5	Start of KOM blue flag at bungalow on right in dip in road, stone porch, separate garage	11:49	11:59	12:14
40.4	25.1	Right at T junction dir Hollyfort, Gorey (14km)	11:50	12:00	12:15
41.8	26.0	Ballythomas Hill KOM Category 2 🏆	11:52	12:02	12:18
		Finish line for KOM top of climb at 4rdsXs just before The Gap pub, signposted dir Aughrim, Tinahely, Gorey			
41.8	26.0	Junction from left	11:52	12:02	12:18
		Continue straight, dir Gorey			
42.5	26.4	Left dir Coolgraney 9km (signpost partially hidden)	11:53	12:03	12:19
		Marshal to stop oncoming traffic from Gorey, one to stop traffic on hill			
		Blue flag, start of KOM			
44.9	27.9	Monalea KOM Category 3 🏆	11:56	12:07	12:24
		Finish line of KOM at house with two postboxes at outside of entrance, timber fence, honeybee, sikowski & siemanski, Clonroe Category 3			
45.8	28.5	Humpback bridge followed by junction from left	11:57	12:08	12:25
46.3	28.8	Start of KOM Blue flag at humpback bridge	11:57	12:09	12:26
47.4	29.4	Annagh Gap KOM Category 3 🏆	11:59	12:11	12:28
		Finish line of KOM at junction on right hand side			
		<i>Caution sign for riders on descent</i>			
49.3	30.6	Left at T junction dir Coolgreaney (2km), Ballyfad Post Office	12:01	12:13	12:32
		<i>Caution sign for riders on descent</i>			
50.0	31.1	50km Complete sign	12:02	12:15	12:33
51.6	32.1	Coolgreaney	12:04	12:17	12:36
51.7	32.1	Left at T junction signposted Arklow (7km)	12:04	12:17	12:36
52.5	32.6	Sharp left-hand bend	12:05	12:18	12:38

53.5	33.2	Left at Y junction	12:06	12:20	12:40
56.4	35.0	Straight through 4rdsX dir Arklow (2km)	12:10	12:24	12:45
57.3	35.6	Arklow 50 speed signs	12:11	12:25	12:47
57.4	35.7	<i>Caution Ramp</i>	12:11	12:26	12:47
57.5	35.7	<i>Caution 2nd ramp followed by small Traffic island</i>	12:11	12:26	12:47
57.6	35.8	<i>Caution Pedestrian crossing with ramp & junction</i>	12:12	12:26	12:48
57.9	36.0	<i>Caution Ramp</i>	12:12	12:26	12:48
58.0	36.0	<i>Caution Pedestrian crossing with ramp</i>	12:12	12:27	12:48
58.1	36.1	<i>Caution Ramp</i>	12:12	12:27	12:48
58.3	36.2	<i>Caution Traffic island & ramp</i>	12:12	12:27	12:49
58.5	36.3	<i>Caution Ramp & pedestrian crossing</i>	12:13	12:27	12:49
58.8	36.5	Roundabout, first exit onto Vale Road dir Aughrim on R747	12:13	12:28	12:50
		On R747			
65.3	40.6	Woodenbridge, junction on left hand side	12:21	12:37	13:02
65.6	40.8	In Woodenbridge, left at Y junction in front of hotel dir Aughrim R747	12:22	12:38	13:03
69.2	43.0	Left at Y junction dir Aughrim	12:26	12:43	13:09
70.6	43.9	Right at junction before bridge, onto L6183	12:28	12:45	13:12
		Start of KOM Blue flag			
		On L6183			
73.1	45.4	Right at T junction dir Ballinaclesh (6km) on R753, Rathdrum (10km) On R753	12:31	12:49	13:17
73.3	45.6	Cronebeg KOM Category 3 🏆3	12:31	12:49	13:17
		Finish line zoom after T junction on R753			
78.6	48.8	Ballinaclesh Right over bridge at Y junction at Phelans Licenced Grocers	12:38	12:57	13:27
79.1	49.1	Left onto L6145, signpost K9 Club Boarding Kennels & Cattery	12:38	12:58	13:28
79.3	49.3	Start of KOM Blue flag	12:39	12:58	13:28
		On L6145			
81.4	50.6	Garrymore KOM Category 2 🏆2	12:41	13:02	13:32
		Finish line of KOM at entrance to house on right hand side 50m before T junction			
		<i>Caution sign for riders on descent</i>			
81.4	50.6	Left at T junction onto Garrymore Road	12:41	13:02	13:32
83.7	52.0	Grennan Right at Y junction, dir Glenmalure, signposted Glenmalure (6km)	12:44	13:05	13:36
89.4	55.5	Hump back bridge	12:51	13:14	13:47
89.5	55.6	Right at 4rdsX	12:51	13:14	13:47
89.5	55.6	Start of KOM Blue flag	12:51	13:14	13:47
89.9	55.9	Narrow bridge	12:52	13:14	13:48
92.5	57.5	Drumgoff KOM Category 1 🏆1	12:55	13:18	13:53
		Finish line for KOM at Shay Elliott monument on right hand side			
96.2	59.8	Caution / bad bend	13:00	13:24	14:00
97.4	60.5	Left at T-junction dir Glendalough (3km), Laragh (1km) R755	13:01	13:26	14:02
98.4	61.1	Laragh			
98.8	61.4	Left at T junction dir Glendalough R756 Wicklow Gap, Blessington	13:03	13:28	14:05
99.0	61.5	Feed zone starts @ Wicklow Heathers on left hand side 🏠	13:03	13:28	14:05
99.7	61.9	End of feed zone at sign for Glendalough, Hollywood	13:04	13:29	14:06
		On R756			

100.4	62.4	Right at Y junction dir Hollywood, Blessington, Wicklow Gap, Braveheart Drive R756	13:05	13:30	14:08
		Start of KOM Blue Flag			
107.4	66.7	Wicklow Gap KOM Category 1 🏆	13:14	13:41	14:21
		Finish line for KOM at Wicklow Gap carpark on left hand side			
116.1	72.1	25km - Bend in road at junction with L8353 opposite an old school building on the left	13:25	13:54	14:37
118.4	73.6	Left at Y junction dir Hollywood, junction on right hand side	13:28	13:57	14:42
119.1	74.0	<i>Caution Narrow bridge & series of bends</i>	13:28	13:58	14:43
119.7	74.4	Right at Y junction dir Blessington Hollywood on R756	13:29	13:59	14:44
119.7	74.4	Start of KOM Blue flag at bridge	13:29	13:59	14:44
121.6	75.6	Right at Y junction dir Hollywood (3km)	13:32	14:02	14:48
122.3	76.0	Slieve Corragh KOM Category 3 🏆	13:32	14:03	14:49
		Finish line for KOM at B&B sign on Right hand side, Hollywood Lodge green & white sign			
123.3	76.6	Marshal for <i>caution to warn riders of dangerous descent</i>	13:34	14:04	14:51
124.2	77.2	Hollywood Junction on right hand side and stop traffic going up hill	13:35	14:06	14:52
124.3	77.2	<i>Caution Series of Ramps</i>	13:35	14:06	14:53
		Followed immediately by four more ramps			
124.4	77.3	Last ramp	13:35	14:06	14:53
124.6	77.4	Left at Y junction	13:35	14:06	14:53
124.9	77.6	Right onto N81 T junction signposted Dublin, Blessington (10km)	13:36	14:07	14:54
		On N81			
126.3	78.5	Left onto R411 dir Ballymore Eustace	13:37	14:09	14:56
		On R411			
126.4	78.5	<i>Caution Six ramps in quick succession</i>	13:38	14:09	14:57
127.7	79.3	Perry Street cross, straight through	13:39	14:11	14:59
128.7	80.0	Ballymore Eustace 50 signs	13:40	14:13	14:01
		Y junction on left hand side			
129.0	80.1	Ramp	13:41	14:13	15:01
129.1	80.2	Ramp	13:41	14:13	15:02
129.2	80.3	Ramp	13:41	14:13	15:02
129.3	80.3	Ramp	13:41	14:13	15:02
129.6	80.5	Straight at junction dir Naas on R411 over bridge	13:42	14:14	15:03
129.7	80.6	Right at Y junction at church	13:42	14:14	15:03
129.8	80.6	Left at junction with Chapel Street & Main Street, dir Naas R411	13:42	14:14	15:03
130.0	80.8	Left at T junction at monument dir Punchestown (4km), Naas (11km), R411	13:42	14:15	15:03
130.1	80.8	Right at Y junction dir Naas 11km, Punchestown 4km	13:42	14:15	15:03
131.2	81.5	10km - Row of cottages on right hand side	13:44	14:16	15:06
136.2	84.6	5km - Entrance into Punchestown Racecourse on right hand side, left hand bend (no signage, just gate)	13:50	14:24	15:15
137.2	85.2	4km - 300m after 4rdsX for Punchestown/Newbridge, Ballymore Eustace/Punchestown/ Newbridge (opp sign for R411)	13:51	14:25	15:17
138.2	85.9	3km - House on left hand side with timber fence and red brick piers called Killnaneer	13:52	14:27	15:19
139.6	86.7	Ballymore Eustace Road Roundabout, 1st exit dir Newbridge R445	13:54	14:29	15:21
		On R445			
139.2	86.5	2km - House on right hand side painted red with yellow & black sign for twisty road	13:54	14:28	15:21

