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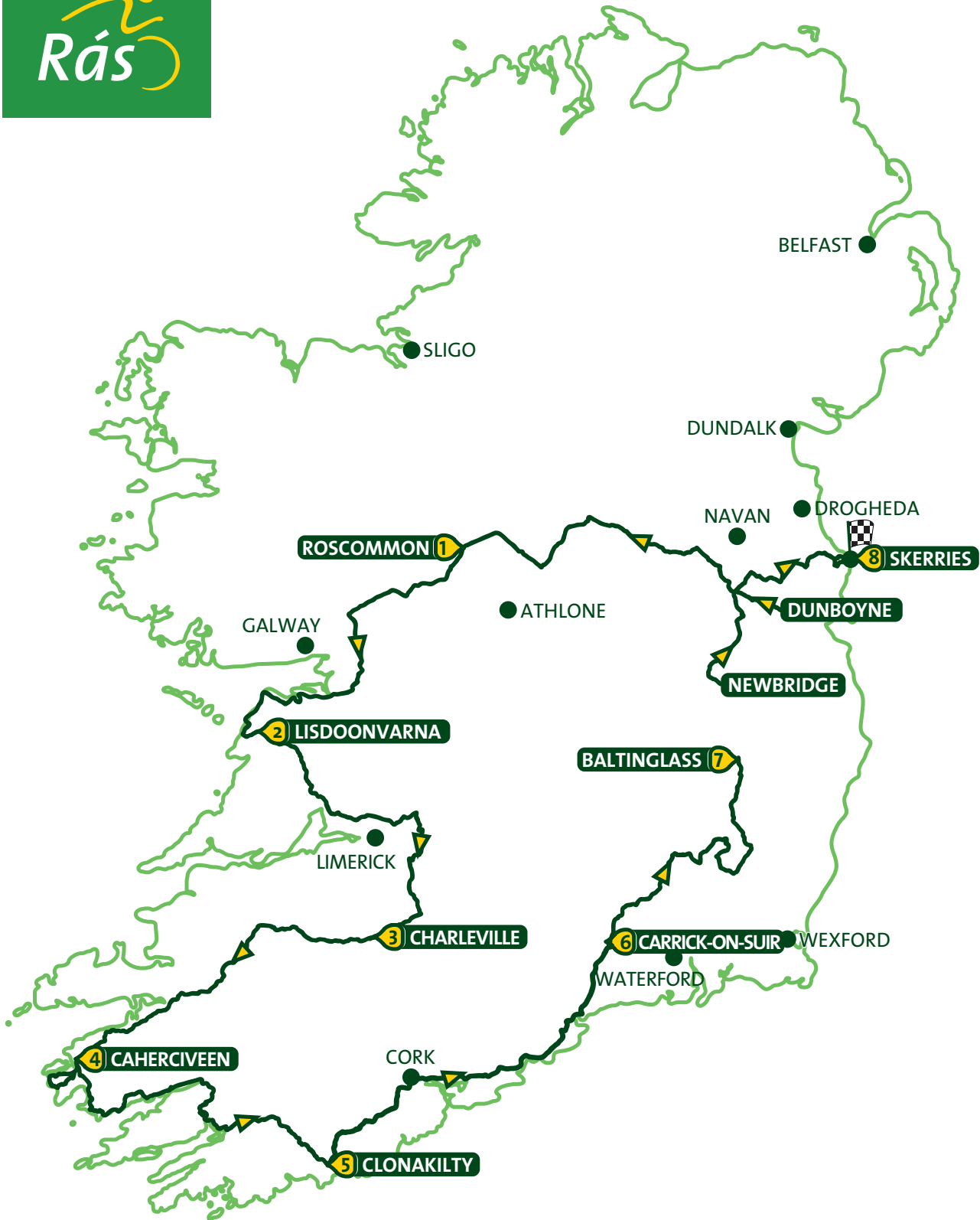
# 2014 RACE TECHNICAL GUIDE

