



post

Rás

## 2013 RACE TECHNICAL GUIDE

8 Day International Cycle Race | 19 – 26 May

**AN POST RÁS** THANKS

**Ordnance Survey Ireland (OSI),  
Ireland's National Mapping Agency**  
Sponsor of An Post Rás 2013  
Route Maps

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Stage	Date	From	To	Distance
1	Sunday 19 May	Dunboyne	Longford	135kms
2	Monday 20 May	Longford	Nenagh	160kms
3	Tuesday 21 May	Nenagh	Listowel	141kms
4	Wednesday 22 May	Listowel	Glengarriff	153kms
5	Thursday 23 May	Glengarriff	Mitchelstown	150kms
6	Friday 24 May	Mitchelstown	Carlow	155kms
7	Saturday 25 May	Carlow	Naas	141kms
8	Sunday 26 May	Naas	Skerries	145kms

## RACE OFFICIALS

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<b>Race Director</b>	Tony Campbell
<b>Asst. Race Director/Accommodation</b>	Eddie Dawson
<b>Commissaire President</b>	Al Sutton, Scotland
<b>Commissaire 2</b>	Paul Watson
<b>Commissaire 3</b>	Gary McIlroy
<b>Radio Tour Motorcycle/Commissaire</b>	Phil O'Brien
<b>Cavalcade Motorcycle Commissaire</b>	Mark Kavanagh
<b>Cavalcade Motorcycle</b>	Paul Davis
<b>Timekeepers</b>	Alice Sherratt, Tom Keenan
<b>Chief Judge</b>	Mick Twomey, Michael Campbell
<b>Team Liaison Director</b>	Bróna O'Sullivan
<b>Race Publications Officer</b>	Eimear Dignam
<b>Accommodation Assistant</b>	Cathy Mansfield
<b>IT Consultant</b>	Seamus Shortall
<b>Route Director</b>	Stephen O'Sullivan
<b>Race Doctor</b>	Dr. Conor McGrane
<b>Safety Officer</b>	Tom Conway
<b>Chief Marshal</b>	Martin Reilly
<b>Stage Finish Coordinator</b>	Seamus Domegan
<b>Lead Car 1</b>	Ted Crowley
<b>Radio Technical Manager/Lead Car 2</b>	Paddy Fitzsimons
<b>Lead Car 3</b>	Carl Fullerton
<b>Lead Car 4</b>	Seán O'Hanlon
<b>Lead Car 5</b>	Pat Moss
<b>Radio Tour</b>	Susan O'Mara
<b>Paramedic Doping Officer</b>	Owen Connolly
<b>Doping Control Officer</b>	Eddie Keogh
<b>Public Address Announcer</b>	Cian Lynch
<b>Neutral Service</b>	Paul Nolan, Russell Treacy, Gabriel Howard, Sean Coakley, Neil Taggart, Gerry Beggs
<b>Neutral Service Motorcycle</b>	Mark McQuaid, Darragh Staunton
<b>Motorcycle Judge</b>	Ciarán McKenna, Eamonn Walsh
<b>Blackboard Time Keeper</b>	Pat Dowd, Therese Dowd
<b>Chief Motorcycle Marshal</b>	Richie McNamara
<b>Motorcycle Marshals</b>	John Galvin, Gerry Barry, Adrian Corcoran, Damien McMahon, John O'Donnell, Kevin Carolin, Shane Bonner, Ciaran Meade, Paul Purcell, Robbie Cowan, Mick Flynn, Noel Candon, Mervyn Hensen, Gerry Keogh, Dave Kenny, Stephen Whelan, Paul Burke.

## RACE OFFICIALS continued

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<b>RTE /Press/Photo/Motorcyclists</b>	Pat O'Shaughnessy, Tadgh Moriarty, Laurence Roche, Rory Wyley
<b>Photo Finish Equipment</b>	Frank Gibson
<b>Route Markers</b>	Noel Clarke, Gerard Campbell, Vincent Clarke, Liam Harte
<b>Stage Crew</b>	Noel Kelly, Alan Byrne, Keith Mitchell, Andy O'Brien, Denis Craven, Ken Clarke, Larry McGrane
<b>Schools Publicity</b>	Vincent Cronin, Aleda Fitzpatrick
<b>Ambulance Service</b>	Irish Red Cross Society
<b>Post Office/ KOM Crew</b>	Aidan Higgins, Mervyn Irvine, Michael Kennedy
<b>Logistics</b>	Declan Halligan, Sean McNicoll, Rob Haslam, Brendan Quigley, John Moore, Tom Moore, Alasdair McLennan, Martin Gilbert, Colm Rigley, Martin Og MacDonnacha, Sean McIlroy, Peter Flanagan, William Vickers, Rory Wyley, Declan Brannigan
<b>Broom Wagon</b>	Michael Lawless

## TEAM REGISTRATION & SIGN-ON

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### Saturday 18th May

Team Registration will take place on Saturday 18th May from 18:00 to 21:00hrs in Dunboyne Castle Hotel, Dunboyne, Co. Meath, Tel. 01 801 3500.

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 are required to attend briefing meeting in Dunboyne Castle Hotel at 21:30hrs. The meeting will be opened by the Race Organiser and addressed by the Commissaire President. Race Technical Staff will also be in attendance. Draw for team car positions on Stage 1 will take place at this meeting.

All team & race drivers are required to attend a briefing meeting in the Dunboyne Castle Hotel on Saturday 18th May at 8pm. The purpose of the meeting is to explain 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.

### Declaration of Awareness

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

### The Medical Data Request Form

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

### SUNDAY 19TH MAY

Team vehicles are required to vacate Hotel car-park at 10am and take up position in the designated area for team parking in the centre of Dunboyne.

### Sign-On

Riders will Sign-On at the Sign-On Podium in the centre of Dunboyne village, from 10:30 to 11:30hrs.

### Race Rules - Infringements

The attention of riders and all race personnel is drawn to Race Rules - Infringements 1.

1. Riders and officials should be careful regarding toilet requirements and use Portaloos provided or other appropriate locations. Failure to comply with this instruction will incur sanctions depending on the seriousness of the offence.

### Team Support Vehicles

Team support vehicles to depart car park at 11:45.

### Assembly

Assembly at Dunboyne church car park at 12:10hrs.

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 12:30.

Following the Ceremonial Start the race is neutralised for 5.1kms including a lap passing through Dunboyne.

### Bonus Times

#### Stage 1 Hot Spot Time Bonus Primes

- 41. 3kms Athboy.
- 61.5kms Slieve an Callaigh KOM.

#### Other Bonus Times

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

## RACE INFORMATION

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

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

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

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

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

### Neutral Service

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

### Medical Services

Race Medical Services consists of a Race Doctor, 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.

### Stage 8 – Skerries

Shower/Dressing facilities available at Skerries Rugby Club.



## HOSPITALS

Name	Phone	Coordinates 1	Coordinates 1
<b>STAGE 1 - DUNBOYNE - LONGFORD</b>			
Blanchardstown (James Connelly)	01 8213844	N 53 23.178	W 06 22.080
Tallaght General Hospital	01 4142000	N 53 17.277	W 06 22.382
Navan General (Our Lady's)	046 21210	N 53 39.020	W 06 41.465
Cavan General Hospital	049 4361399	N 54 00.072	W 07 22.206
<b>STAGE 2 - LONGFORD - NENAGH</b>			
Cavan General Hospital	049 4361399	N 54 00.072	W 07 22.206
Roscommon General Hospital	090 6626200	N 53 37.298	W 08 10.296
Portiuncula Hospital Ballinsloe	090 96 48200	N53 19.346	W 08 14.035
Nenagh General Hospital	067 31491	N 52 51.273	W 08 11.253
<b>STAGE 3 - NENAGH - LISTOWEL</b>			
Nenagh General Hospital ( St. Joseph's)	067 31491	N 52 51.273	W 08 11.253
Mid-Western Regional Hospital, Limerick	061 482219	N 52 38.076	W 08 39.151
<b>STAGE 4 - LISTOWEL - GLENGARRIFF</b>			
Mid-Western Regional Hospital, Limerick	061 482219	N 52 38.076	W 08 39.151
Bantry General Hospital	027 50133	N 51 41.083	W 09 27.310
Kerry General Hosital	066 7184000	N 52 15.561	N 09 41.148
<b>STAGE 5 - GLENGARRIFF - MITCHELSTOWN</b>			
Bantry General Hospital	027 50133	N 51 41.083	W 09 27.310
Cork University Hospital	021 4546400	N 51 52.582	W 08 30.451
Mallow General Hospital	022 21251	N 52 09.051	W 08 39.470
<b>STAGE 6 - MITCHELSTOWN - CARLOW</b>			
Cork University Hospital	021 4546400	N 51 52.582	W 08 30.451
South Tipperary General Hospital, Clonmel	052 77000	N 52 21.191	W 07 42.476
St. Luke's General Hospital, Kilkenny	056 7785000	N 52 39.579	W 07 15.469
<b>STAGE 7 - CARLOW - NAAS</b>			
St. Luke's General Hospital, Kilkenny	056 7785000	N 52 39.579	W 07 15.469
Naas General Hospital	045 849500	N 53 12.410	W 06 39.388
<b>STAGE 8 - NAAS - SKERRIES</b>			
Naas General Hospital	045 849500	N 53 12.410	W 06 39.388
Lourdes Hospital, Drogheda	041 9837601	N53 43.220	W 06 21.191
Blanchardstown (James Connelly)	01 8213844	N 53 23.178	W 06 22.080





## STAGE 1 DUNBOYNE - LONGFORD 135 KMS

Sunday 19th May 2013 / Dé Domhnaigh 19ú Bealtaine

	TIME
<b>Riders Sign-On</b> at the podium in centre of town	<b>10.30-11.30</b>
<b>Assembly</b> in team formation in Dunboyne Centre	<b>12.10</b>
<b>Ceremonial Start</b> Dunboyne	
<b>Neutralised</b> 5.1kms	

<b>Team support vehicles depart</b>	<b>11.45</b>
<b>Team cars</b> to take up cavalcade position on leaving carpark to accompany riders	

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
0.0	0.0	<b>Ceremonial Start, Dunboyne Square at Mulvaney's Fingal House on Summerhill Road</b>			
0.9	0.6	Roundabout, 1st exit onto R157 dir Maynooth			
2.2	1.4	Roundabout, 1st exit, dir Dunboyne			
3.5	2.2	Turn left at 4rdsX in Dunboyne Village, back onto Summerhill Road			
4.4	2.7	Roundabout, 2nd exit dir Summerhill R156			
5.1	3.2	End of neutral zone/section outside Dunboyne AFC			
<b>0.0</b>	<b>0.0</b>	<b>Race Start @ Dunboyne AFC Depart on R156, dir Summerhill</b>	<b>12:30</b>	<b>12:30</b>	<b>12:30</b>
4.8	3.0	Junction on left for Kilcloon, start of S-bends	12:36	12:37	12:39
5.0	3.1	Junction on right hand side	12:36	12:37	12:39
5.3	3.3	Series of S-Bends	12:36	12:37	12:39
9.3	5.8	Right at Y junction - caution acute bend	12:41	12:43	12:47
10.8	6.7	4rdsX / straight through R156	12:43	12:46	12:50
17.2	10.7	Roundabout, 2nd exit dir Summerhill R158 On R158	12:51	12:55	13:02
		<b>Summerhill</b>			
17.9	11.1	Right at Y junction, dir Trim/Rathmolyon R158	12:52	12:56	13:03
25.2	15.7	Straight through staggered 4rdsX <b>Trim</b>	13:01	13:07	13:17
27.8	17.3	Roundabout, 2nd exit dir Town Centre / Kinnegad R161 On R161	13:04	13:11	13:22
28.4	17.6	4rdsX/traffic lights, straight through onto Emmet Street	13:05	13:12	13:23
28.8	17.9	Right at Y junction at bridge on Mill Street	13:06	13:13	13:24
29.0	18.0	Left at Trim Furniturecraft St Loman's Street (narrow street)	13:06	13:13	13:24
29.4	18.3	Left at T junction at Supervalu dir Athboy Immediately right at Y junction, the Malt House/Pat Leonards	13:06	13:14	13:25
29.6	18.4	Left at T junction, dir Athboy R154 On R154	13:07	13:14	13:25
30.7	19.1	Athboy 80 speed signs, road narrows	13:08	13:16	13:27
40.0	24.8	<b>Athboy 50 speed signs</b>	13:20	13:30	13:45
41.0	25.5	Left at T junction at Exco petrol station, dir Oldcastle R154, Delvin N51	13:21	13:31	13:46