139.6	86.7	Ballymore Eustace Road Roundabout 1st exit	13:54	14:29	15:21
139.9	86.9	Kilcullen Road Roundabout, 3rd exit dir Town Centre	13:54	14:29	15:22
140.2	87.1	1km to go sign, 200m after roundabout	13:55	14:30	15:22
140.4	87.2	Staggered junction, straight through	13:55	14:30	15:23
		500m to go at Green Ballymore Eustace sign, dir right on left hand side of road			
140.8	87.5	Junction for Ballymore Road on right hand side, followed immediately by Traffic island & pedestrian crossing	13:56	14:31	15:24
		400m at right turn junction of Highland View Terrace & Ballymore Road			
		Junction Loch Bui on right hand side at Fairgreen Street, Traffic island			
		300m outside 2nd traffic island at Colm McEvoy Auctioneers			
140.9	87.5	Pedestrian Crossing, traffic lights from Fairgreen Street onto South Main Street at junction with New Road	13:56	14:31	15:24
		Traffic island			
		250m at pedestrian lights at Fairgreen Street & South Main Street			
		200m opposite Hugh Statham jewellers at Skylocks Hair Salon			
		100m centre of Ulster Bank building			
		<i>Divert Team cars to left down Basin Street then right into Abbey Road</i>			
141.1	87.7	Marshal at junction of Basin Street on left hand side, followed immediately by	13:56	14:31	15:24
		Pedestrian crossing			
		50m at Kavanagh's pub, across from the Five Lamps pub			
		25m outside Elvery's Sports			
141.2	87.7	Finish Line at An Post Office	13:56	14:31	15:24

IMPORTANT STAGE LOCATIONS

Race HQ; Green Isle Hotel, Tel. 01 - 4593406

Stage Finish Organiser; Alan Shine, Tel. 087 - 2944333

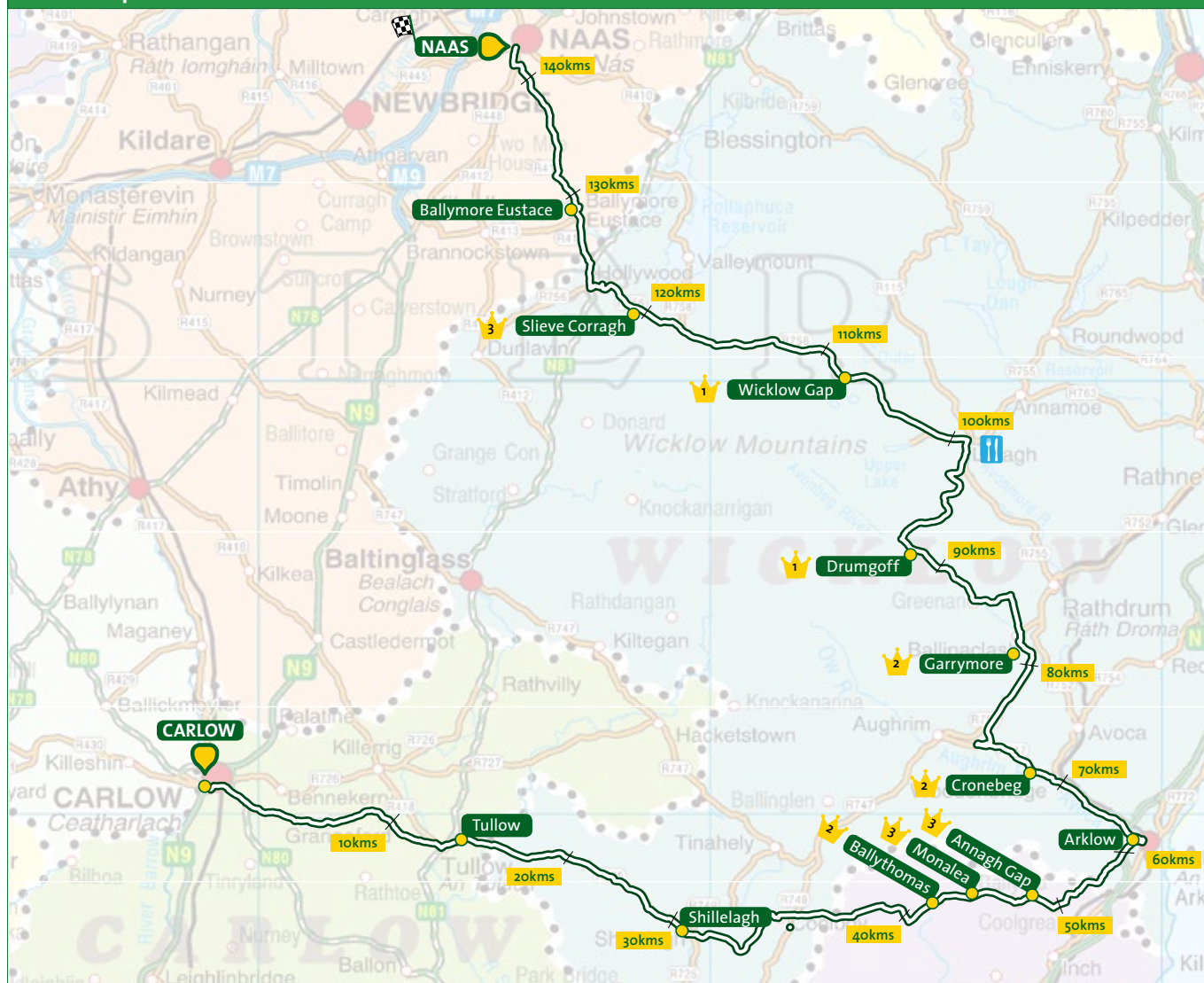
Service Crew Accommodation; Green Isle Hotel, Tel. 01 - 459340