8 Day International Cycle Race | 18–25 May



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## RACE OFFICIALS

Race Director	Tony Campbell
Asst. Race Director/Accommodation	Eddie Dawson
Commissaire President	Madis Lepajoe
Commissaire 2	Gary McIlroy
Commissaire 3	Aidan Higgins
Radio Tour Motorcycle/Commissaire	Phil O'Brien
Cavalcade Motorcycle/Commissaire	Mark Kavanagh
Timekeepers	Alice Sherratt, Tom Keenan
Chief Judge	Mick Twomey, Michael Campbell
Team Liaison	Bróna O'Sullivan
Race Publications	Eimear Dignam
Accommodation Assistant	Cathy Mansfield
IT Consultant	Seamus Shortall
Route Designer	Stephen O'Sullivan
Race Doctor	Dr. Conor McGrane
Safety Officer	Tom Conway
Chief Marshal	Martin Reilly
Stage Finish Coordinator	Seamus Domegan
Lead Car 1	Ted Crowley
Radio Technical Manager/Lead Car 2	Paddy Fitzsimons
Lead Car 3	Carl Fullerton
Lead Car 4	Seán O'Hanlon
Lead Car 5	Pat Moss
Radio Tour	Susan O'Mara
Anti Doping Officer	Barry Broadbent
Paramedic	Eoghan Connolly
Paramedic	Martin Gilbert
Public Address Announcer	Cian Lynch, Ray Kennedy
Neutral Service	Paul Nolan, Russell Treacy, Gabriel Howard, Sean Coakley, Neil Taggart, Gerry Beggs
Neutral Service Motorcycle	Mark McQuaid, Darragh Staunton
Motorcycle Judge	Ciarán McKenna, Eamonn Walsh
Blackboard Time Keeper	Pat Dowd, Therese Dowd
Chief Motorcycle Marshal	Richie McNamara
Motorcycle Marshals	Gerry Barry, Adrian Corcoran, Damien McMahon, John O'Donnell, Alan Cusson, Ciaran Meade, Paul Purcell, Robbie Cowan, Mick Flynn, Noel Candon, Mervyn Hensen, Gerry Keogh, Dominic Noonan, Stephen Whelan, Dave O'Sullivan
Cavalcade Motorcycle	Paul Davis
TV Camera Bike	Dave Kenny
Press/Photo/Security Motorcyclists	Pat O'Shaughnessy, Paul Burke

# RACE OFFICIALS

Photo Finish Equipment	Frank Gibson
Route Markers	Noel Clarke, Gerard Campbell, Vincent Clarke, Liam Harte
Stage Crew	Noel Kelly, Alan Byrne, Keith Mitchell, Andy O'Brien, Denis Craven, Ken Clarke, Larry McGrane, Declan Brannigan
Schools Publicity	Vincent Cronin, Aleda Fitzpatrick
Ambulance Service Irish Red Cross Society	Francis Kenny, Frank Ryan, Cyril O'Hare, Paul Conway
Post Office/KOM Crew	Mervyn Irvine, Cathal Doyle, Robert Kennedy, Michael Kennedy
Logistics	Declan Halligan, Rob Haslam, Tadgh Moriarity, Brendan Quigley, Paddy Wall, Tom Moore, Alasdair MacLennan, John Breen, Martin McDonagh, Sean McIlroy, Michael Reidy, William Vickers, Rory Wyley, Stephen Enright, Laurence Roche, John Bann-Lavery, Sean McNicholl, Martin Gill, Conor Bruton
Broom Wagon	Michael Noonan

## TEAM REGISTRATION & SIGN-ON

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### Saturday 17th May

Team Registration will take place on Saturday 17th 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 a 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. The 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 17th 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.

### 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 18th 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 Portaloo's provided or other appropriate locations. Failure to comply with this instruction will incur sanctions depending on the seriousness of the offence.