		<b>Post Office Prime Hot Spot Ahead</b>			
41.3	25.7	<b>Post Office on right hand side (An Post Prime Hot Spot)</b> 	13:21	13:31	13:47
41.5	25.8	Turn right at Cheveux Belle Hair Salon onto Connaught Street dir Oldcastle R154	13:21	13:32	13:47
43.9	27.3	Right at Y junction, continue on main road to right	13:24	13:35	13:52
46.7	29.0	Left at Y junction, continue on main road dir Crossakeel & Oldtown R154	13:28	13:40	13:57
47.0	29.2	Right at Y junction, main road to right (no direction signs)/unsigned	13:28	13:40	13:58
48.3	30.0	Crossing major 4rdsX junction, straight through dir Oldcastle R154	13:30	13:42	14:00
51.0	31.7	<b>Kilskyre 50 speed signs</b>	13:33	13:46	14:05
53.3	33.1	Right at Y junction / series of S bends	13:36	13:49	14:09
54.7	34.0	<b>Crossakeel 50 speed signs</b>	13:38	13:52	14:12
55.0	34.2	Major 4rdsX at old Cosy Corner pub, straight through dir Oldcastle R154	13:38	13:52	14:13
58.4	36.3	Left at T junction, dir Oldcastle R154	13:43	13:57	14:19
60.5	37.6	Right dir Oldcastle/Boyne Valley Drive R154	13:45	14:00	14:23
		Blue flag for start of KOM			
61.5	38.2	<b>Sliabh an Cailleach KOM Cat 3 Hot Spot Sprint Finish line</b>  	13:46	14:02	14:25
		KOM line at layby on right hand side			
66.7	41.4	<b>Oldcastle 50 speed signs</b>	13:53	14:10	14:35
67.5	41.9	Right turn in Square, signposted Virginia/Ballyjamesduff	13:54	14:11	14:36
68.5	42.6	Keep right at junction	13:55	14:12	14:38
69.2	43.0	Straight through 4rdsX dir Virginia	13:56	14:13	14:39
71.4	44.4	Signpost Welcome to Cavan	13:59	14:17	14:43
73.4	45.6	Start of series of bad bends "Caution"	14:01	14:20	14:47
76.2	47.3	Start of series of bad bends "Caution"	14:05	14:24	14:52
77.3	48.0	Left at T junction, dir Ballyjamesduff R194	14:06	14:25	14:54
		On R194			
84.0	52.2	<b>Ballyjamesduff 50 speed signs</b>	14:15	14:36	15:07
84.1	52.3	Ramp (split)	14:15	14:36	15:07
84.2	52.3	Ramp (full width)	14:15	14:36	15:07
84.3	52.4	Ramp (full width)	14:15	14:36	15:08
84.4	52.4	Ramp (full width)	14:15	14:36	15:08
84.5	52.5	Ramp (split)	14:15	14:36	15:08
84.9	52.7	Right at T junction, dir All Routes/Dublin N3	14:16	14:37	15:09
85.0	52.8	Left at 4rdsX, signpost dir Longford & Granard, R194	14:16	14:37	15:09
		On R194 (Continue)			
85.1	52.9	Straight through at 4rdsX / Traffic island centre of road x 2	14:16	14:37	15:09
86.2	53.6	Right at Y junction, main road dir Granard, Killinaleck	14:17	14:39	15:11
87.2	54.2	Narrow bridge	14:19	14:40	15:13
91.4	56.8	Right at T junction, dir Ballinagh/Killinaleck/Granard/Longford	14:24	14:47	15:21
91.7	57.0	Left turn dir Castlepollard/Granard at Y junction	14:24	14:47	15:21
99.8	62.0	Right at Y Junction	14:34	14:59	15:37
101.6	63.1	Right at T junction, dir Granard R194	14:37	15:02	15:40
101.9	63.3	Left at Y junction, dir Granard/Longford R194	14:37	15:02	15:41
106.6	66.2	<b>Start of feed zone at bungalow (cream colour) on left</b> 	14:43	15:09	15:49
107.4	66.7	<b>End of feed zone at 60 speed signs</b>	14:44	15:11	15:51
107.8	67.0	<b>Granard Town sign</b>	14:44	15:11	15:52
108.5	67.4	Turn left dir Athlone/Edgeworthstown/ Ballinalee at Top Garage	14:45	15:12	15:53

109.5	68.0	Right from Main Street to Market Street at Granville Arms, signpost dir Ballinalee 11km/Longford 22km R194	14:46	15:14	15:55
		Continue on R194			
110.4	68.6	25Km to go - Matt Reilly's Cakes on right hand side / cream & red building	14:48	15:15	15:57
120.5	74.9	<b>Ballinalee</b> 50 speed signs	15:00	15:30	16:15
121.3	75.4	Straight at 4rdsX	15:01	15:31	16:17
125.4	77.9	10Km to go - House on right hand side with large sheds and 6-foot wall	15:06	15:38	16:25
127.7	79.3	Right at T junction dir Aghnaclyff at Old Forge Pub/Kiernan's Petrol Station	15:09	15:41	16:29
		Immediate left, dir Newtownforbes (6km) at Brooklands Health Centre L1011			
130.1	80.8	Straight at 4rdsX	15:12	15:45	16:33
130.4	81.0	5Km to go - Narrow bridge	15:13	15:45	16:34
131.0	81.4	Left at T junction dir Longford R198	15:13	15:46	16:35
		On R198			
131.1	81.5	<b>Longford</b> 60 speed signs	15:13	15:46	16:35
131.4	81.6	4km to go - right hand side and entrance to stone faced house / row of houses	15:14	15:47	16:36
132.4	82.3	3km to go	15:15	15:48	16:38
132.6	82.4	50 speed signs Longford	15:15	15:48	16:38
133.4	82.9	2km to go at old derelict house on right hand side / sign on right in opposite direction, Drumlish	15:16	15:50	16:40
133.7	83.1	Red Cow Roundabout, Texaco Fuel station on RHS, 2nd exit dir Longford R198	15:17	15:50	16:40
134.0	83.3	Roundabout, 2nd exit, straight through	15:17	15:51	16:41
134.2	83.4	Mini roundabout/Traffic island, straight through	15:17	15:51	16:41
134.4	83.5	1Km to go at Carton Hill House on left hand side	15:18	15:51	16:42
134.9	83.8	Pedestrian crossing / pavement juts out / bollards	15:18	15:52	16:42
		500m, Garda Station			
135.0	83.9	Right-hand bend	15:18	15:52	16:43
		300m, Brendan T Muldowney Solicitors			
		Divert team cars right to old Longford army barracks			
135.1	83.9	Left-hand bend onto Main Street/Ballymahon Street	15:18	15:52	16:43
		200m, entrance to Omniplex			
135.2	84.0	Bridge	15:19	15:52	16:43
		150m, Computer Clinic on right hand side			
135.3	84.1	Traffic lights	15:19	15:52	16:43
		100m, Black Forest Home Bakery			
		75m, Lane at Permanent TSB			
		50m, Providers Ltd, corner Richmond Street			
		25m, start of layby on right hand side			
<b>135.4</b>	<b>84.1</b>	<b>Finish line at start of Annaly Hotel facing Courthouse</b>	15:19	15:53	16:43

#### IMPORTANT STAGE LOCATIONS

Race HQ; Longford Arms Hotel, Tel. 043 3346296

Stage Finish Organiser; Lisa Brady, Tel. 087 - 7786834

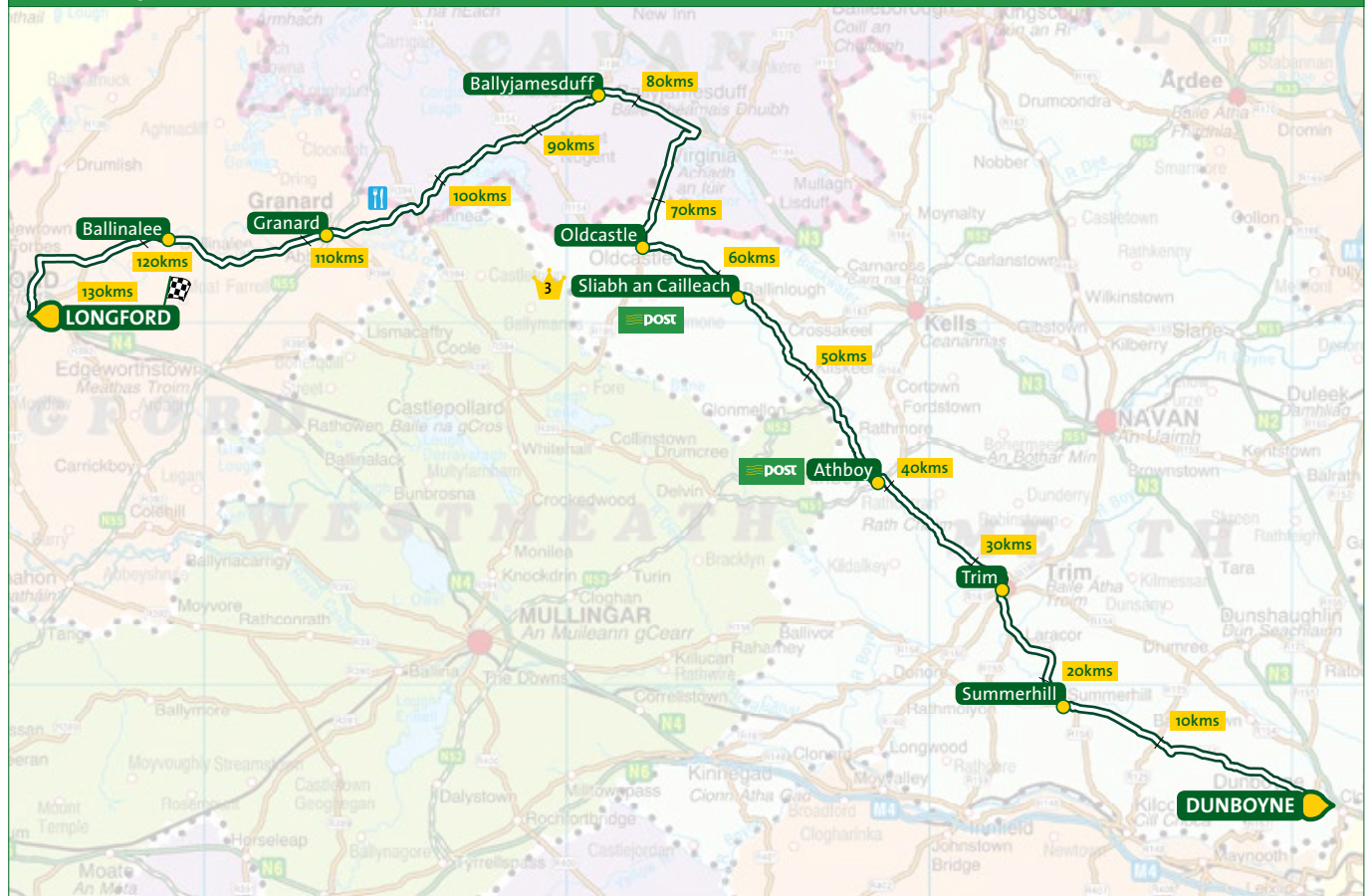
Service Crew Accommodation; Longford Arms Hotel, Tel. 043 3346296