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

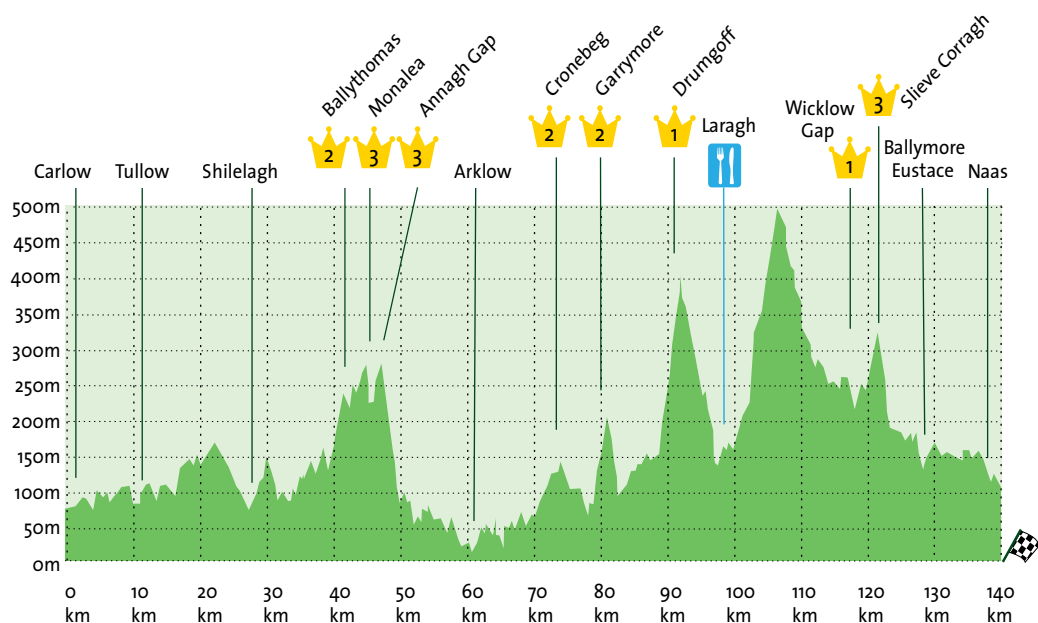
STAGE 7 CARLOW - NAAS 141 KMS

Saturday 25th May 2013 / Dé Sathairn 25ú Bealtaine

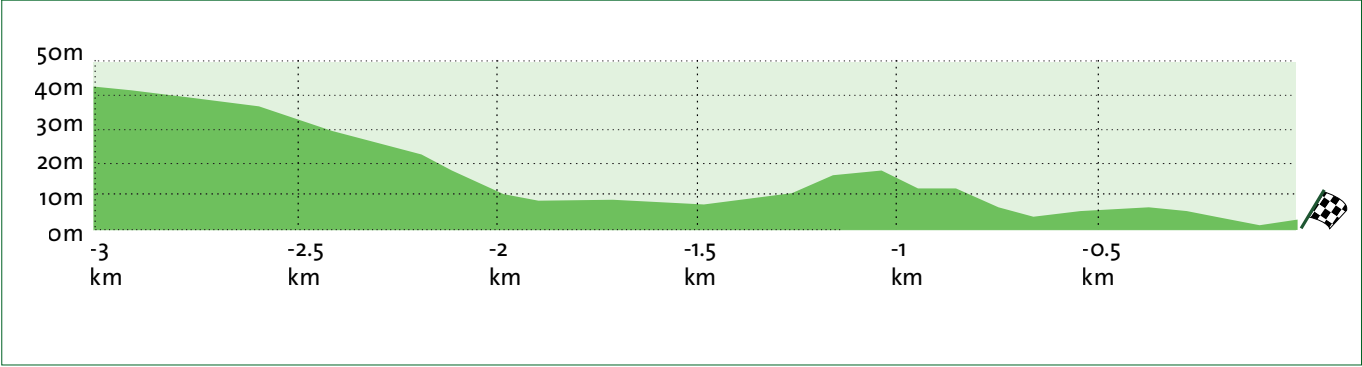
Route Map



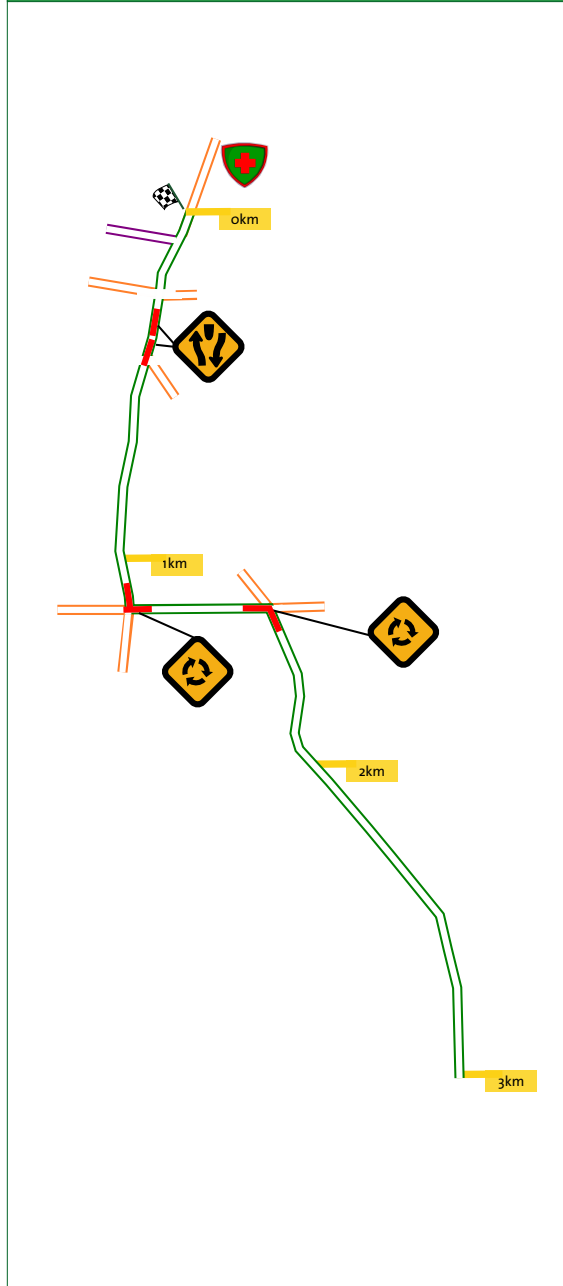
Stage Profile



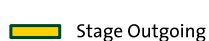
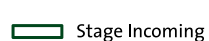
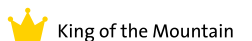
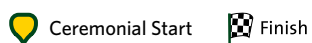
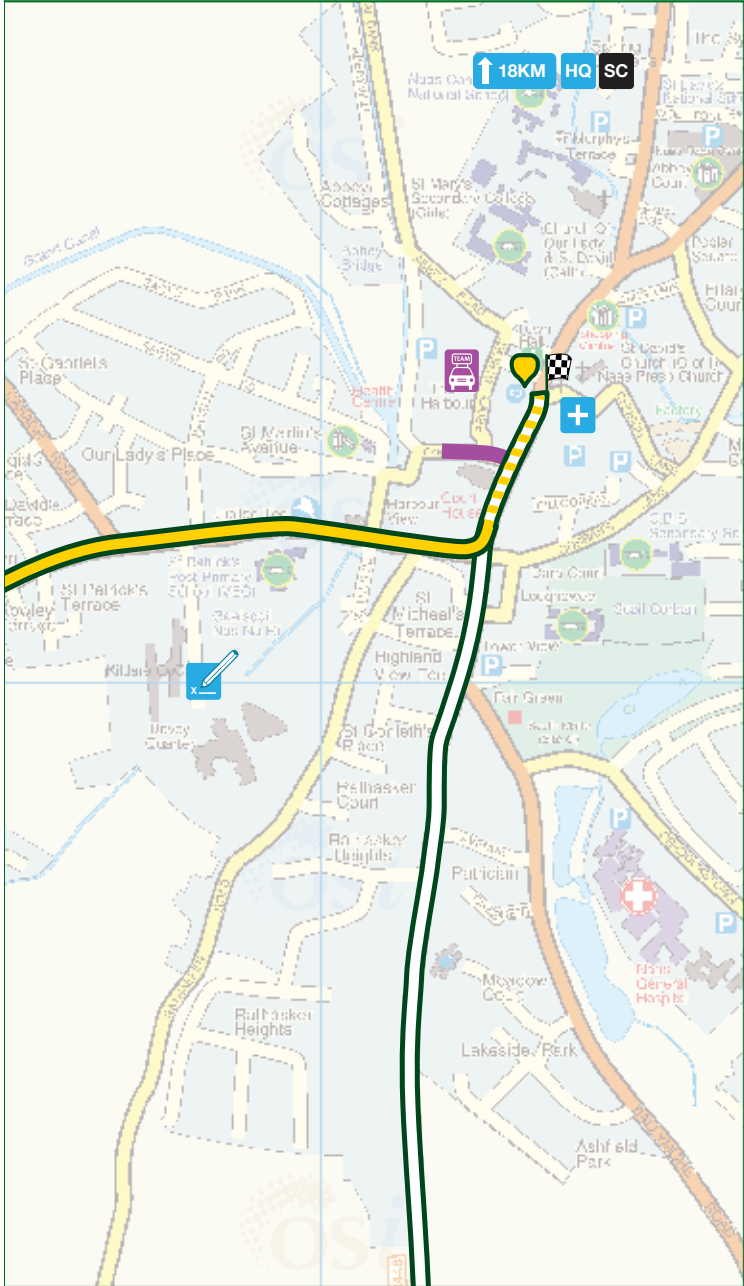
3km Profile



3km Route



Finish and Start



STAGE 8 NAAS - SKERRIES 145 KMS

Sunday 26th May 2013 / Dé Domhnaigh 26ú Bealtaine

		TIME
Riders Sign-On	Town Hall	10.30 - 11.30
Assemble riders	at Town Hall	
Ceremonial Start	Town Hall	12.00
Neutralised	1.5kms	
Team support vehicles depart		11.20
Team cars depart in cavalcade position behind riders		11.45

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
0.0	0.0	Ceremonial start from Town Hall			
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			
		On R445			
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	Bundle of Sticks Roundabout, 2nd exit dir Newbridge R445			
		End of neutralised section			
0.0	0.0	okm start sign at 80kph signs for Newbridge, start at sign on left hand side of road for Newbridge (7km), Limerick (159km), Cork (218km) R445	12:00	12:00	12:00
2.6	1.6	Roundabout, 3rd exit dir Newbridge R445	12:03	12:03	12:04
		On R445			
3.0	1.9	Cross over junction & traffic island on dual carriageway	12:03	12:04	12:05
5.5	3.4	Newbridge 50 speed signs, traffic island	12:06	12:08	12:10
6.5	4.0	Traffic island	12:08	12:09	12:12
6.6	4.1	Roundabout, 2nd exit dir Town Centre R445	12:08	12:09	12:12
7.1	4.4	Pedestrian crossing with ramp	12:08	12:10	12:13
7.3	4.5	4rdsX traffic lights, straight through	12:09	12:10	12:13
7.7	4.8	Right at traffic lights Bank of Ireland dir Milltown, Robertstown outside Post Office onto Charlotte Street R416	12:09	12:11	12:14
7.8	4.8	4rdsX, straight through	12:09	12:11	12:14
		On R416			
8.2	5.1	Ramp	12:10	12:12	12:15
8.6	5.3	Hump back bridge	12:10	12:12	12:16
8.8	5.5	Straight through traffic lights junction	12:11	12:13	12:16