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

### 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 5.1km including a lap passing through Dunboyne.

### Bonus Times

Stage 1 Hot Spot Time Bonus Primes at;

41.1km Athboy  
76.5km Coole  
114.9km Ballymahon

### Other Bonus Times

Time bonuses will also be awarded for Roscommon 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 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	Coordinate 1	Coordinate 2
<b>Stage 1 Dunboyne – Roscommon</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
Midland Regional Hospital, Mullingar	044 934 0221	N 53 32.025	W 07 20.558
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
<b>Stage 2 Roscommon – Lisdoonvarna</b>			
Roscommon General Hospital	090 6626200	N 53 37.298	W 08 10.296
Portiuncula Hospital Ballinsloe	090 9648200	N53 19.346	W 08 14.035
University Hospital Galway	091 524222	N 53 16.354	W 09 03.545
Mid Western Regional Hospital, Ennis	065 6863100	N 52 51.032	W 08 58.585
<b>Stage 3 Lisdoonvarna – Charleville</b>			
Mid Western Regional Hospital, Ennis	065 6863100	N 52 51.032	W 08 58.585
Mid-Western Regional Hospital, Limerick	061 482219	N 52 38.076	W 08 39.151
Cork University Hospital	021 4546400	N 51 52.582	W 08 30.451
<b>Stage 4 Charleville – Cahirciveen</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 Hospital	066 7184000	N 52 15.561	N 09 41.148
<b>Stage 5 Cahirciveen – Clonakilty</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 Clonakilty – Carrick-On-Suir</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
Waterford Regional Hospital	051 848000	N 52 14.529	W 07 04.435
<b>Stage 7 Carrick-On-Suir – Baltinglass</b>			
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
Naas General Hospital	045 849500	N 53 12.410	W 06 39.388
<b>Stage 8 Newbridge – 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 – ROSCOMMON 149.8km

Sunday 18th May/Dé Domhnaigh 18ú Bealtaine

		TIME
<b>Riders sign-on</b>	The podium in Dunboyne Centre	<b>10.30–11.30</b>
<b>Assemble</b>	In team formation in Dunboyne Centre	<b>12:10</b>
<b>Ceremonial Start</b>	Dunboyne	<b>12:30</b>
<b>Neutralised</b>	For 5.1km	

Team support vehicles depart	11:20
Team cars depart in cavalcade position behind riders	

			Estimated Time of Arrival at Kilometres per Hour		
			48	40	32
Km	Mi	Location	Back wind	Average	Head wind
0.0	0.0	Ceremonial Start	12:30	12:30	12:30
0.9	0.6	Roundabout, 1st exit onto R157 dir Maynooth	12:31	12:31	12:31
2.2	1.4	Roundabout, 1st exit, dir Dunboyne	12:32	12:33	12:34
3.5	2.2	Left at crossroads in Dunboyne Village, back onto Summerhill Road			
4.4	2.7	Roundabout, 2nd exit dir Summerhill R156	12:35	12:36	12:38
5.1	3.2	End of neutral section at Dunboyne AFC			
0.0	0.0	0Km signs for Start of Racing	12:36	12:37	12:39
		Depart on R156, dir Summerhill			
		On R156			
9.3	5.8	Right at Y junction			
17.1	10.6	Roundabout, 2nd exit dir Summerhill	12:51	12:55	13:02
17.6	10.9	Summerhill 50 signs	12:52	12:56	13:03
17.9	11.1	Right at Y, dir Trim/Rathmolyon R158			
		On R158			
27.8	17.3	Roundabout, 2nd exit dir Town Centre/Kinnegad	13:04	13:11	13:22
27.8	17.3	Trim 50 signs	13:04	13:11	13:22
28.8	17.9	Right at Y junction at bridge			
29.0	18.0	Left at Trim Furniture Craft, St Loman's Street (narrow street)	13:06	13:13	13:24
29.3	18.2	Left at T junction at Supervalu, dir Athboy			
		Immediately right at Y at the Malt House			
29.5	18.3	Caution road narrows, jutting footpath & bollards on RHS			
29.6	18.4	Left at T junction, dir Athboy R154	13:07	13:14	13:25
		On R154			
40.0	24.9	Athboy 50 signs	13:20	13:30	13:45
		Post Office Prime ahead			
40.7	25.3	Left at T, dir Delvin N51	13:20	13:31	13:46
41.1	25.5	Athboy Post Office Prime & Hot Spot Sprint 	13:21	13:31	13:47
		Prime Line at Post Office			
41.3	25.7	Straight dir Mullingar, Delvin	13:21	13:31	13:47