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

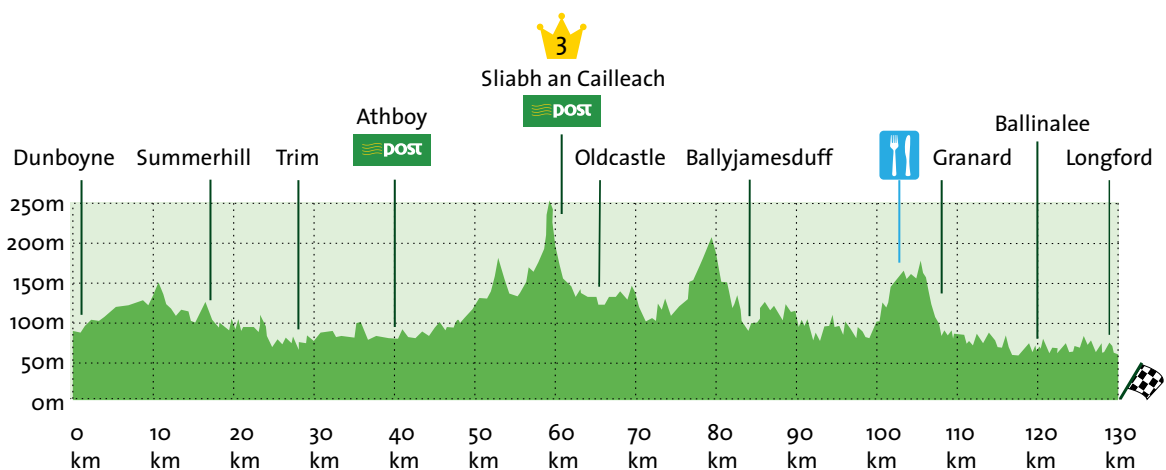
## STAGE 1 DUNBOYNE - LONGFORD 135 KMS

Sunday 19th May 2013 / Dé Domhnaigh 19ú Bealtaine

### Route Map

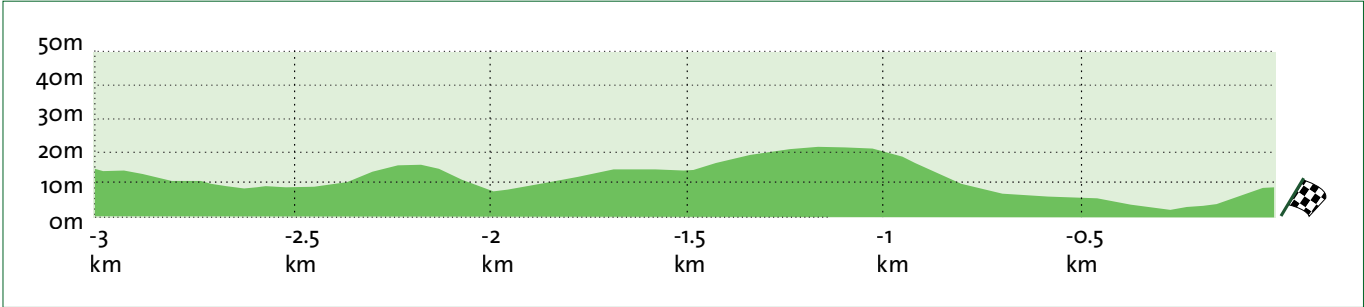


### Stage Profile

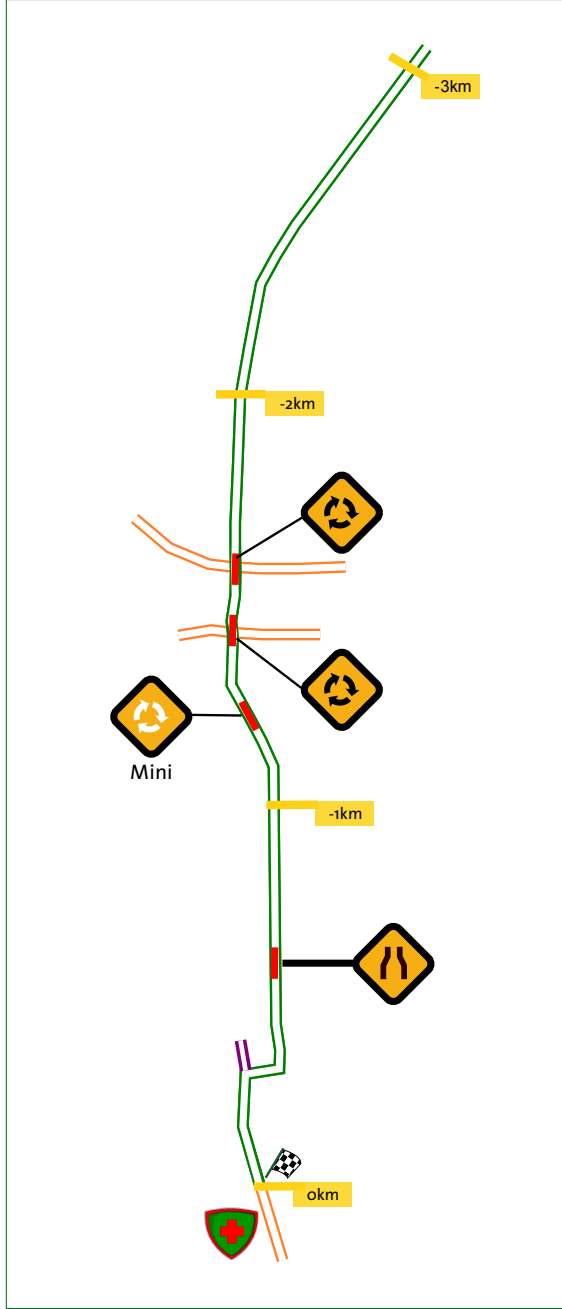




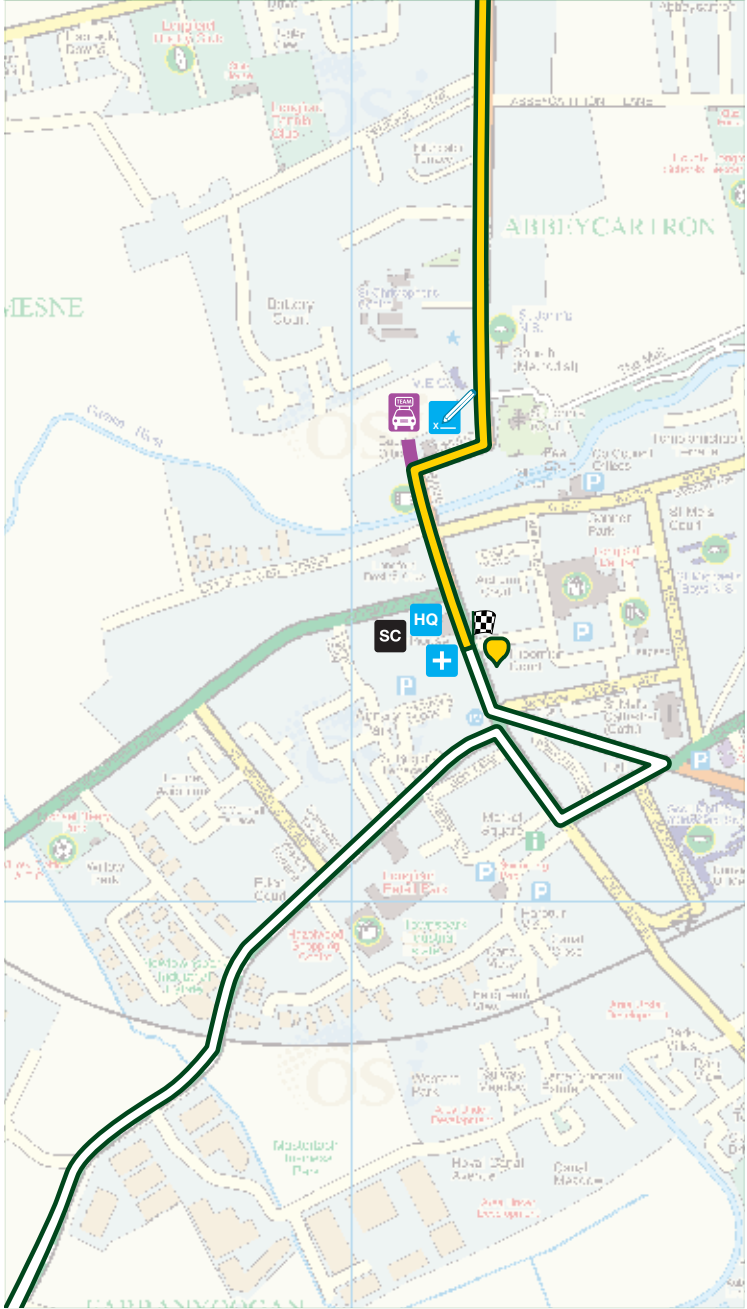
### 3km Profile
















### 3km Route



## Finish and Start




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


## STAGE 2 LONGFORD - NENAGH 160 KMS

Monday 20th May 2013 / Dé Luain 20ú Bealtaine

	TIME
<b>Riders Sign-On</b> Longford Army Barracks	<b>9.30-10.30</b>
<b>Assemble riders</b> at Longford Army Barracks	<b>10.45</b>
<b>Ceremonial Start</b> Longford Courthouse, Ballymahon Street	<b>11.00</b>
<b>Neutralised</b> 2.2kms	
<b>Team support vehicles depart</b>	<b>10.20</b>
<b>Team cars depart in cavalcade position behind riders</b>	

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
0	0.0	<b>Ceremonial start Ballymahon Street outside Longford Courthouse</b>	11:00	11:00	11:00
0.2	0.1	Turn left onto Dublin Street at traffic lights, signposted 'All Routes'			
0.3	0.2	Turn right at traffic island onto New Street, signpost dir Roscommon, Town Centre			
0.5	0.3	Turn right direction Roscommon onto Ballymahon Street			
0.7	0.4	Turn left on to Killashee Street onto Kilashee Road, signpost Roscommon, Athlone			
1.4	0.9	New traffic lights at bridge			
1.6	1.0	1st exit at roundabout direction Roscommon, Athlone, Lanesborough			
<b>2.2</b>	<b>1.4</b>	<b>End of neutralised section outside Connacht Gold DIY &amp; Garden Centre</b>			
<b>0</b>	<b>0.0</b>	<b>Depart from outside Connacht Gold DIY &amp; Garden Centre on LHS</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
1.2	0.7	Junction on left	11:01	11:01	11:02
5.4	3.4	Humpbacked bridge	11:06	11:08	11:10
6.2	3.8	Right hand bend	11:07	11:09	11:11
7.2	4.5	Level crossings at Bord na Mona	11:09	11:10	11:13
13.7	8.5	Lanesborough 50 speed signs	11:17	11:20	11:25
14.1	8.8	Staggered 4rdsX	11:17	11:21	11:26
		Turn right dir Roscommon, Strokestown			
14.4	8.9	Ballyleague 50 speed signs at bridge	11:18	11:21	11:27
27.7	17.2	Roscommon 50 speed signs	11:34	11:41	11:51
		4 central reservations up to 28.1km			
28.3	17.6	Roundabout, 2nd exit dir Galway N63, Athlone/Dublin	11:35	11:42	11:53
		<b>On N63</b>			
28.6	17.8	Roundabout at Dunnes Stores, 1st exit	11:35	11:42	11:53
28.8	17.9	Fire Station on left hand side with pedestrian crossing & central island	11:36	11:43	11:54
29.0	18.0	Roundabout, 2nd exit dir Galway N63, Creggs R366	11:36	11:43	11:54
29.2	18.1	Roundabout, 2nd exit dir Creggs R366, Galway N63	11:36	11:43	11:54
		Followed by central reservation			
29.3	18.2	Central reservation	11:36	11:43	11:54
29.4	18.3	Central reservation & pedestrian crossing	11:36	11:44	11:55

29.7	18.4	Roundabout, 1st exit dir Athleague (9km), Galway	11:37	11:44	11:55
30.3	18.8	Central reservation	11:37	11:45	11:56
		8 Central reservations leaving Roscommon (to 31.2)			
37.6	23.4	<b>Athleague</b> 50 speed signs	11:47	11:56	12:10
37.8	23.5	Right at Y junction, dir Galway/Ballygar	11:47	11:56	12:10
38.1	23.7	Left at Y junction, dir Galway/Ballygar	11:47	11:57	12:11
		Y Junction, keep right, dir Galway/Ballygar N63			
		Road Narrows			
42.5	26.4	Mount Talbot town signs (3rd Sign)	11:53	12:03	12:19
43.2	26.8	Narrow bridge	11:54	12:04	12:21
45.7	28.4	<b>Ballygar</b> 50 speed signs	11:57	12:08	12:25
		<b>An Post Sprint Ahead</b>			
46.1	28.6	Pedestrian crossing	11:57	12:09	12:26
46.4	28.8	<b>Post Office Prime at An Post Office</b> 	11:58	12:09	12:27
50.0	31.1	50km complete sign at bungalow on left hand side, white house/ white wall - Black painted top on wall/lanterns on pillars	12:02	12:15	12:33
53.5	33.2	Newbridge sign	12:06	12:20	12:40
54.0	33.5	Straight through Xrds	12:07	12:21	12:41
59.5	37.0	Left at Y junction, dir Mountbellew/Galway	12:14	12:29	12:51
60.6	37.7	<b>Mountbellew</b> 50 speed signs	12:15	12:30	12:53
61.3	38.1	Left at Y junction, statue of Bobby Joe (horse)	12:16	12:31	12:54
61.4	38.1	Left at junction The Malt House pub on R358	12:16	12:32	12:55
		On R358			
64.9	40.3	Series of bends	12:21	12:37	13:01
66.0	41.0	End of bends	12:22	12:39	13:03
67.1	41.7	T junction, left dir Ballinasloe / Caltra on R339	12:23	12:40	13:05
		<b>Caltra</b>			
		On R358			
76.1	47.3	<b>Ahascragh</b> 50 speed sign	12:35	12:54	13:22
76.8	47.7	Left at Y junction	12:36	12:55	13:24
77.0	47.8	Immediately left at D Bannerton's Garage & Cead Mile Failte Pub, signpost dir Ballinasloe R358	12:36	12:55	13:24
		<b>On R358</b>			
83.0	51.6	Right at Y junction, follow main road	12:43	13:04	13:35
85.9	53.4	<b>Ballinasloe town sign</b>	12:47	13:08	13:41
86.7	53.9	<b>Ballinasloe</b> 50 speed signs	12:48	13:10	13:42
86.9	54.0	Automatic level crossing XG125	12:48	13:10	13:42
87.3	54.2	T junction, turn left dir Town Centre R348	12:49	13:10	13:43
88.0	54.7	Right turn outside Supermacs onto Harris Road, signposted Dublin, just beside GAA pitch	12:50	13:12	13:45
88.3	54.9	Right at T junction onto Brackernagh R446, dir Aughrim, Galway	12:50	13:12	13:45
89.4	55.5	Pedestrian crossing, central reservation	12:51	13:14	13:47
89.9	55.9	Garbally roundabout, 1st exit dir Dublin/Galway - Portumna R355	12:52	13:14	13:48
90.1	56.0	Followed immediately by 2nd roundabout	12:52	13:15	13:48
		2nd exit, dir Portumna, Galway R355			
		On R355			
90.3	56.1	Roundabout, 1st exit, dir Portumna R355	12:52	13:15	13:49