9.2	5.7	Burns Cross traffic lights, straight through, pedestrian lights on either side of junction	12:11	12:13	12:17
12.0	7.5	Milltown	12:15	12:18	12:22
12.8	7.9	Milltown Cross sign followed by ramp	12:16	12:19	12:24
13.1	8.1	Ramp	12:16	12:19	12:24
15.1	9.4	Start of KOM Blue Flag	12:18	12:22	12:28
15.9	9.9	Hill of Allen KOM Category 3 🏆	12:19	12:23	12:29
		Finish line of KOM at disused shed on left hand side, disused house with red corrugated iron roof, ruins			
16.9	10.5	Straight through Allen Cross dir Allenwood Kilmeague, R415	12:21	12:25	12:31
		On R415			
17.0	10.6	Allen 50 signs	12:21	12:25	12:31
17.4	10.8	Caution Ramp	12:21	12:26	12:32
17.5	10.9	Ramp outside church	12:21	12:26	12:32
17.6	10.9	Ramp	12:22	12:26	12:33
17.7	11.00	Ramp	12:22	12:26	12:33
18.6	11.6	Kilmeague 50 speed signs	12:23	12:27	12:34
18.9	11.7	Right dir Prosperous L7081 at Cill Dara Betting Shop	12:23	12:28	12:35
		On L7081			
22.1	13.7	Straight through 4rdsX signpost dir Clane 8km	12:27	12:33	12:41
23.7	14.7	Humpback bridge	12:29	12:35	12:44
24.7	15.3	Straight through staggered 4rdsXs dir Prosperous (2km)	12:30	12:37	12:46
25.4	15.8	Prosperous 50 speed signs	12:31	12:38	12:47
26.1	16.2	Right at T junction onto R403 dir Clane	12:32	12:39	12:48
26.7	16.6	Left at traffic lights 4rdsX at church dir Maynooth R408	12:33	12:40	12:50
		On R408			
27.0	16.8	Ramp outside Post Office on right hand side	12:33	12:40	12:50
27.0	16.8	Right dir Rathcoffey (7km) Maynooth (15km), R408	12:33	12:40	12:50
30.3	18.8	Straight through 4rdsX dir Kilcock R408	12:37	12:45	12:56
32.3	20.1	Left at T junction dir Kilcock R407	12:40	12:48	13:00
		On R407			
33.6	20.9	Painstown Cross 4rdsX, straight through	12:42	12:50	13:03
35.0	21.7	Straight through 4rdsX dir Kilcock R407	12:43	12:52	13:05
41.6	25.8	Roundabout, 2nd exit dir Kilcock R407	12:52	13:02	13:18
42.2	26.2	Roundabout, 1st exit dir Kilcock	12:52	13:03	13:19
42.8	26.6	Left at 3-road junction into Kilcock centre	12:53	13:04	13:20
43.0	26.7	Traffic island at corner at left hand bend	12:53	13:04	13:20
43.8	27.2	Right dir Trim Summerhill R158	12:54	13:05	13:22
		On R158			
44.5	27.6	Roundabout, 1st exit dir Trim, Summerhill R158	12:55	13:06	13:23
49.7	30.9	Garadice	13:02	13:14	13:33
50.0	31.1	50km done sign after Garadice sign	13:02	13:15	13:33
53.3	33.1	Roundabout 2nd exit dir Dunsaney Dunboyne R156	13:06	13:19	13:39
		On R156			
53.8	33.4	Left dir Dunsany (10km), L2210	13:07	13:20	13:40
		On L2210			
54.0	33.5	Sharp left hand bend	13:07	13:21	13:41
56.9	35.4	4rdsX Shanks Mare pub, straight through dir Dunsany (7km)	13:11	13:25	13:46

60.9	37.8	Straight through 4rdsX dir Dunsany (3km) L2207 On L2207	13:16	13:31	13:54
62.7	39.0	Humpback bridge	13:18	13:34	13:57
63.9	39.7	Right turn dir Dunshaughlin (7km), Killeen Castle	13:19	13:35	13:59
67.5	41.9	Roundabout 2nd exit	13:24	13:41	14:06
69.7	43.3	Station House Hotel Roundabout, 2nd exit Dunshaughlin L2208 On L2208	13:27	13:44	14:10
69.9	43.4	Dunshaughlin 50 speed signs	13:27	13:44	14:11
70.7	43.9	Straight through major junction traffic lights dir Ratoath R125 (Across old main Dublin-Navan Road) On R125	13:28	13:46	14:12
70.9	44.1	Right at Y junction dir Ratoath R125 Swords 25km	13:28	13:46	14:12
71.0	44.1	Right at Y junction signpost dir Ratoath R125 Dublin Airport Swords	13:28	13:46	14:13
71.8	44.6	Right at Y junction dir Ratoath (5km)	13:29	13:47	14:14
75.9	47.2	Roundabout 2nd exit dir Ratoath R125	13:34	13:53	14:22
76.2	47.3	Roundabout 2nd exit dir Ratoath R125	13:35	13:54	14:22
76.7	47.7	Left at 4rdsX in centre of village at Homeworld, La-Trenz in Ratoath	13:35	13:55	14:23
77.0	47.8	Traffic lights 4rdsX straight through, dir Curragha 4km, Slane	13:36	13:55	14:24
78.0	48.5	Right at Y junction, signpost Curragha 2km	13:37	13:57	14:26
79.2	49.2	Caution bend	13:39	13:58	14:28
80.4	50.0	Caution bends Curragha 50 speed signs	13:40	14:00	14:30
81.0	50.3	Straight through 4rdsX at Swans Pub, Curragha.	13:41	14:01	14:31
81.7	50.8	Right at Y junction dir Slane 19km	13:42	14:02	14:33
83.2	51.7	Left at traffic lights major 4rdsX onto N2	13:44	14:04	14:36
83.9	52.1	Right turn dir L5007 On L5007	13:44	14:05	14:37
87.3	54.2	Start of KOM blue flag at yellow & black sign for 4rdsX	13:49	14:10	14:43
88.1	54.7	Pluckhimin KOM Category 3 🏆 Finish line for KOM on left hand side at house with concrete wall & timber fence, big grey barn	13:50	14:12	14:45
88.5	55.0	Right at 4rdsX junction in Garristown	13:50	14:12	14:45
88.5	55.0	Left at junction dir Naul, R130 On R130	13:50	14:12	14:45
90.6	56.3	Straight through 4rdsX	13:53	14:15	14:49
93.0	57.8	Left at T junction dir Naul, R122 On R122	13:56	14:19	14:54
93.6	58.2	Left at Y junction R122	13:57	14:20	14:55
97.8	60.8	Right at T junction dir Balbriggan R122	14:02	14:26	15:03
97.8	60.8	Naul	14:02	14:26	15:03
98.0	60.9	Left dir Balbriggan R122 in Naul Village	14:02	14:27	15:03
102.5	63.7	Straight through 4rdsX	14:08	14:33	15:12
103.1	64.1	Roundabout 2nd exit dir Balbriggan R122	14:08	14:34	15:13
103.3	64.2	Roundabout, 1st exit dir Skerries R122	14:09	14:34	15:13
103.4	64.2	Right turn dir Balrothery 2km, Ardgillan Castle & Demense Left at T junction dir Balbriggan R132	14:09	14:35	15:13
105.9	65.8	Pedestrian crossing traffic island Right turn dir Skerries 7km, Balbriggan, Ardgillan	14:12	14:38	15:18
106.0	65.9	Left turn followed immediately by mini-roundabout, 2nd exit	14:12	14:39	15:18

106.2	66.0	Ramp		14:12	14:39	15:19
106.3	66.1	Ramp		14:12	14:39	15:19
106.4	66.1	Mini-roundabout, 1st exit dir Blackhills, Skerries		14:13	14:39	15:19
		Start of KOM Blue flag				
108.0	67.1	Cross of the Cage KOM Category 3	👑	14:15	14:42	15:22
110.5	68.7	Left at T junction		14:18	14:45	15:27
111.5	69.3	Left at T junction dir Skerries R127		14:19	14:47	15:29
115.0	71.5	Skerries 50 speed signs followed by		14:23	14:52	15:35
		Narrow Bridge,				
115.1	71.5	Roundabout, 2nd exit dir Rush R128, L1325		14:23	14:52	15:35
115.8	71.9	Left at 4rds junction onto Golf Links Road, Millers Lane dir Skerries Mills		14:24	14:53	15:37
116.2	72.2	Left at T junction dir Balbriggan R127		14:25	14:54	15:37
116.5	72.4	Ramp		14:25	14:54	15:38
116.6	72.4	First passage across finish line		14:25	14:54	15:38
116.9	72.6	Pedestrian crossing, ramp followed immediately by roundabout, 1st exit dir Balbriggan R128		14:26	14:55	15:39
		Traffic island				
117.1	72.8	Straight through 4rdsX, pedestrian crossing (major junction)		14:26	14:55	15:39
117.2	72.8	Right at traffic lights dir Balbriggan onto Balbriggan Street		14:26	14:55	15:39
117.5	73.0	Ramp		14:26	14:56	15:40
118.1	73.4	Traffic island, keep riders to left		14:27	14:57	15:41
118.3	73.5	Ramp		14:27	14:57	15:41
120.0	74.6	Left under rail bridge unsigned		14:30	15:00	15:45
120.2	74.7	Start of KOM Blue flag		14:30	15:00	15:45
121.4	75.4	Black Hill KOM Category 3	👑	14:31	15:02	15:47
		Finish line of KOM at Ardgillan Castle, 4rdsX				
122.0	75.8	Left at T junction dir Lusk		14:32	15:03	15:48
124.5	77.4	Left at T junction unsigned		14:35	15:06	15:53
125.5	78.0	Left at T Junction dir Skerries 5k R127		14:36	15:08	15:55
129.0	80.2	Narrow bridge followed by		14:41	15:13	16:01
		Roundabout, 2nd exit				
129.7	80.6	Left at 4rdsX onto Millers Lane		14:42	15:14	16:03
130.2	80.9	Left at T junction dir Balbriggan onto finishing straight Thomas Hand Street		14:42	15:15	16:04
130.5	81.1	Ramp		14:43	15:15	16:04
130.6	81.1	Second passage across finish line		14:43	15:15	16:04
130.9	81.3	Pedestrian crossing, ramp followed immediately by roundabout, 1st exit dir Balbriggan R128		14:43	15:16	16:05
		Traffic island				
131.1	81.5	Straight through 4rdsX, pedestrian crossing (major junction)		14:43	15:16	16:05
131.2	81.5	Right at traffic lights dir Balbriggan onto Balbriggan Street		14:44	15:16	16:06
131.5	81.7	Ramp		14:44	15:17	16:06
132.1	82.1	Traffic island, keep riders to left		14:45	15:18	16:07
132.3	82.2	Ramp		14:45	15:18	16:08
134.0	83.3	Left at under rail bridge unsigned dir Blackhills		14:47	15:21	16:11
134.2	83.4	Start of KOM Blue flag		14:47	15:21	16:11
135.4	84.1	Black Hill KOM Category 3	👑	14:49	15:23	16:13
		Finish line of KOM at Ardgillan Castle, 4rdsX				
136.0	84.5	Left at T junction dir Lusk		14:50	15:24	16:15
136.5	84.8	Left at T junction unsigned		14:50	15:24	16:15