41.9	26.0	Right at Y to N51			
		<b>On N51</b>			
43.7	27.2	Caution series of bad bends	13:24	13:35	13:51
46.7	29.0	Caution series of sharp bends			
<b>50.0</b>	<b>31.1</b>	<b>50km signs at 60km speed limit signs at Crowenstown pub</b>	<b>13:32</b>	<b>13:45</b>	<b>14:03</b>
<b>53.3</b>	<b>33.1</b>	<b>Delvin 50 signs</b>	<b>13:36</b>	<b>13:49</b>	<b>14:09</b>
54.1	33.6	Right at T & immediately left, dir Castlepollard on R395			
		<b>On R395</b>			
<b>59.4</b>	<b>36.9</b>	<b>Drumcree 60 signs</b>	<b>13:44</b>	<b>13:59</b>	<b>14:21</b>
<b>63.4</b>	<b>39.4</b>	<b>Collinstown 50 signs</b>	<b>13:49</b>	<b>14:05</b>	<b>14:28</b>
63.8	39.6	Straight at 4rdsX in centre of village			
69.6	43.2	<b>Castlepollard 60 signs</b>	<b>13:57</b>	<b>14:14</b>	<b>14:40</b>
70.9	44.1	Roundabout, 2nd exit dir All Routes			
71.0	44.1	Left at staggered 4rdsX dir Edgeworthstown R395	13:58	14:16	14:43
71.1	44.2	Ramp on approach to pedestrian crossing			
		Ramp after pedestrian crossing			
75.6	47.0	Coole 60 signs	14:04	14:23	14:51
		<b>Post Office Prime ahead</b>			
<b>76.3</b>	<b>47.4</b>	<b>Coole 50 signs</b>	<b>14:05</b>	<b>14:24</b>	<b>14:53</b>
<b>76.5</b>	<b>47.5</b>	<b>Coole Post Office Prime &amp; Hot Spot Sprint</b> 	<b>14:05</b>	<b>14:24</b>	<b>14:53</b>
<b>82.8</b>	<b>51.4</b>	<b>Lismacaffrey 50 signs</b>	<b>14:13</b>	<b>14:34</b>	<b>15:05</b>
<b>85.8</b>	<b>53.3</b>	<b>Lisryan 50 signs</b>	<b>14:17</b>	<b>14:38</b>	<b>15:10</b>
<b>94.5</b>	<b>58.7</b>	<b>Edgeworthstown 50 signs</b>	<b>14:28</b>	<b>14:51</b>	<b>15:27</b>
94.8	58.9	Left at T junction N55 dir Town Centre 1km	14:28	14:52	15:27
95.2	59.2	Right at T junction unsigned	14:29	14:52	15:28
95.6	59.4	Left at traffic lights dir Athlone			
95.9	59.6	Goldsmith Roundabout 2nd exit dir Athlone, Ballymahon 19km N55	14:29	14:53	15:29
		<b>On R392</b>			
<b>96.4</b>	<b>59.9</b>	<b>Level crossing Nr. XS37</b>	<b>14:30</b>	<b>14:54</b>	<b>15:30</b>
<b>103.8</b>	<b>64.5</b>	<b>KOM Climb Start signs at junction L5190</b>	<b>14:39</b>	<b>15:05</b>	<b>15:44</b>
<b>104.6</b>	<b>65.0</b>	<b>Carrickboy 60 signs</b>	<b>14:40</b>	<b>15:06</b>	<b>15:46</b>
		Straight at 4rdsX in Carrickboy			
<b>106.1</b>	<b>65.9</b>	<b>Richmond KOM Category 3</b> 	<b>14:42</b>	<b>15:09</b>	<b>15:48</b>
<b>109.6</b>	<b>68.1</b>	<b>Start of Feed Zone at start of hard shoulder on left at sign for Colehill</b> 	<b>14:47</b>	<b>15:14</b>	<b>15:55</b>
<b>110.5</b>	<b>68.7</b>	<b>End of feeding zone at large green sign N55 on top</b>	<b>14:48</b>	<b>15:15</b>	<b>15:57</b>
<b>114.0</b>	<b>70.8</b>	<b>Ballymahon 50 signs</b>	<b>14:52</b>	<b>15:21</b>	<b>16:03</b>
		<b>An Post Prime ahead</b>			
114.7	71.3	Right at T junction onto Main Street dir Lanesboro R392			
<b>114.9</b>	<b>71.4</b>	<b>An Post Prime &amp; Hot Spot Sprint</b> 	<b>14:53</b>	<b>15:22</b>	<b>16:05</b>
<b>124.9</b>	<b>77.6</b>	<b>25km signs at block grey shed on LHS</b>	<b>15:06</b>	<b>15:37</b>	<b>16:24</b>
126.2	78.4	Caution for a bog level crossing Nr 05/23	15:07	15:39	16:26
<b>127.0</b>	<b>78.9</b>	<b>Derraghan 60 signs</b>	<b>15:08</b>	<b>15:40</b>	<b>16:28</b>
<b>130.6</b>	<b>81.2</b>	<b>20K signs at Xrds for Killashee before bridge (yellow/black Xroads sign)</b>	<b>15:13</b>	<b>15:45</b>	<b>16:34</b>
<b>133.6</b>	<b>83.0</b>	<b>Lanesboro 60 signs</b>	<b>15:17</b>	<b>15:50</b>	<b>16:40</b>