90.7	56.4	Moher roundabout, 3rd exit dir Portumna R355	12:53	13:16	13:50
		Signed Laurencetown 11km			
93.8	58.3	Left at Y junction, main road dir Laurencetown, Eyrecourt	12:57	13:20	13:55
101.3	62.9	Right at Y junction, dir Portumna	13:06	13:31	14:09
101.5	63.5	<b>Laurencetown</b> 50 speed signs	13:06	13:32	14:10
101.9	63.3	Keep right at Y junction at Pardy's Pub	13:07	13:32	14:11
104.5	64.9	Straight through 4rdsX	13:10	13:36	14:15
109.8	68.2	Right at Y junction, dir Portumna R355	13:17	13:44	14:25
109.9	68.3	Left at Y junction, dir Portumna R356	13:17	13:44	14:26
		On R356			
116.8	72.6	Boula sign	13:26	13:55	14:39
117.2	72.8	Boula event centre car park opposite L87387	13:26	13:55	14:39
		<b>Start of feed zone</b> 			
117.5	73.0	<b>End of feed zone</b>	13:26	13:56	14:40
119.6	74.3	Right at Y junction	13:29	13:59	14:44
119.7	74.4	T Junction N65, left dir Town Centre, Borrisokane, Scariff, R352 (beside VW garage)	13:29	13:59	14:44
		On N65			
119.9	74.5	<b>Portumna</b> 50 speed signs	13:29	13:59	14:44
120.5	74.9	Left at T junction outside Church of Ireland, dir Borrisokane, Birr N65	13:30	14:00	14:45
122.5	76.1	Bridge over Shannon	13:33	14:03	14:49
		On N65			
123.3	76.6	Right at Y junction, dir Nenagh, Borrisokane	13:34	14:04	14:51
125.0	77.7	Narrow bridge & series of bends	13:36	14:07	14:54
127.0	78.9	Carrigahorig	13:38	14:10	14:58
127.7	79.3	Right at Y junction over narrow bridge	13:39	14:11	14:59
128.0	79.5	Right turn at top of hill onto R493, dir Lough Dereg Cycleway, Terryglass, Puckane. Turn partially hidden, beside small house at top of hill	13:40	14:12	15:00
		On R493			
131.8	81.9	<b>Terryglass</b>	13:44	14:17	15:07
		Straight through Terryglass			
		25km to go sign on left Ballinderry, opposite big house on right			
136.0	84.5	<b>Ballinderry</b> 50 speed signs	13:50	14:24	15:15
		4rdsX, straight through Ballinderry			
136.5	84.8	Narrow bridge	13:50	14:24	15:15
		Turn right at Y junction, dir Puckane R493			
144.2	89.6	<b>Coolbawn</b> Staggered junction, straight through	14:00	14:36	15:30
149.1	92.6	Right at Y junction, dir Nenagh (10km), Puckane (1km)	14:06	14:43	15:39
150.3	93.4	10km to go signs at arch entrance to Hausmann Kitchens on right hand side	14:07	14:45	15:41
150.5	93.5	<b>Puckane</b> 50 Speed Sign	14:08	14:45	15:42
151.3	94.0	Left at Y junction outside church	14:09	14:46	15:43
154.2	95.8	4rdsX / straight through dir Nenagh (5km) R493	14:12	14:51	15:49
155.2	96.4	5km House (cream bungalow) and red corrugated shed / barn	14:14	14:52	15:51
156.2	97.1	4km Industrial Sheds/Warehouse on left green & yellow shed.	14:15	14:54	15:52
157.2	97.7	3km 2 new houses on right hand side, cement finish unpainted & shed	14:16	14:55	15:54
157.7	98.0	Right at T junction, dir N52 Nenagh	14:17	14:56	15:55
158.2	98.3	2km Nenagh Show Ground Co on right side at Lions Club sign on left	14:17	14:57	15:56

158.6	98.5	Roundabout, 1st exit, dir Nenagh R497	14:18	14:57	15:57
158.8	98.7	Traffic islands	14:18	14:58	15:57
		<b>Nenagh 50 speed signs</b>			
159.2	98.9	1km Texaco Garage	14:19	14:58	15:58
159.4	99.0	Central reservation roundabout, 1st exit dir Town Centre	14:19	14:59	15:58
159.9	99.4	Pedestrian crossing	14:19	14:59	15:59
		500m Molly Ban's Pub on right			
		250m Quinlan & Co Investment & Life Pension / Parking Meter			
160.1	99.5	Pedestrian crossing	14:20	15:00	16:00
		Followed immediately by mini roundabout, straight through at Dublin Road			
		200m Chinese Medical Centre			
		175m Centre of painted roundabout			
		150m Outside nr. 42 / James O'Brien Solicitors			
		125m JKC Newsagents / Flynns Bistro			
		<b><i>Divert team cars right into Kickham Street and left into Emmet Place, straight across to Sarsfield Street and left into St. Johns Place.</i></b>			
160.2	99.5	Pedestrian crossing followed by mini roundabout (not raised)	14:20	15:00	16:00
160.3	99.6	Followed by pedestrian crossing	14:20	15:00	16:00
		100m Michael Scroope Insurance / The Hibernian Bar & Restaurant			
		75m Junction at Kickham Street / AIB			
		50m Pedestrian Crossing at Subway			
		25m Mamma's Pizza/Cafe Q			
<b>160.4</b>	<b>99.7</b>	<b>Finish line outside John Slattery Gents Outfitters opp Permanent TSB</b>	14:20	15:00	16:00

#### IMPORTANT STAGE LOCATIONS

Race HQ; Abbey Court Hotel, Tel. 067 41111

Stage Finish Organiser; Rene van Dam, Tel. 086 - 4030719

Service Crew Accommodation; Abbey Court Hotel, Tel. 067 41111

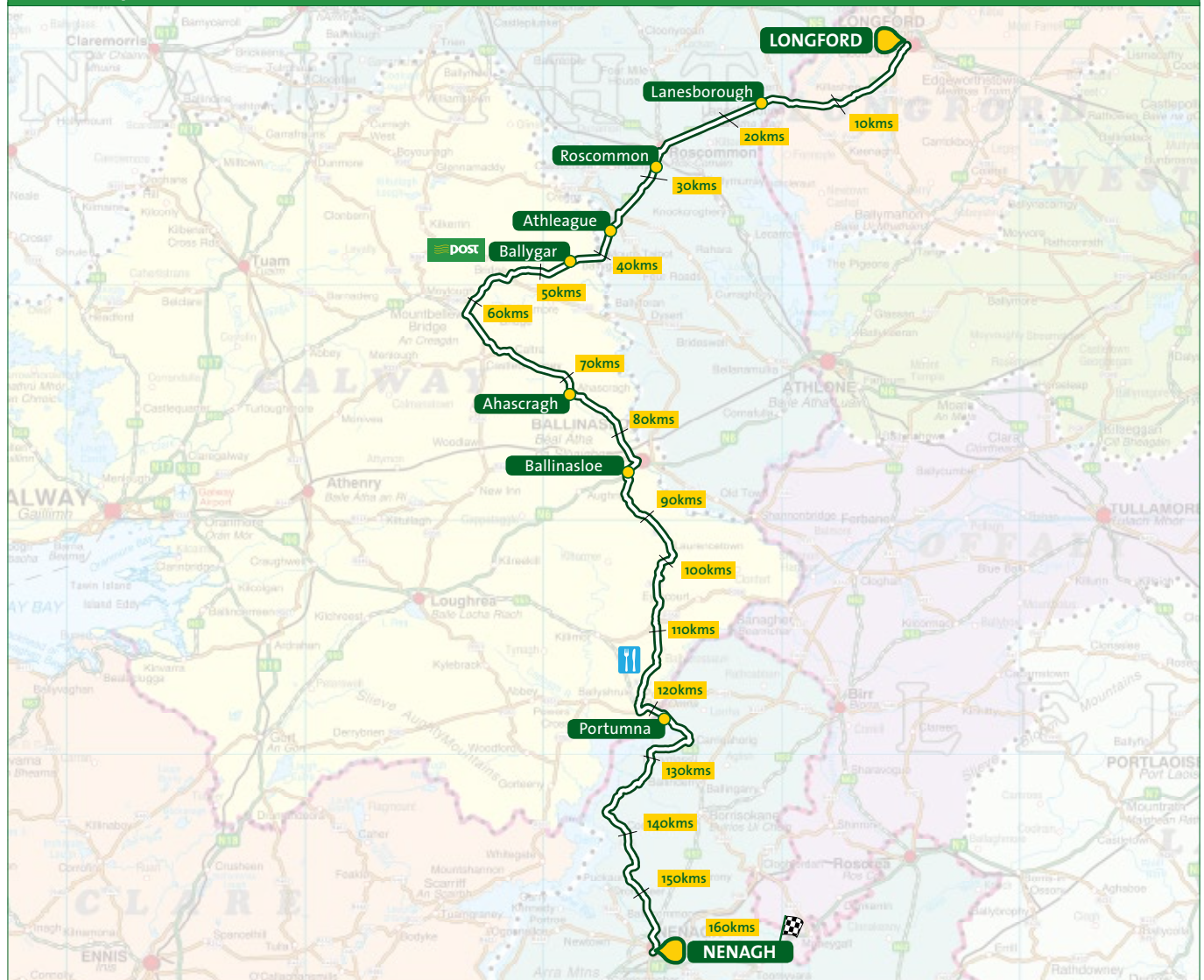
Anti-Doping Control located in camper van adjacent to finish line