139.5	86.7	Left at T Junction dir Skerries 5 k R127	14:54	15:29	16:21
143.0	88.9	Narrow bridge followed by Roundabout, 2nd exit	14:58	15:34	16:28
143.7	89.3	Left at 4rdsX onto Millers Lane	14:59	15:35	16:29
144.2	89.6	Left at T junction dir Balbriggan onto finishing straight Thomas Hand Street	15:00	15:36	16:30
144.5	89.8	Ramp	15:00	15:36	16:30
144.6	89.9	Finish line	15:00	15:36	16:31

IMPORTANT STAGE LOCATIONS

Race HQ; Dunboyne Castle Hotel, Tel. 01 - 8013500

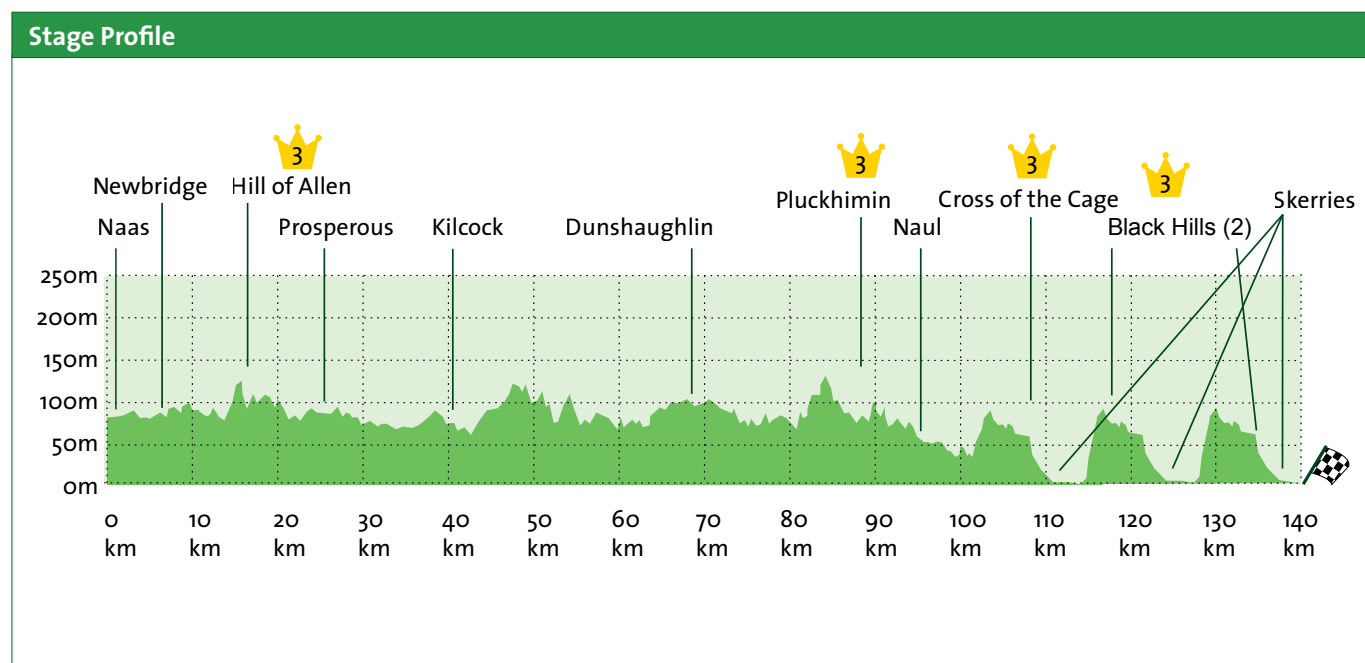
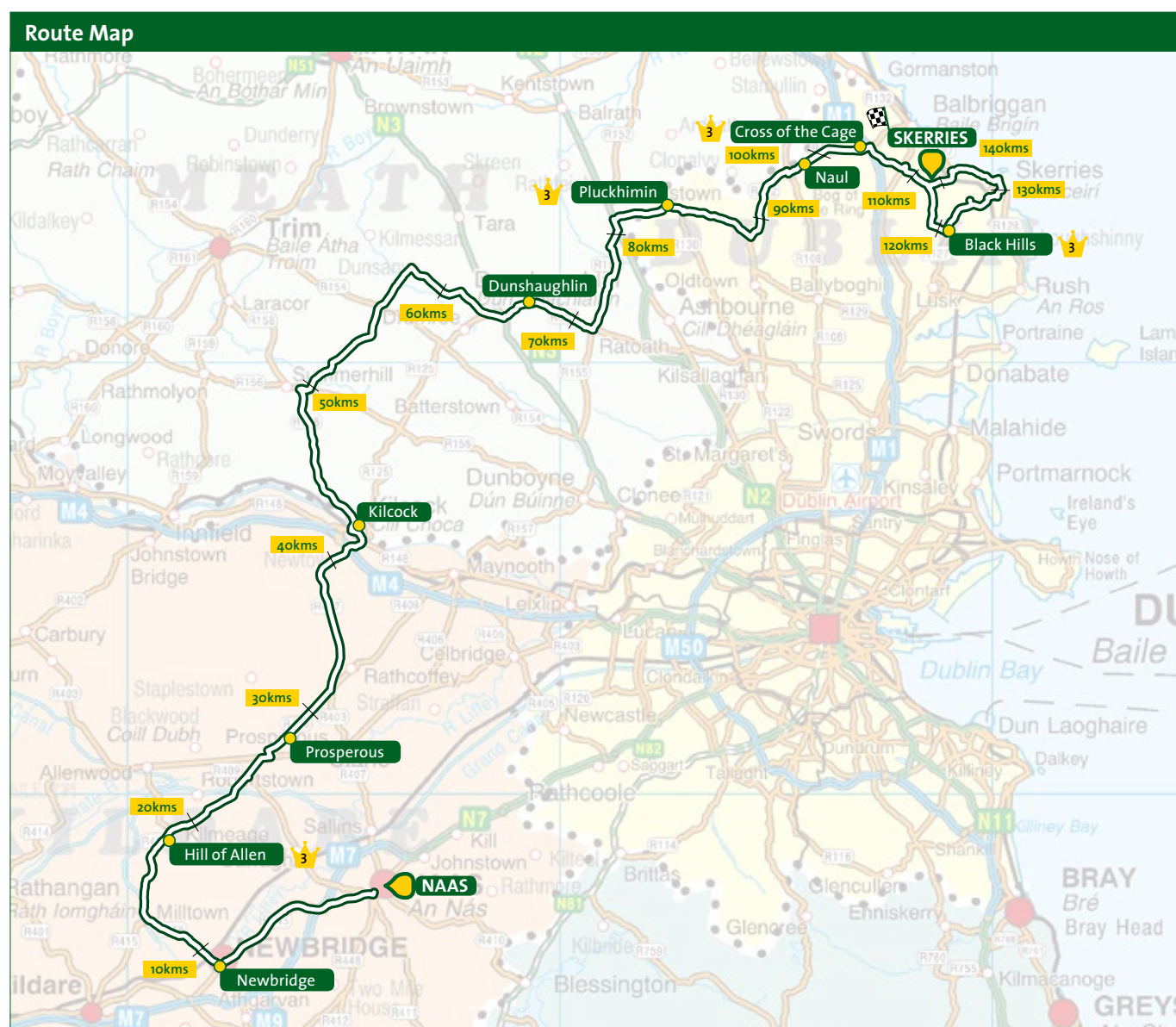
Stage Finish Organiser; Paul Deans, Tel. 086 - 2249046

Service Crew Accommodation; Dunboyne Castle Hotel, Tel. 01 - 8013500

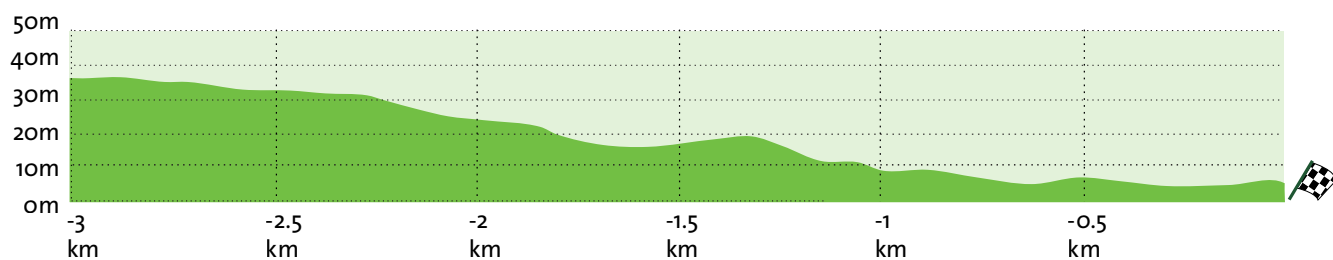
Anti-Doping Control located in camper van adjacent to finish line