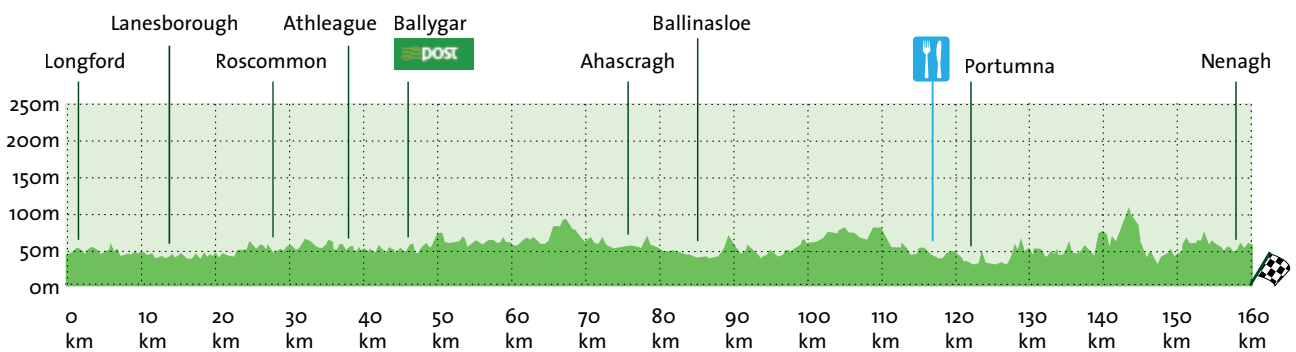
## STAGE 2 LONGFORD - NENAGH 160 KMS

Monday 20th May 2013 / Dé Luain 20ú Bealtaine

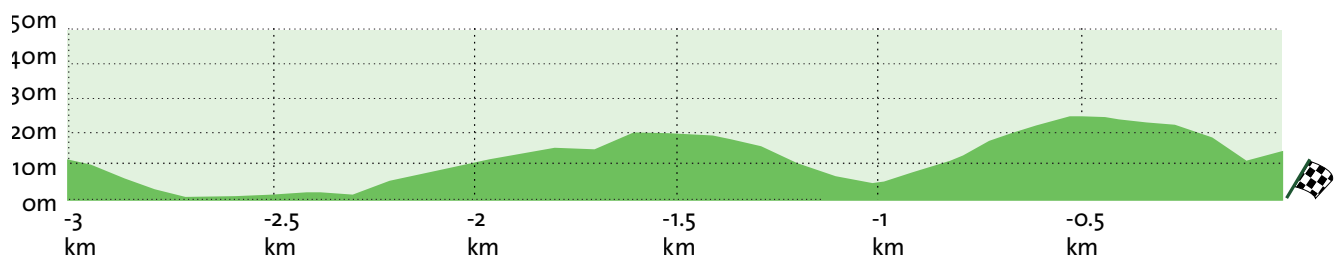
### Route Map



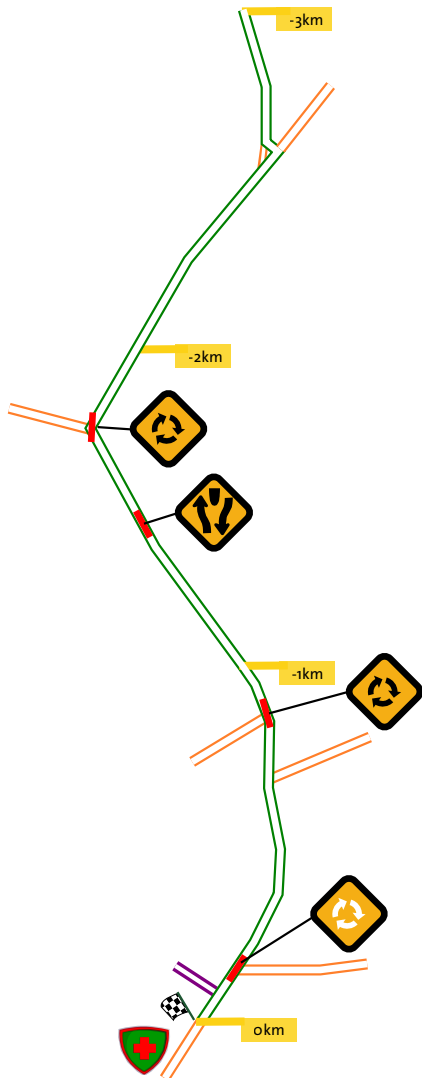
### Stage Profile



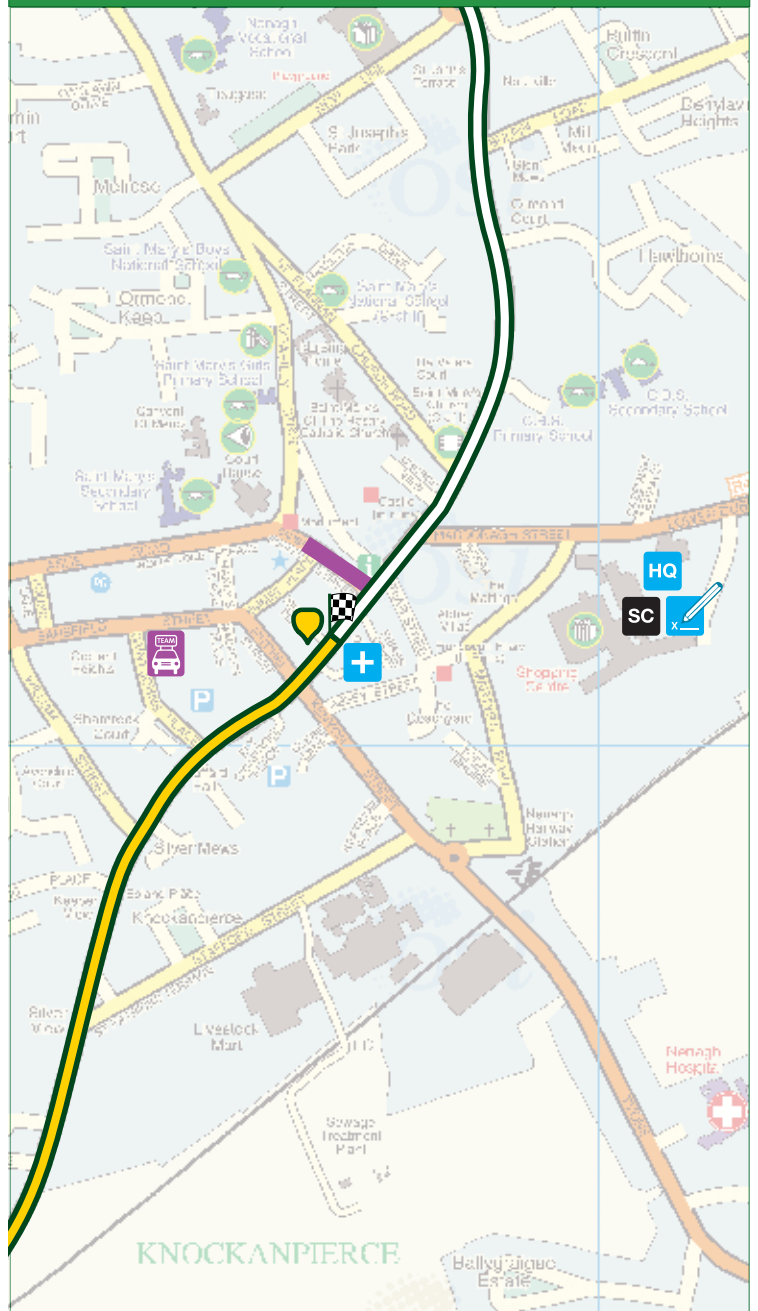
### 3km Profile



### 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
- Service Crew
- Stage Incoming
- Stage Outgoing

## STAGE 3 NENAGH - LISTOWEL 141 KMS

Tuesday 21st May 2013 / Dé Máirt 21ú Bealtaine

	TIME
Riders Sign-On Abbey Court Hotel	9.30-10.30
Assemble riders at Abbey Court Hotel	10.45
Ceremonial Start Slattery's Outfitters, Pearse Street	
Neutralised 1.6kms	11.00

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
0.0	0.00	Neutralised section - Leaving hotel, turn left onto main road			
0.4	0.2	Pedestrian crossing, central reservation			
0.7	0.4	Right at Y junction			
		Left at T junction onto Pearse Street			
0.8	0.5	Pedestrian crossing, mini roundabout			
0.8	0.5	Followed by another pedestrian crossing			
0.9	0.6	<b>Ceremonial start outside Slattery's Outfitters on Pearse Street</b>	11:00	11:00	11:00
		<b>Start of neutralised section</b>			
0.0	0.0	Traffic lights at 4rdsX, Bank of Ireland			
		Onto pedestrianised Silver Street			
1.0	0.6	Railway bridge			
1.6	1.0	End of neutralised section			
0.0	0.0	<b>okm signs for Start of Racing to go at last two houses on right hand side, Walsh's of Nenagh / 80 speed signs, green warehouse</b>			
		On R497			
6.2	3.8	Dolla 50 speed signs	11:07	11:09	11:11
6.3	3.9	Turn left at T junction dir Tipperary/Roscrea, R497	11:07	11:09	11:11
6.4	4.0	Immediate right signposted Tipperary R497 opposite Eagle's Nest pub	11:08	11:09	11:12
6.4	4.0	Blue flag indicating start of KOM	11:08	11:09	11:12
7.1	4.4	Left at Y junction	11:08	11:10	11:13
9.4	5.8	Right at Y junction signposted dir Tipperary Town	11:11	11:14	11:17
11.2	7.0	Sharp right-hand bend	11:14	11:16	11:21
13.0	8.1	<b>Bolingbrook KOM Category 2</b> 🏆	11:16	11:19	11:24
		Finish line at 2 corrugated-iron roofed sheds silver in colour on right hand side.			
13.9	8.6	Right at Y junction	11:17	11:20	11:26
17.5	10.9	<i>Caution hairpin bend</i>	11:21	11:26	11:32
18.0	11.2	Series of bends	11:22	11:27	11:33
18.9	11.7	Right at Y junction	11:23	11:28	11:35
23.2	14.4	4-road intersection, right dir Newport (29km)	11:29	11:34	11:43
		Sean Treacey GAA, R503			
		On R503			
24.5	15.2	4rdsX, straight through	11:30	11:36	11:45

25.7	16.0	Left at Y junction dir Doon 13km	11:32	11:38	11:48
30.3	18.8	Series of bends	11:37	11:45	11:56
33.2	20.6	<i>Caution Narrow bridge, followed by immediate right at Y junction</i>	11:41	11:49	12:02
36.3	22.6	Left at Y junction	11:45	11:54	12:08
38.4	23.9	<b>Doon</b> 50 speed signs	11:48	11:57	12:12
39.1	24.3	Right at T junction, traffic lights at Topaz station on RHS, Onto R505 dir Limerick (27km)	11:48	11:58	12:13
		On R505			
39.4	24.5	Minor 4rdsX	11:49	11:59	12:13
		Staggered 4rdsX in village, straight through			
40.0	24.8	Left at Y junction, signposted Cappamore	11:50	12:00	12:15
		Straight on R505			
41.0	25.5	Minor 4rdsX, straight through	11:51	12:01	12:16
43.6	27.1	4rdsX, straight through	11:54	12:05	12:21
45.1	28.0	<b>Cappaghmore</b> 50 speed signs	11:56	12:07	12:24
45.0	28.0	Left at complex junction, dir Limerick Co. Co. Recycling Centre; left onto Main Street Cappaghmore	11:56	12:07	12:24
46.4	28.8	Left at mini roundabout & Y junction, signposted Limerick (21km), Drumkeen (5km)	11:58	12:09	12:27
		Marshal to keep riders left			
46.7	29.0	4rdsX straight through	11:58	12:10	12:27
49.4	30.7	4rdsX, straight through,	12:01	12:14	12:32
50.0	31.1	50km complete	12:02	12:15	12:33
51.0	31.7	Narrow bridge, road curves to right	12:03	12:16	12:35
51.8	32.2	Left at T junction dir Limerick (16km), Grange 4rdsX (2km)	12:04	12:17	12:37
53.4	33.2	Bridge over railway, sequence of bends	12:06	12:20	12:40
		<i>Caution Riders</i>			
53.6	33.3	Turn right at 4rdsX dir Limerick N24	12:07	12:20	12:40
		On N24			
55.3	34.4	<b>Boher</b> 60 speed signs, traffic islands centre of road	12:09	12:22	12:43
55.4	34.4	Road narrows on both sides, 4 central reservations up to 55.8 kms	12:09	12:23	12:43
57.0	35.4	Turn left onto R513 dir Mitchelstown / Caherconlish / Lough Gur / Hospital	12:11	12:25	12:46
		On R513			
58.9	36.6	<b>Caherconlish</b> 50 speed signs	12:13	12:28	12:50
59.6	37.0	Turn right at 4rdsX into High Street, dir Ballyneety (5km) L149 at Michael Lynch's pub	12:14	12:29	12:51
		On L149			
59.9	37.2	Left at Y junction dir Ballyneety (5km)	12:14	12:29	12:52
62.1	38.6	Right at Y junction dir Ballyneety (3km)	12:17	12:33	12:56
63.8	39.6	4rdsX, straight through	12:19	12:35	12:59
65.1	40.4	<b>Ballyneety</b> 50 speed signs	12:21	12:37	13:02
65.3	40.6	Staggered 4rdsX Ballyneety, outside Garda Station	12:21	12:37	13:02
		Straight through dir Crecora L147 Croome (16km)			
		On L147			
70.4	43.7	4rdsX with R511, straight through dir Crecora (4km), L148 On L148	12:28	12:45	13:12
71.5	44.4	Right at Y junction, dir Limerick (9km), Croome (10km)	12:29	12:47	13:14
71.7	44.5	Left signposted Croome (10km), Kilpeacon Church of Ireland, L1408	12:29	12:47	13:14
74.2	46.1	<b>Crecora</b> 50 speed signs	12:32	12:51	13:19
74.4	46.2	4rdsX at Post Office, turn right dir Patrickswell (4km), L1407	12:33	12:51	13:19