STAGE 8 NAAS - SKERRIES 145 KMS

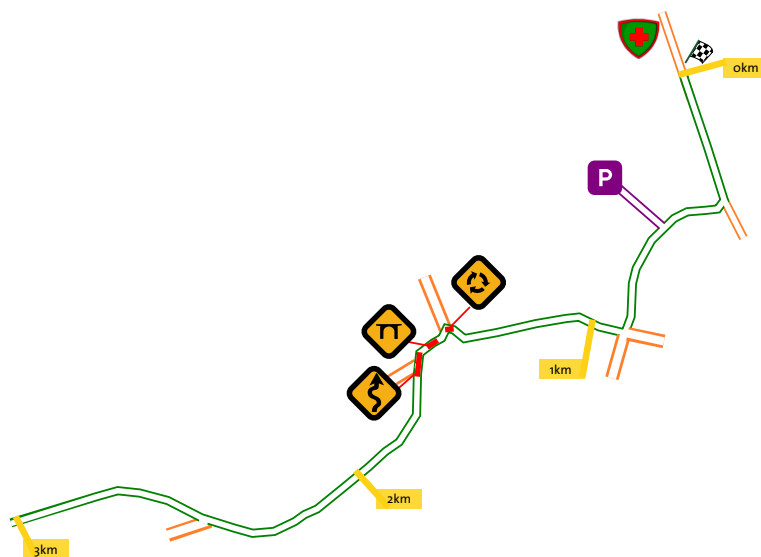
Sunday 26th May 2013 / Dé Domhnaigh 26ú Bealtaine



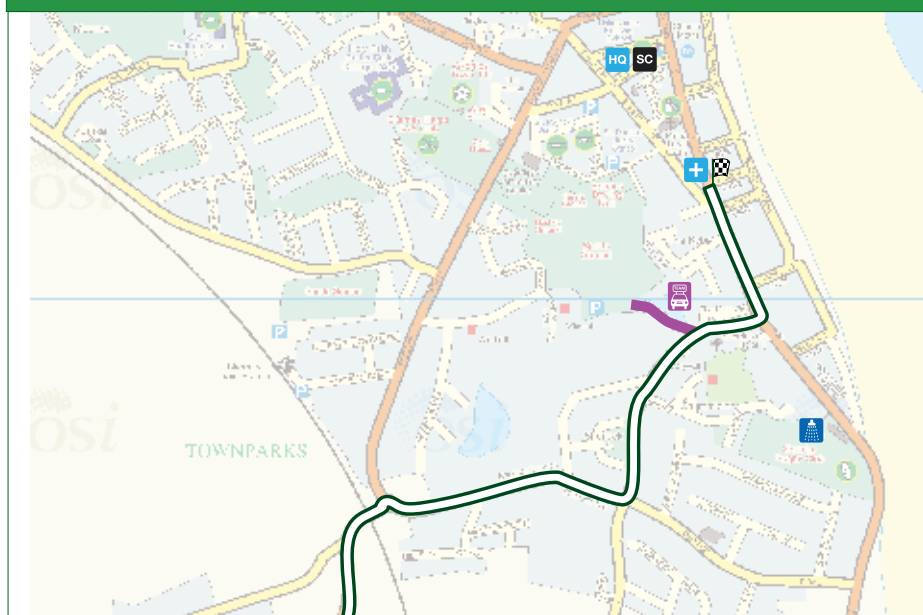
3km Profile



3km Route



Finish and Start



- Temporary Head Quarters
- Anti-doping Centre
- Team Car Park
- Team Car Diversion Route
- Showers
- Finish
- Prime
- King of the Mountain
- Temporary Service Crew
- Stage Incoming

RACE RULES AND REGULATIONS

ARTICLE 1 ORGANISATION

AN POST RÁS is organized by Cumann RÁS TAILTEANN, 125 St Jarlaths Road, Cabra, Dublin 7, under the regulations of the International Cycling Union. It is to be held from 19th to 26th May 2013.

ARTICLE 2 TYPE OF EVENT

The event is open to riders of the Men Elite and 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, 16, 12, 10, 8, 6, 3**
- Stages & Half Stage - **8, 5, 2**
- Wearing the Race Leaders Jersey per Stage - **4** for the UCI Continental Men Elite and U23 Ranking.

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, International Regional/Club Teams and Irish County (Regional) Teams. As per Article 2.2.003 of the UCI regulations teams must be formed of a minimum 4 riders and maximum of 5 riders.

ARTICLE 4 RACE HEADQUARTERS

At the start the Race Headquarters shall be open on Saturday 18th May 2013 from 18:00hrs to 22:30hrs and located at the following address: Dunboyne Castle Hotel, Dunboyne, County Meath.

Team representatives are requested to confirm their starters and collect their race numbers at the Race Headquarters from 18:30hrs to 21:00hrs on Saturday 18th May.

The team managers' meeting, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaries' Panel, is scheduled for 21:30hrs on Saturday 18th May at the Dunboyne Castle Hotel, Dunboyne, County Meath.

Riders are requested to Sign-On for Stage 1 at the Sign-On Platform in the centre of Dunboyne between 10:30hrs and 11:30hrs on Sunday 19th May.

ARTICLE 5

Not applicable

ARTICLE 6 RADIO TOUR

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

ARTICLE 7 NEUTRAL TECHNICAL SUPPORT

The technical support service is handled by vehicles appointed by the Organisation.

The neutral support is taken care of by means of: 4 clearly identifiable Neutral Race Service Vehicles, 3 cars and 1 motorcycle.

ARTICLE 8

Not applicable

ARTICLE 9

Not applicable

ARTICLE 10 BONUSES

Bonuses, under Articles 2.6.019 to 2.6.029, will be awarded as follows;

Stage 1 Sunday 19th May

The intermediate bonuses will be awarded at Hot Spot Primes at Athboy (41.3kms), Slieve an Callaigh Category 3 KOM (61.5kms).

Bonuses will be awarded for the Hot Spot Primes 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 11 FINISHING TIME LIMITS

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

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

ARTICLE 12 CLASSIFICATIONS

The following classifications will be awarded:

Individual General Classification

Points General Classification.

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

RACE RULES AND REGULATIONS continued

King of the Mountains General Classification

KOM Points will be awarded for mountain primes on the following scale;

- Category 1 climb, 1st to 7th placing respectively; 15, 12, 10, 8, 6, 5 and 3 points.
- Category 2 climb, 1st to 6th placing respectively; 10, 8, 6, 4, 3 and 1 points.
- Category 3 climb, 1st to 4th placing respectively; 5, 4, 3 & 2 points.

Under 23 General Classification

Restricted to riders born in 1991 and later.

Team Stage and Team General Classification (International & County (Regional))

The Race Classifications will be calculated in accordance with Part 2 UCI Regulations - Road.

Specifically, the following articles apply:

Individual General Classification

Article 2.6.014 and 2.6.015

Points Classification

Article 2.6.017.

King of the Mountains Classification

Article 2.6.017.

U23 General Classification

Article 2.6.014 and 2.6.015

Team Stage and Team General Classification (International & County (Regional)) Article 2.6.016

The priority of Classification Jerseys is as follows;

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

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

Should a rider qualify for more than one jersey he will be presented with the Leaders Jersey of the higher Classification as per priority above, his leadership in the classifications will be announced. Subsequent Classification Jerseys will then be awarded to the next best-placed rider in the classification subject to him not being entitled to any other Classification Jersey.

In respect of the final stage, Classification Jerseys will be awarded to the actual Classification winners.

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

A Stage County(Regional) Jersey will be awarded to the best-placed rider on an Irish County (Regional) Team not entitled to a Classification Jersey at the finish of each stage with the exception of the final stage when this jersey will be awarded to the best-placed Irish County (Regional) Team irrespective if they also win another Classification Jersey listed above.

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

ARTICLE 13 PRIZES

The full list of prize money is included in the Race Technical Guide. A grand total of €42,705 will be awarded in prize money at the event. AN POST RÁS will remit all monies won by teams and riders after receipt of the Anti-Doping tests results. In accordance with UCI Directive 2% of riders prize winnings will be deducted as contribution to CFAD.

ARTICLE 14 ANTIDOPING

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

The Antidoping test will be facilitated in a camper van located next to the presentation platform on the finish line of each stage. Rider numbers for antidoping tests will be displayed on this camper van. Location indicated on the Stage Finish Maps and Route & Time Schedule in the Race Technical Guide.

ARTICLE 15 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 winners of the Stage Jersey and the County(Regional) Stage Jersey
- The leaders of the following classifications – Individual General Classification, Points Classification, King of the Mountains Classification, U23 General Classification.