		On L1407			
74.8	46.5	Left at Y junction dir Limerick Racecourse, Patrickswell (4km), L1407	12:33	12:52	13:20
78.0	48.5	Entrance to Limerick Racecourse	12:37	12:57	13:26
78.2	48.6	Roundabout, 2nd exit dir Patrickswell	12:37	12:57	13:26
		On R526			
78.5	48.8	Roundabout, 1st exit, dir Patrickswell R526	12:38	12:57	13:27
79.0	49.1	<b>Patrickswell Post Office Prime</b> 	12:38	12:58	13:28
79.6	49.5	Right at Y junction dir Adare	12:39	12:59	13:29
79.7	49.5	4rdsX, straight through	12:39	12:59	13:29
82.8	51.4	Turn right at junction signposted Adare, Mount Earl house on left hand side, directly after flyover over motorway	12:43	13:04	13:35
83.8	52.1	Turn left at T junction onto N21, dir Adare (3km)	12:44	13:05	13:37
		On N21			
84.3	52.4	Roundabout, 2nd exit dir Adare (2km), Tralee	12:45	13:06	13:38
86.2	53.6	Central reservation, pedestrian crossing	12:47	13:09	13:41
86.3	53.6	Mini roundabout, central reservation, straight through, followed immediately by pedestrian crossing	12:47	13:09	13:41
86.5	53.7	Left at Y junction, dir Tralee, Rathkeale N21	12:48	13:09	13:42
86.7	53.9	Pedestrian crossing	12:48	13:10	13:42
87.1	54.1	Traffic lights & central reservation	12:48	13:10	13:43
		Junction to left			
91.3	56.7	<i>Caution for Riders' Traffic barriers / post on left hand side</i>	12:54	13:16	13:51
92.6	57.5	Croagh - Start of new sets of traffic calming (11 sets)	12:55	13:18	13:53
93.4	58.0	End of traffic calming	12:56	13:20	13:55
95.0	59.0	<b>100km speed sign on left - Start of Feed Zone</b> 	12:58	13:22	13:58
96.0	59.6	<b>Staggered Xrds road sign - End of Feed Zone</b>	13:00	13:24	14:00
97.8	60.8	Rathkeale bypass	13:02	13:26	14:03
102.2	63.5	Turn right dir Athea, Ardagh (6km) R523	13:07	13:33	14:11
		On R523			
103.2	64.1	Left at Y junction on R523	13:09	13:34	14:13
106.1	65.9	Bridge and junction from right hand side	13:12	13:39	14:18
107.3	66.7	<b>Ardagh 50 speed signs</b>	13:14	13:40	14:21
107.8	67.0	Minor 4rdsX, straight through	13:14	13:41	14:22
		<b>Post Office Prime Ahead</b>			
107.9	67.0	<b>Post Office Prime at An Post Office</b> 	13:14	13:41	14:22
108.3	67.3	Traffic lights at 4rdsX, O'Connell's Pub	13:15	13:42	14:23
		Straight through towards Athea, Carrigkerry R523			
108.4	67.4	Right at Y junction	13:15	13:42	14:23
110.0	68.3	Keep left at Y junction	13:17	13:45	14:26
		<b>Start of KOM Blue Flag</b>			
113.2	70.3	<b>Glenaster Ardagh KOM Category 3</b> 	13:21	13:49	14:32
		<b>Finish line for KOM at 4 roads cross sign</b>			
114.4	71.1	Left at Y junction, statue	13:23	13:51	14:34
114.5	71.1	Right at Y junction - L6078 Dir Listowel / Athea	13:23	13:51	14:34
115.0	71.5	<b>Carrigkerry</b>	13:23	13:52	14:35
115.8	71.9	25km to go sign @ red 'Slow Dangerous Bends Ahead' on left hand side	13:24	13:53	14:37
116.4	72.3	Right at Y junction	13:25	13:54	14:38
125.0	77.7	<b>Athea</b>	13:36	14:07	14:54
125.2	77.8	Narrow bridge, junction at right hand side just before bridge	13:36	14:07	14:54



		Left at Y junction			
		<b>Post Office Prime Ahead</b>			
125.5	78.0	<b>Post Office Prime outside An Post Office</b> 	13:36	14:08	14:55
125.6	78.0	Blue Flag for KOM	13:37	14:08	14:55
126.9	78.8	<b>Athea KOM Category 3</b> 	13:38	14:10	14:57
		<b>Finish line for KOM at farm gates directly opposite each other set back a bit from the road</b>			
128.4	79.8	Kerry border, narrow bridge 'Welcome to Kerry' sign	13:40	14:12	15:00
130.8	81.3	10km to go sign @ Lissnaskea Boarding Kennels	13:43	14:16	15:05
134.1	83.3	Right at T junction, dir Listowel (6km)	13:47	14:21	15:11
136.1	84.6	5km to go sign @ bungalow on left with black flower pots/ drums outside	13:50	14:24	15:15
136.8	85.0	Left at T junction, dir Listowel (3km), Onto N69	13:51	14:25	15:16
		On N69			
137.1	85.2	4km to go sign @ green road sign on right hand side	13:51	14:25	15:17
138.1	85.8	3km to go sign @ Listowel Auto Sales on left hand side	13:52	14:27	15:18
138.4	86.0	Roundabout, Tim Kennelly Roundabout, 3rd exit dir Ballylongford, Ballybunion, Ballyduff R553	13:53	14:27	15:19
		On R553			
138.9	86.3	4rdsX, traffic lights, straight through onto John B Keane Road junction Ballygologue Road	13:53	14:28	15:20
139.1	86.4	2km to go sign @ at entrance to Aldi on left hand side	13:53	14:28	15:20
139.6	86.7	Roundabout, pedestrian crossing, 2nd exit straight through, dir Ballyduff/Ballybunion	13:54	14:29	15:21
		Lartigue Train Museum			
140.1	87.0	1km to go sign	13:55	14:30	15:22
140.4	87.2	Left at 4rdsX, signposted Town Centre, school on right hand side	13:55	14:30	15:23
140.6	87.4	500m to go at School Patrol sign Pedestrian crossing	13:55	14:30	15:23
140.8	87.5	Left at T junction onto Convent Street dir Town Centre	13:56	14:31	15:24
140.9		250m at Lofty's House on right hand side, junction of O'Connell Avenue			
140.9	87.5	<b>Divert team cars to right into Listowel Racecourse car park</b>	13:56	14:31	15:24
		200m at Listowel Physiotherapy Clinic, no. 20			
		150m 20 meters after Garvey's Supervalu, Listowel			
		100m at Dr. Bermingham's Surgery			
		75m Outside no. 35 Convent Street			
		50m Outside Sinn Fein office			
		25m Outside Kerry Krafts, at ESB meter cabinet			
<b>141.1</b>	<b>87.7</b>	<b>Finish line at traffic lights outside Fitzgeralds (night club)</b>	13:56	14:31	15:24

#### IMPORTANT STAGE LOCATIONS

Race HQ; Listowel Arms Hotel, Tel. 068 - 21500

Stage Finish Organiser; Conor Moriarty, Tel. 087 - 8375384

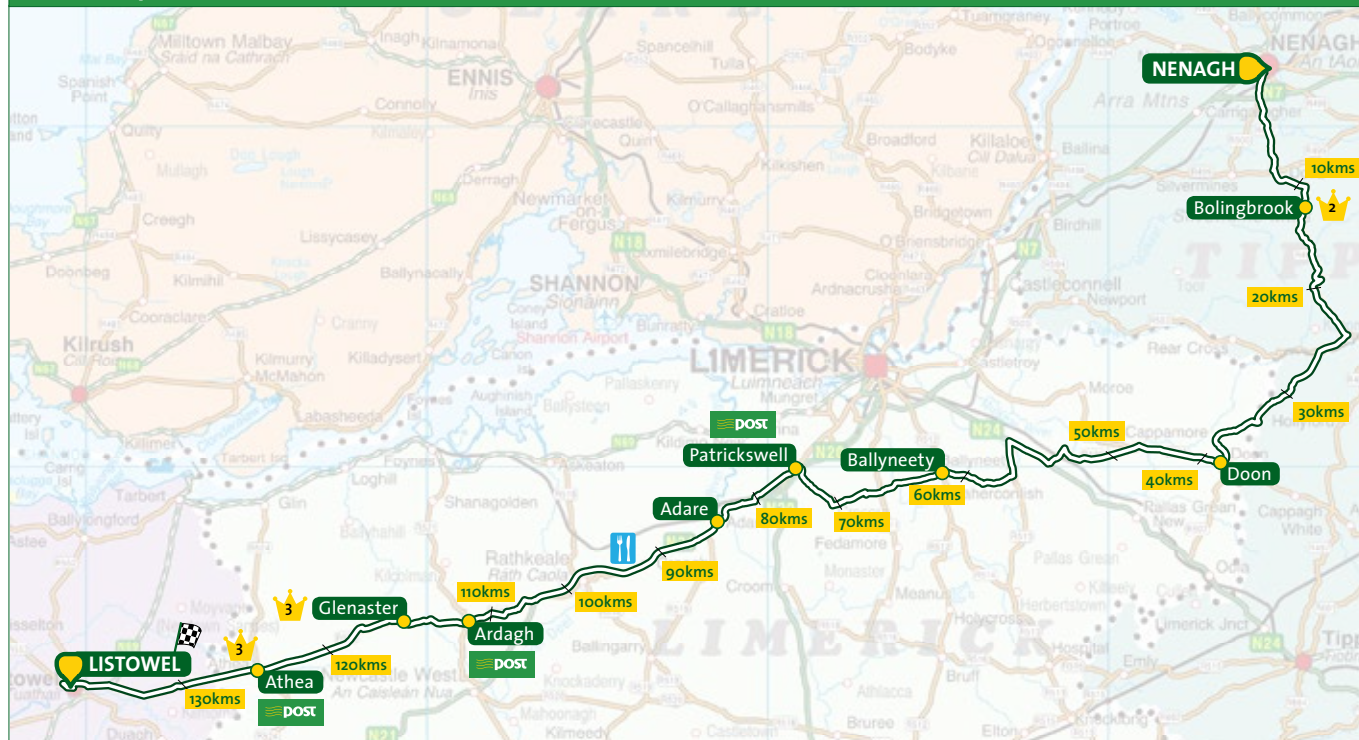
Service Crew Accommodation; Listowel Arms Hotel, Tel. 068 - 21500