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
- County (Regional) Team General Classification Winners

ARTICLE 16 PENALTIES

The UCI penalty scale is the only one applicable.

ADDITIONAL RACE REGULATIONS

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

General

1. Entry for the AN POST RÁS is cognisant of art. 2.1.007bis of UCI Regulations. The completion and return of a UCI Enrolment Form does not automatically guarantee inclusion in the race.
2. The George Plant Trophy, awarded to Race Winner, the Ben McKenna Trophy, awarded to Under 23 Classification Winner, the Brendan Carroll Trophy, awarded to KOM Winner and the Kieran McMahon Trophy awarded to the Points Winner being Perpetual Trophies are for presentation purposes only. The recipients are not entitled to retain the trophies.
3. County teams will be selected, and approved by respective Provincial Federation.
4. It is the responsibility of team officials and competitors to be familiar with all Race Regulations.
5. The Directors will under no circumstances hold themselves responsible in any way for cycling, motorcycling, motoring or other civil offences. Responsibility rests with competitors, team and race officials to comply with the Road Traffic Acts. Blatant transgressions of the Road Traffic Acts amounting to dangerous riding/driving by riders and/or race personnel will not be tolerated by the race organisation. Such transgressions may incur penalties including expulsion from the race.
6. All race personnel (riders, race officials, team officials) must be holders of a current valid license issued by a UCI affiliated national federation. The license must be submitted to the Commissaire President if requested at any time during the event.

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

Accommodation

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

Transport

1. All vehicles supplied by the Director shall be used only for the purpose of the event as authorized by the 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 own vehicles do so entirely at 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 Director.

RACE RULES AND REGULATIONS continued

Infringements

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

Race Schedule

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

Team Sponsorship

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

Panel of Commissaires

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

Presentations

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

Racing Regulations

1. Riders are responsible for their own safety and must at all times observe the Provisions of the Road Traffic Acts. Roads are not closed to traffic.
2. Entering for this race implies acceptance of all Race Regulations.

3. The last kilometre on all stages will be indicated by a 1km pennant positioned on each side of the road. These roadside pennants replace the overhead 1km kite.
4. Boards indicating zero kms (the real start), 50kms after the Start and the final 25, 20, 10, 5, 4, 3 and 2 kms will also be displayed. The following distances from the Finish Line will also be indicated, 500m, 300m, 200m, 150m, 100m and 50m.
5. Riders must sign on at the Race Office on each stage within the time specified.
6. Riders, other than classification and previous stage jersey recipients, must wear their team jerseys as approved prior to starting AN POST RÁS.
7. No inscription, logo, etc., other than those authorised by the Race Director, will be allowed on riders' race clothing.
8. Clothing which may cover or obscure the inscription on stage and classification jerseys shall not be worn on the presentation platform unless the Race Director grants permission.
9. A maximum of one vehicle may follow each team in the Race Cavalcade. Only officially approved vehicles will be allowed in the Race Cavalcade, these vehicles must not be equipped with extended "prong type" boot racks. Any cavalcade vehicle not adhering to this rule may be removed from the cavalcade for the following stage. Should any outside vehicle or motorcycle interfere with the running of the race in any way and be identified as having a connection with a rider or team in the race, that rider or team may be penalized.
10. In addition to the driver, the approved vehicle referred to in Rule 9 must contain at least one other competent person.
11. The Commissaire President may limit the number of vehicles servicing individual riders or incomplete teams if this is deemed necessary. Riders affected may make alternative arrangements to keep them on an equal footing with other teams. The Commissaire President must approve these arrangements.
12. Team vehicles in the Race Cavalcade will follow in the order of individual classification on the basis of one vehicle per team.
13. Numbers will be provided for team vehicle showing their place in the following cavalcade on each stage. These numbers shall be positioned on the front and rear windows of the vehicle nearest the road centre.

The numbers will be replaced for each stage and only the current numbers may be displayed. A draw for team vehicle placing on Stage 1 will be conducted by the Commissaire President at the Team Managers meeting in Dunboyne Castle Hotel on Saturday 18th May at 21:30hrs.

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

King Of The Mountains

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

Final Stage

1. Riders will be timed on the finish line at the completion of the stage.
2. All competitors, including lapped riders, shall finish on the same lap as the winner, due to restrictions imposed by the local authorities.
3. Riders who are lapped will receive for their GC time their finish time plus a time equivalent to the number of laps lost multiplied by a nominal lap time.
4. Riders behind the leading groups may be delayed from entering the Skerries circuit; such delay will be recorded by time keepers and deducted from the riders' stage time.

Race Service

1. Three neutral service cars and one neutral service motorcycle will be provided by the race organisation. The first neutral service car will normally be placed with the leading group; the second with a following group, and the third will remain behind the main bunch. The neutral service motorcycle will be allocated at the discretion of the Commissaire President. 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.
2. Team vehicles are obliged to service riders from other teams when requested to do so by a commissaire or when neutral service is not available. It is expected that this open service will be carried out in a fair and sporting manner. Where no neutral service is available the first vehicle in line must service any rider requiring service. Team vehicles of the first three riders on General Classification are exempt from this rule and the next vehicle in line must provide service.
3. 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.
4. Only officially approved team vehicles will be allowed to act as team service.
5. Race cavalcade team vehicles may not exceed 1.6 meters in height.

RACE RULES AND REGULATIONS continued

6. Team service vehicles are obliged to supplement race service on specific stages (or part thereof) where requested by the Commissaire President. These will be listed on the General Classification Sheet prior to the stage.

Control Flags

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

APPENDIX 1 DECLARATION OF AWARENESS

APPENDIX 1.

Declaration of Awareness

"I am aware and accept:

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

Signed: _____

Race Number: _____

Dated: 19th May 2013

PAST WINNERS

Year	Winner	Year	Winner
1953	Colm Christle (Gate C.C.)	1983	Philip Cassidy (Ireland)
1954	Joe O'Brien (National C.C.)	1984	Stephen Delaney (Dublin)
1955	Gene Mangan (Kerry)	1985	Nicola Kosiakov (USSR)
1956	Paudie Fitzgerald (Kerry)	1986	Stephen Spratt (Tipperary)
1957	Frank Ward (Dublin)	1987	Paul McCormack (Longford)
1958	Mick Murphy (Kerry)	1988	Paul McCormack (Ireland)
1959	Ben McKenna (Meath)	1989	Dainis Ozoles (USSR)
1960	Paddy Flanagan (Kildare)	1990	Ian Chivers (Ireland)
1961	Tom Finn (Dublin)	1991	Kevin Kimmage (Meath)
1962	Sé O Hanlon (Dublin)	1992	Stephen Spratt (Dublin)
1963	Zbigniew Glowaty (Poland)	1993	Eamonn Byrne (Ireland)
1964	Paddy Flanagan (Kildare)	1994	Declan Loneragan (Ireland)
1965	Sé O Hanlon (Dublin)	1995	Paul McQuaid (Ireland)
1966	Sé O Hanlon (Dublin)	1996	Tommy Evans (Derry)
1967	Sé O Hanlon (Dublin)	1997	Andrew Roche (Kerry)
1968	Milan Hrezdira (Czech.)	1998	Ciarán Power (Ireland)
1969	Brian Connaughton (Meath)	1999	Philip Cassidy (Ireland)
1970	Alexander Gysiantnikov (USSR)	2000	Julian Winn (Wales)
1971	Colm Nulty (Meath)	2001	Paul Manning (Britain)
1972	John Mangan (Setanta C.C.)	2002	Ciarán Power (Ireland)
1973	Mike O'Donaghue (Carlow)	2003	Chris Newton (Britain)
1974	Peter Doyle (I.C.F.)	2004	David McCann (Ireland)
1975	Paddy Flanagan (Kildare)	2005	Chris Newton (Britain)
1976	Fons Steuten (Netherlands)	2006	Christian House (Britain)
1977	Yuri Lavrushkin (USSR)	2007	Tony Martin (Germany)
1978	Seamus Kennedy (Kerry)	2008	Stephen Gallagher (Ireland)
1979	Stephen Roche (Ireland)	2009	Simon Richardson (Britain)
1980	Billy Kerr (Ireland)	2010	Alex Wetterhall (Sweden)
1981	Jamie McGahan (Scotland)	2011	Gediminas Bagdonas (Lithuania)
1982	Dermot Gilleran (Ireland)	2012	Nicholas Baldo (Switzerland)

PRIZE LIST

	Year	Classifications							
Pl.	Stage X 8	Overall	Massi Ireland GC County Rider Award	Points	KOM	U23 GC	Cat. 2* GC	Int. Team	County Team
1	€1,000	€2,000	€300	€400	€350	€350	€350	€500	€450
2	€500	€1,500	€200	€300	€250	€250	€280	€300	€300
3	€300	€1,200	€120	€200	€150	€150	€150	€200	€200
4	€150	€1,000	€100			€100	€100		
5	€120	€900	€80			€70	€90		
6	€100	€800	€60			€50	€70		
7	€90	€700							
8	€80	€600							
9	€70	€500		One4all KOM Primes, Category 1 €100 X 4					
10	€60	€400		Category 2 €50 X 10					
11	€40	€300		Category 3 €35 X 18					
12	€40	€250		Post Office Hot Spot Primes €60 X 2					
13	€40	€220		Post Office Primes €50 X 5					
14	€40	€200		Cuchulainn Crystal Daily County Rider Award* €50 X 8					
15	€40	€180							
16	€30	€160							
17	€30	€140		GC & Stage prizes subject to 2% UCI Levy					
18	€30	€130							
19	€30	€120							
20	€30	€100		*Confined to Cycling Ireland Riders					
Total Prize Fund €42,705									

BELGIUM

An Post Chain Reaction Sean Kelly UCI Continental Team

1 - Sam Bennett
 2 - Ronan McLaughlin
 3 - Sean Downey
 4 - Mark McNally
 5 - Shane Archbold
 Manager: Kurt Bogaerts

IRELAND

Polygon Sweet Nice UCI Continental Team

6 - Ryan Sherlock
 7 - Stephen Halpin
 8 - Daniel Clifford
 9 - Charles John Prendergast
 10 - Mark Dowling
 Manager: Stewart Carr

BELGIUM

National Team

11 - Jasper De Buyst
 12 - Otto Vergaerde
 13 - Jonas Rickaert
 14 - Aimé De Gendt
 15 - Moreno De Pauw
 Manager: Peter Pieters

TEAM CANADA

National Team

16 - Stuart Wight
 17 - Garrett McLeod
 18 - Remi Pelletier-Roy
 19 - Kristofer Dahl
 20 - Alex Cataford
 Manager: Vincent Jourdain

GREAT BRITAIN

National Team

21 - George Atkins
 22 - Samuel Harrison
 23 - Simon Yates
 24 - Alistair Slater
 25 - Owain Doull
 Manager: Keith Lambert

SCOTLAND

National Team

26 - Evan Oliphant
 27 - Michael Nicolson
 28 - Ben Greenwood
 29 - Alex Coutts
 30 - Liam Cowie
 Manager: Graeme Herd

AUSTRALIA Team

Subaru-Albion

31 - Keagan Atkinson
 32 - David Early
 33 - Chris McLoran
 34 - Cam Harrison
 35 - Anthony Murray
 Manager: Frank Conceicao

AUSTRIA ARBÖ

Gebrüder Weiss- Obernodorfer UCI Continental Team

36 - Benjamin Edmüller
 37 - Jakub Kratochvila
 38 - Andreas Müller
 39 - Adam Homolka
 40 - Alexander Schrangl
 Manager: Oskar Hauser

AZERBAIJAN

Synergy Baku Cycling Project UCI Continental Team

41 - Dan Craven
 42 - David McCann
 43 - Connor McConvey
 44 - Kirill Pozdnyakov
 45 - Christoph Schweizer
 Manager: Jeremy Hunt

CZECH REPUBLIC

AC Sparta Praha UCI Continental Team

46 - Martin Hunal
 47 - Tomas Okrouhlicky
 48 - Rostislav Krotky
 49 - Tomas Medek
 50 - Jiri Nesveda
 Manager: Zdenek Rubas

DENMARK**Blue Water Cycling UCI Continental Team**

51 - Jacob Nielsen
52 - Daniel Holm Foder
53 - Morten Oellegaard
54 - Rasmus Guldhammer
55 - Jacob Kjeldsen
Manager: René Jacobsen

GERMANY Bike Aid**Schwalbe Cycling Tea**

56 - Timo Schäfer
57 - Richard Stockhausen
58 - Patrick Lechner
59 - Karsten Keunecke
60 - Philipp Becker
Manager: Jesse Klaus

HOLLAND**Koga Cycling Team UCI Continental Team**

61 - Roy Eefting
62 - Nick Stopler
63 - Wouter Haan
64 - Umberto Atzori
65 - Bouke Kuiper
Manager: Wil Vink

USA**Astellas Oncology Cycling Team**

66 - Jacob Rytlewski
67 - Matt Green
68 - Anthony Walsh
69 - Coulton Hartrich
70 - Max Korus
Manager: Andrew Frey

BRITAIN**Rapha Condor JLT UCI Continental Team**

71 - Aaron Buggle
72 - Richard Handley
73 - Michael Cuming
74 - Edward Laverack
75 - Luke Grivell Mellor
Manager: John Herety

BRITAIN Team**IG - Sigma Sport UCI Continental Team**

76 - Peter Hawkins
77 - James Moss
78 - Pete Williams
79 - Wouter Sybrandy
80 - Matt Cronshaw
Manager: Simon Howes

BRITAIN**NODE4 Giordana Racing UCI Continental Team**

81 - Nathan Edmondson
82 - Michael Northey
83 - Christian Varley
84 - Steven Lampier
85 - Richard Hepworth
Manager: William Nickson

BRITAIN**UK Youth Pro Cycling UCI Continental Team**

86 - Marcin Bialoblocki
87 - Josh Huni
88 - Rob Partridge
89 - Richard Tanguy
90 - James Lowsley
Manager: David Povall

CORK**Aquablue**

91 - Sean Lacey
92 - Damien Shaw
93 - Olan Barrett
94 - Tim Barry
95 - Keith Gater
Manager: Brendan McLoughlin

DERRY**Duffin Transport**

96 - Bryan McKinney
97 - Devon McIlwaine
98 - Niall O'Hagan
99 - Mark Buchanan
100 - Rory Devlin
Manager: Eddie McKinney

TEAMS 2013 continued

DOWN

Chain Reaction Cycles Boucher

101 - Matty Blayney
 102 - Conor Hanna
 103 - Stuart Henry
 104 - Mark Irvine
 105 - Dave Watson
Manager: Dave Watson Snr

DUBLIN

West Eurocycles

106 - Conor Murphy
 107 - Thomas Martin
 108 - Fraser Duncan
 109 - Will McCabe
 110 - Adam Armstrong
Manager: Urban Monks Snr

DUBLIN

Central UCD

111 - Noel McGlynn
 112 - Ian Richardson
 113 - Barrick Parker
 114 - Con Collis
 115 - Eoin Morton
Manager: Jason O'Callaghan

DUBLIN SOUTH

116 - Art MacManusa
 117 - Aaron O'Donoghue
 118 - James Davenport
 119 - Brendan Moloney
 120 - Geoff Sheehan
Manager: Kenny Bucke

DUBLIN

North GARDA Richies Bikestore/Ethos Engineering

121 - Stephen Enright
 122 - Neil O'Leary
 123 - Enda Connolly
 124 - Damien O'Farrell
 125 - David Duke
Manager: Liam Hogan

DUBLIN

Dundrum Town Centre Orwell

126 - Aidan Collins
 127 - Diarmuid Collins
 128 - Odhran Connors
 129 - Eric Downey
 130 - Daniel Whiting
Manager: Thomas Graham

GALWAY BAY

131 - Darach Behan
 132 - Eoghan Clifford
 133 - Liam Frawley
 134 - Derek Joyce
 135 - Mike Ryder
Manager: Padraic Quinn

LOUTH

Prague Charter Team

136 - Roger Aiken
 137 - Ultan Coyle
 138 - Ray O'Shaughnessy
 139 - Colm Quinn
 140 - Gary Crory
Manager: Doiminic O Brannagain

MAYO**Castlebar Fedaia Bikes and Clothing**

141 - David Brenna
142 - Ciaran Clarke
143 - Patrick Clarke
144 - Chris Coyle
145 - Gareth McCormac
Manager: John Brennan

MAYO**Centra**

146 - Padraig Marrey
147 - John James Flaherty
148 - Micheal Gilvarry
149 - Donal Harrington
150 - Mark Quigley
Manager: John O'Halloran

MEATH**Dunboyne DID**

151 - Javan Nulty
152 - Eugene Moriarty
153 - Andrew Meehan
154 - Stephen O'Sullivan
155 - Tim O'Regan
Manager: Lloyd Scott

MEATH**Stamullen Martin Donnelly**

156 - Colin Robinson
157 - Chris Reilly
158 - Frank O'Connor
159 - Cian Delaney
160 - Alan Burke
Manager: James Gough

TIPPERARY**Carrick Iverk Produce**

161 - John Dempsey
162 - Michael Lucey
163 - Martin Mizgajsk
164 - Conor Dunne
165 - Philip Lavery
Manager: Paul Lonergan

TIPPERARY**Visit Nenagh.ie Team DMG**

166 - Michael Butler
167 - Mehall Fitzgerald
168 - Denis Dunworth
169 - Simon Ryan
170 - Eoin McCarthy
Manager: Rene Van Dam

WATERFORD**Comeragh**

171 - Thomas Lavery
172 - Ger Conlon
173 - Finbarr Power
174 - Mark Sherman
175 - Cathal Moynihan
Manager: Tosh Lavery

WEXFORD**Team Voicegrid**

176 - Brian Cullen
177 - Gerry Byrne
178 - Greg Dempsey
179 - Dave Whitty
180 - Nick Coughlan
Manager: Derek Webb



The Irish Sports Council Supporting Irish Cycling

The Irish Sports Council plans, leads and co-ordinates the sustainable development of competitive and recreational sport in Ireland.

In 2013, the Irish public, through the Irish Sports Council, will invest significant funding in Irish Cycling through core grant, high performance, women in sport and direct athlete investment.

**THE
IRISH SPORTS
COUNCIL**



AN CHOMHAIRLE SPÓIRT

The Irish Sports Council - Supporting Irish Cycling



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