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

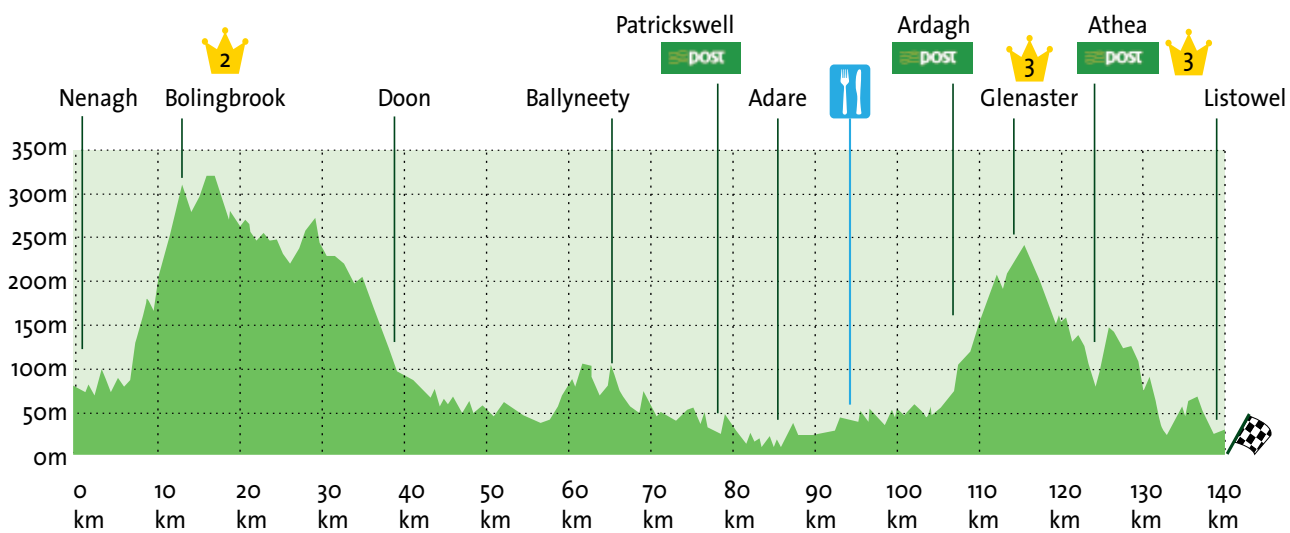
## STAGE 3 NENAGH - LISTOWEL 141 KMS

Tuesday 21st May 2013 / Dé Máirt 21ú Bealtaine

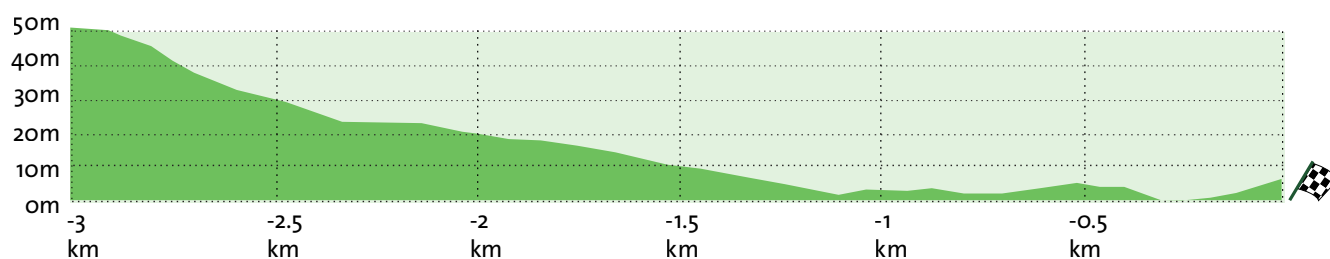
### Route Map



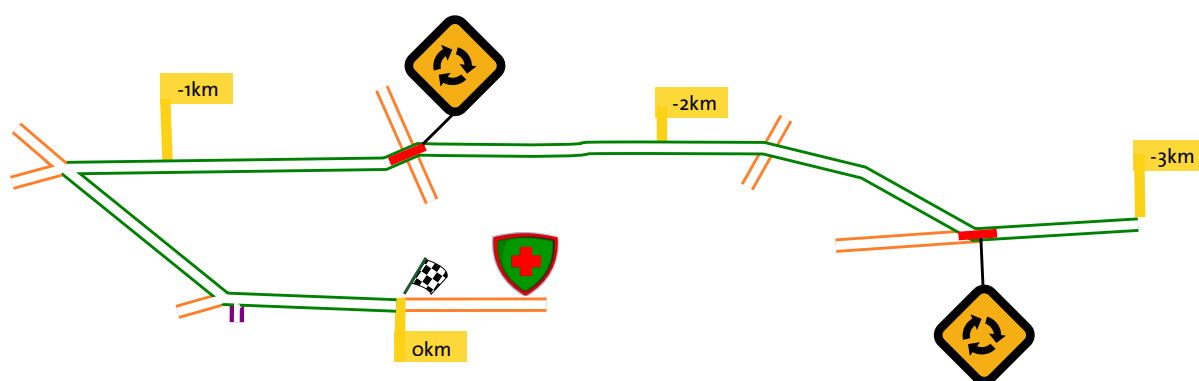
### Stage Profile



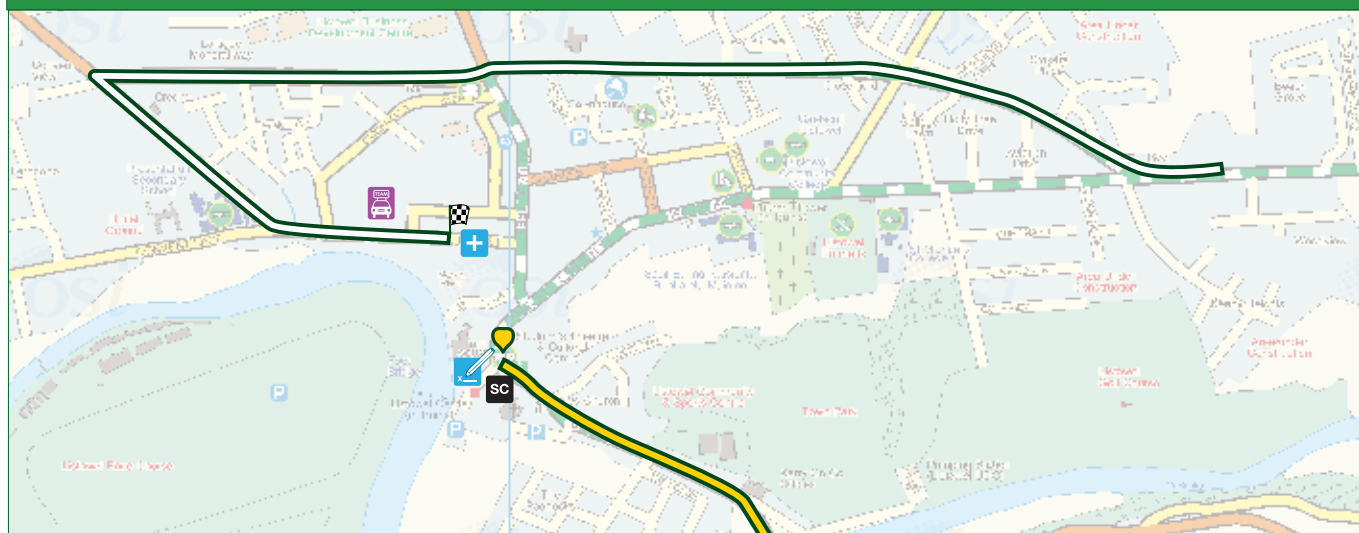
### 3km Profile



### 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
 Service Crew
 Stage Incoming
 Stage Outgoing

## STAGE 4 LISTOWEL - GLENGARRIFF 153 KMS

Wednesday 22nd May 2013 / Dé Céadaoin 22ú Bealtaine

	TIME
<b>Riders Sign-On</b> Listowel Arms Hotel	<b>9.30-10.30</b>
<b>Assemble riders</b> at Listowel Arms Hotel	<b>11.00</b>
<b>Ceremonial Start</b> Listowel Arms Hotel	
<b>Neutralised</b> 1.7kms	

<b>Team support vehicles depart</b>	<b>10.20</b>
<b>Team cars depart in cavalcade position behind riders</b>	<b>10.45</b>

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
		<b>Ceremonial start, Listowel Arms</b>			
0.7	0.4	Turn left over bridge at Y junction, dir signpost Abbeyfeale R555			
1.7	1.1	End of ceremonial section			
<b>0.0</b>	<b>0.0</b>	<b>okm 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)	11:03	11:04	11:05
2.8		<b>Start of KOM / Blue Flag</b>	11:03	11:04	11:05
7.9	4.9	<b>Lacka West KOM Category 3</b> 🏆 <sub>3</sub>	11:09	11:11	11:14
		<b>Finish line for KOM at junction on left hand side</b>			
14.5	9.0	Narrow bridge, left hand bend	11:18	11:21	11:27
15.9	9.9	Narrow bridge	11:19	11:23	11:29
16.6	10.3	Turn right at T junction onto N21, at Westring Inn Pub	11:20	11:24	11:31
17.5	10.9	Turn left dir Tralee N21, Limerick	11:21	11:26	11:32
17.8	11.1	Turn right at T-junction, dir Castleisland signposted 18km, Tralee N21 (traffic island on junction)	11:22	11:26	11:33
		On N21			
22.5	14.0	<b>Start of KOM Blue flag</b>	11:28	11:33	11:42
28.3	17.6	<b>Crinny KOM Category 3</b> 🏆 <sub>3</sub>	11:35	11:42	11:53
		<b>Finish line at sign post for Crinny on left hand side</b>			
31.7	19.7	Roundabout, first exit dir Town Centre L2041	11:39	11:47	11:59
		On L2041			
34.3	21.3	<b>Castleisland</b>	11:42	11:51	12:04
35.0	21.7	Right at Traffic lights / T junction onto Main street, dir Killarney, Tralee, Kerry Airport N23	11:43	11:52	12:05
		Central island at traffic lights			
		On N23			
35.2	21.9	Pedestrian crossing, road narrows & traffic island for 400m to bottom of main street	11:44	11:52	12:06
		Keep left at O'Connor & Sons department store			
35.5	22.1	Continue straight at junction dir Killarney N22, Kerry Airport N23, onto Killarney Road L2040	11:44	11:53	12:06
		Traffic island			
		On L2040			

36.6	22.7	Roundabout, 1st exit dir Farranfore Airport, Killarney N23 On N23	11:45	11:54	12:08
43.3	26.9	Kerry Airport	11:54	12:04	12:21
44.7	27.8	T junction, turn left dir Killarney (15km) on N22 On N22	11:55	12:07	12:23
45.1	28.0	4rdsX, straight through	11:56	12:07	12:24
45.3	28.1	<b>Start of KOM Blue flag at Skoda Garage on left hand side</b>	11:56	12:07	12:24
47.6	29.6	<b>Farranfore KOM Category 3</b> 🏆 <b>Finish line for KOM at white coloured house on right hand side, two-storey house</b>	11:59	12:11	12:29
50.0	31.1	50km sign at Physical Fitness sign	12:02	12:15	12:33
58.5	36.3	Killarney			
58.7	36.5	Cleeney Roundabout, 1st exit dir Cork, Mallow, Kenmare Pedestrian crossing <i>Caution traffic islands on both sides of road</i>	12:13	12:28	12:50
58.9	36.6	Road furniture on both sides of road <i>Caution warning to riders for road furniture</i>	12:13	12:28	12:50
59.5	37.0	Traffic island & junction on left	12:14	12:29	12:51
59.7	37.1	Traffic islands on cycleway and main road	12:14	12:29	12:51
61.1	38.0	Michael D O'Shea roundabout, 2nd exit dir Cork, Mallow, Kenmare	12:16	12:31	12:54
61.4	38.1	Pedestrian crossing at entrance to Cronin's Foodstore, followed immediately by Park Road Roundabout, 2nd exit dir Cork, Mallow, Kenmare N22	12:16	12:32	12:55
62.3	38.7	Turn right dir Woodland Road, Ballycasheen Road, R3907 traffic island on corner On R3907	12:17	12:33	12:56
65.0	40.4	Left at T junction, traffic lights outside Glenna House, onto Muckcross Road N71 On N71	12:21	12:37	13:01
65.8	40.9	Traffic island outside Killarney Convention Centre	12:22	12:38	13:03
66.0	41.0	Central reservatrimon	12:22	12:39	13:03
77.7	48.3	<b>Blue flag for start of KOM at Stone tunnel over road, Ladies View</b>	12:37	12:56	13:25
82.4	51.2	<b>Ladies View KOM Category 2</b> 🏆 <b>Finish line for KOM at monument on right hand side, lay-by</b>	12:43	13:03	13:34
83.7	52.0	<b>Blue flag start of KOM at old disused 2-storey building on right hand side, white with black windows.</b>	12:44	13:05	13:36
87.3	54.2	<b>Moll's Gap KOM Category 2</b> 🏆 <b>Finish line for KOM just after the Avoca on left hand side, sign for Skibbereen, Bantry, Kenmare</b>	12:49	13:10	13:43
96.2	59.8	Kenmare 50 speed signs	13:00	13:24	14:00
97.1	60.3	Square in centre of Kenmare	13:01	13:25	14:02
97.3	60.5	Straight through Junction / 4rdsX	13:01	13:25	14:02
97.6	60.6	Right at T junction outside Lansdowne Arms Hotel, mini roundabout, dir Ring of Kerry, Sneem, All Routes N71 On N71	13:02	13:26	14:03
97.7	60.7	Mini roundabout at Kenmare Post Office, first exit dir Ring of Beara, Glengariff, Skibbereen	13:02	13:26	14:03
98.6	61.7	Turn right after bridges onto R571 dir Castletownbere, Ring of Beara On R571	13:03	13:27	14:04
112.2	69.7	Keep left at Y junction	13:20	13:48	14:30
113.6	70.6	Left at Y junction dir Castletownbere, Healy Pass	13:22	13:50	14:33



113.6	70.6	<b>Start of KOM Blue flag</b>		13:22	13:50	14:33
117.1	72.8	<b>Garranes KOM Category 2</b>	👑 <sup>2</sup>	13:26	13:55	14:39
		<b>Finish line for KOM at lane on left leading</b>				
120.9	75.1	Lauragh Sign		13:31	14:01	14:46
121.4	75.4	Left dir Healy Pass, Adrigole (14km)		13:31	14:02	14:47
121.5	75.5	Narrow bridge		13:31	14:02	14:47
121.5	75.5	Left dir Healy Pass R574 At An Sibin		13:31	14:02	14:47
121.5	75.5	<b>Start of KOM Blue flag at An Sibin</b>		13:31	14:02	14:47
		On R574				
127.7	79.3	<b>Healy Pass KOM Category 1</b>	👑 <sup>1</sup>	13:39	14:11	14:59
		<b>Finish line at Healy Pass Sign</b>				
127.9	79.5	25km to go sign @ Don's Mountain Cabin on right hand side		13:39	14:11	14:59
134.5	83.6	Left at T junction		13:48	14:21	15:12
		On R572				
135.9	84.4	Adrigole GAA club on right hand side		13:49	14:23	15:14
140.1	87.0	Blue flag for KOM Bridge after Sugar Loaf Pub on left hand side		13:55	14:30	15:22
142.9	88.8	10km to go sign @ telegraph pole on rock on left hand side		13:58	14:34	15:27
145.3	90.3	<b>Cooleriagh KOM Category 3</b>	👑 <sup>3</sup>	14:01	14:37	15:32
		<b>Finish line for KOM lay-by on right hand side and blue Community Alert sign on left hand side</b>				
147.9	91.9	5km to go signs at Homebrew Centre, Kits & Equipment sign		14:04	14:41	15:37
148.9	92.5	4km to go sign @ grotto, junction of L4926, just off main road		14:06	14:43	15:39
149.9	93.1	3km to go sign @ 2-storey house on rhs with stone shed with grey front door		14:07	14:44	15:41
150.9	93.8	2km to go sign @ layby on right hand side for Garnish Island, OPW sign		14:08	14:46	15:42
151.9	94.4	Glengariff 50 speed signs		14:09	14:47	15:44
151.9	94.4	1km to go sign @ 'Do Not Pass' sign on left hand side		14:09	14:47	15:44
		500m to go sign @ Rockwood House B&B on RHS				
152.6	94.8	Right at T junction at the Lue Loo Bar (P Harrington) onto N71		14:10	14:48	15:46
		300m to go sign outside Rainbow Restaurant				
		200m to go sign directly outside Garda Station				
		150m to go sign outside hostel, Murphys Fish & Chips				
		<b>Divert Team cars turn right into Quill's Woollen Mills on right hand side</b>				
		100m to go sign @ Quills wooden market sign opposite Cottage Bar & Restaurant				
		75m opposite petrol pump outside the Spinning Wheel, directly across from Quills customer carpark sign				
<b>153.0</b>	<b>95.1</b>	<b>Finish line outside Shamrock Stores, crafts &amp; gift shop</b>		<b>14:11</b>	<b>14:49</b>	<b>15:46</b>

#### IMPORTANT STAGE LOCATIONS

Race HQ; Eccles Hotel, Tel. 027 - 63003

Stage Finish Organiser; Michael Crowley, Tel. 087 - 2322041

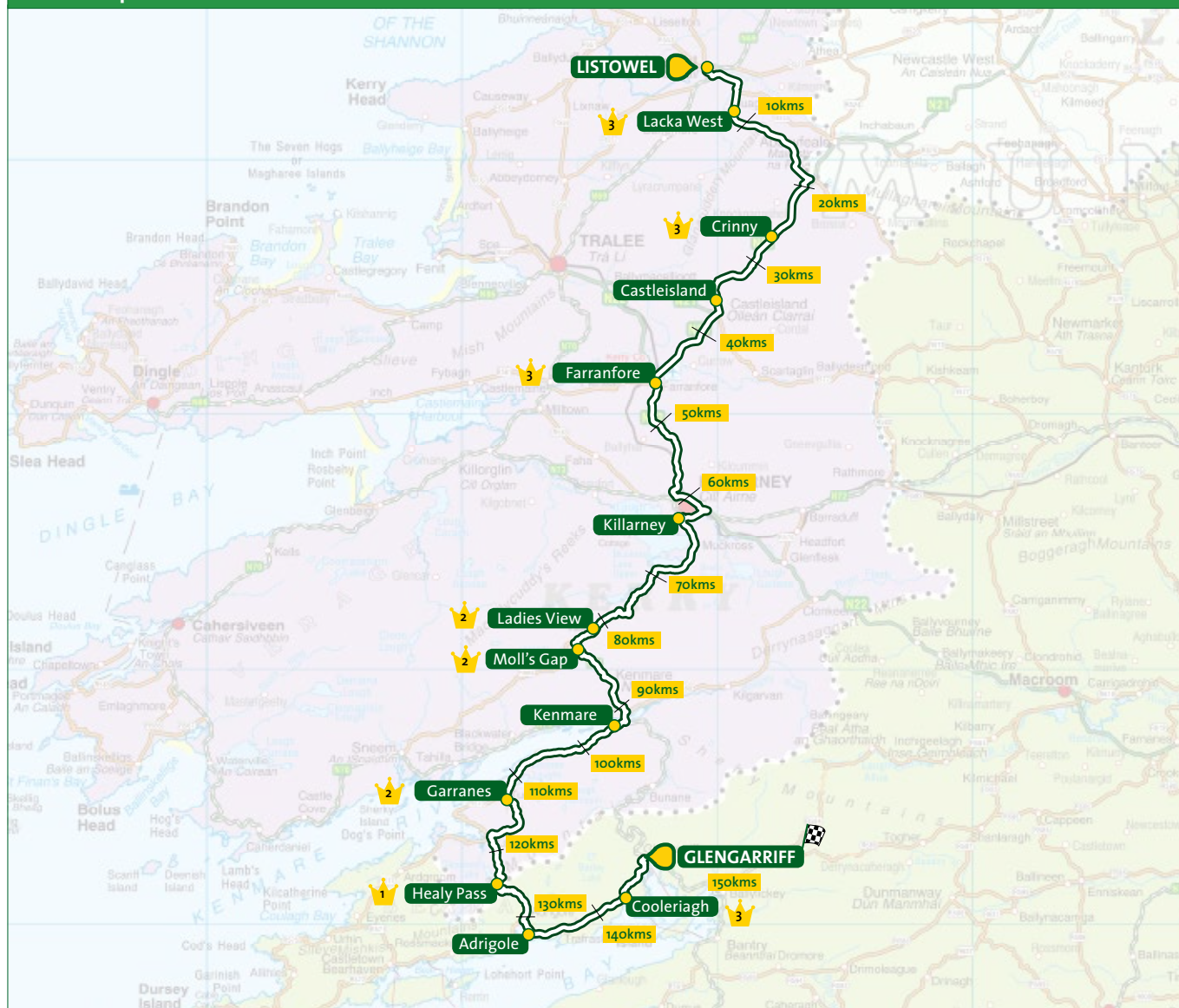
Service Crew Accommodation; Eccles Hotel, Tel. 027 - 63003

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

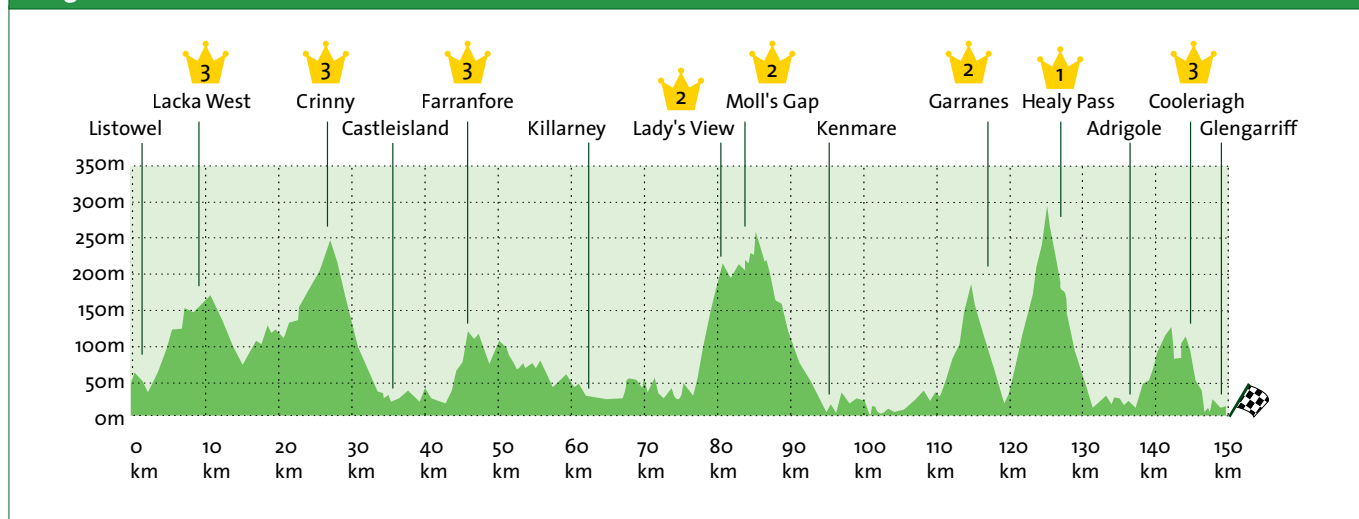
## STAGE 4 LISTOWEL - GLENGARRIFF 153 KMS

Wednesday 22nd May 2013 / Dé Céadaoin 22ú Bealtaine

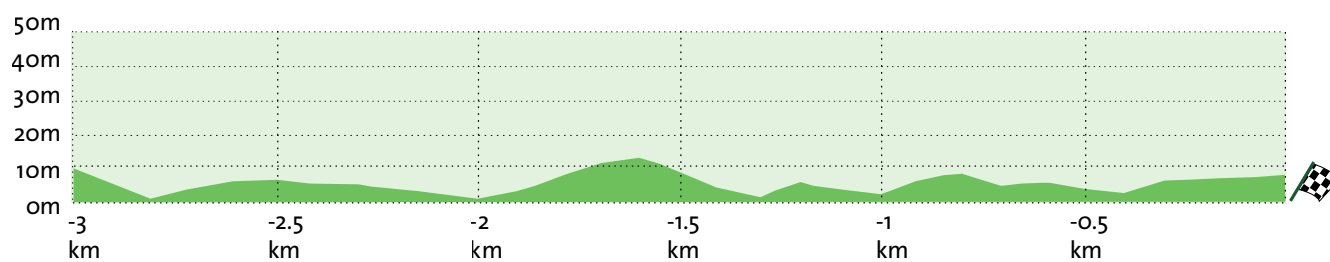
### Route Map



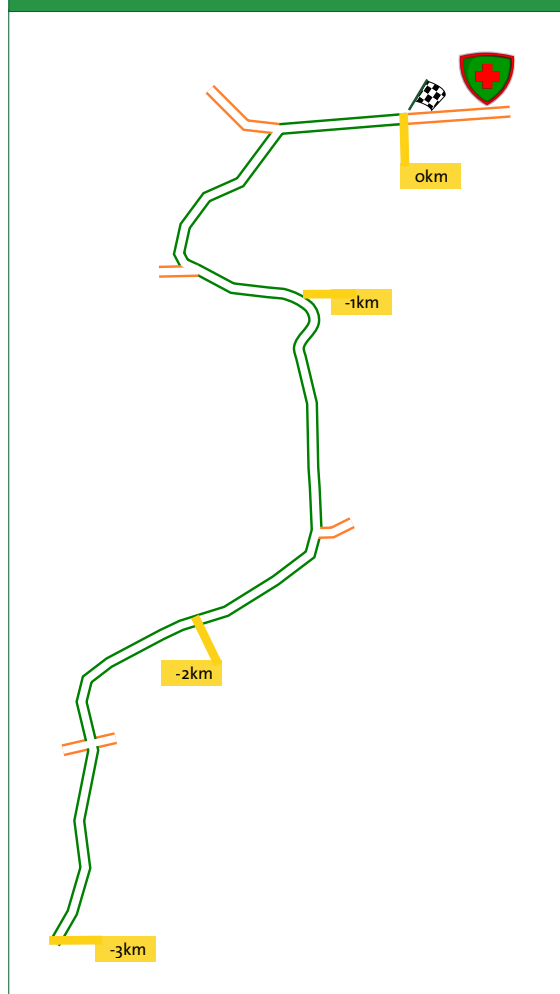
### Stage Profile



### 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
- Service Crew
- Stage Incoming
- Stage Outgoing