		<b>On N63</b>			
140.0	87.0	10K signs at start of hard shoulder/road widens at Xroads	15:25	16:00	16:52
144.8	90.0	5K signs at Xroads (signed Kiltewan 2km/Knockcroghery left)	15:31	16:07	17:01
145.9	90.7	4K signs at yellow house/red barn on LHS	15:32	16:08	17:03
146.8	91.2	3K signs at blue/grey house on RHS, Rosville/ corrugated barn opposite	15:33	16:10	17:05
147.8	91.8	2K signs at 'Do Not Pass' signs (400mtrs)	15:34	16:11	17:07
147.9	91.9	Roscommon 60 signs	15:34	16:11	17:07
148.0	92.0	Roscommon 50 signs	15:35	16:12	17:07
		Caution central reservations x5 between 50 signs & Garveys Builders Merchants on right.			
148.5	92.3	1K signs at start of Lidl Building on left before roundabout			
148.6	92.3	Roundabout at KFC, 2nd exit dir Dublin	15:35	16:12	17:08
148.9	92.5	Straight at Roundabout	15:36	16:13	17:09
		<b>500m signs at yellow/black sign, pedestrian crossing after roundabout</b>			
149.2	92.7	Steward Pedestrian Crossing & Central Reservation, Fire Station on LHS Divert team cars to right into Cattle Mart Car Park	15:36	16:13	17:09
		450m signs at Pedestrian crossing at fire station on LHS			
		<b>400m signs at John Gillooly Joinery Works on left</b>			
		<b>300m signs at entrance to Topaz station on left</b>			
		<b>250m signs at entrance to Athlone road at roundabout</b>			
149.6	93.0	Roundabout, 3rd exit dir Town Centre	15:37	16:14	17:10
		<b>200m signs at Roscommon Windows on right</b>			
		<b>150m signs at Bruen Insurance Broker on left</b>			
149.7	93.0	Right at T junction	15:37	16:14	17:10
		130m at T-Steward junction Athlone Road & Goff Street			
		<b>100m signs at Brogans Lane on RHS</b>			
		<b>75m signs at carpark entrance for AIB Bank on LHS</b>			
		<b>50m signs Chapel Lane RHS</b>			
		<b>25m signs at end of Donnelly's &amp; Co store on RHS (double timber doors)</b>			
149.8	93.1	Finish line at front door of Flemings SuperValu supermarket on RHS of road, just before pedestrian crossing	15:37	16:14	17:10

#### IMPORTANT STAGE LOCATIONS

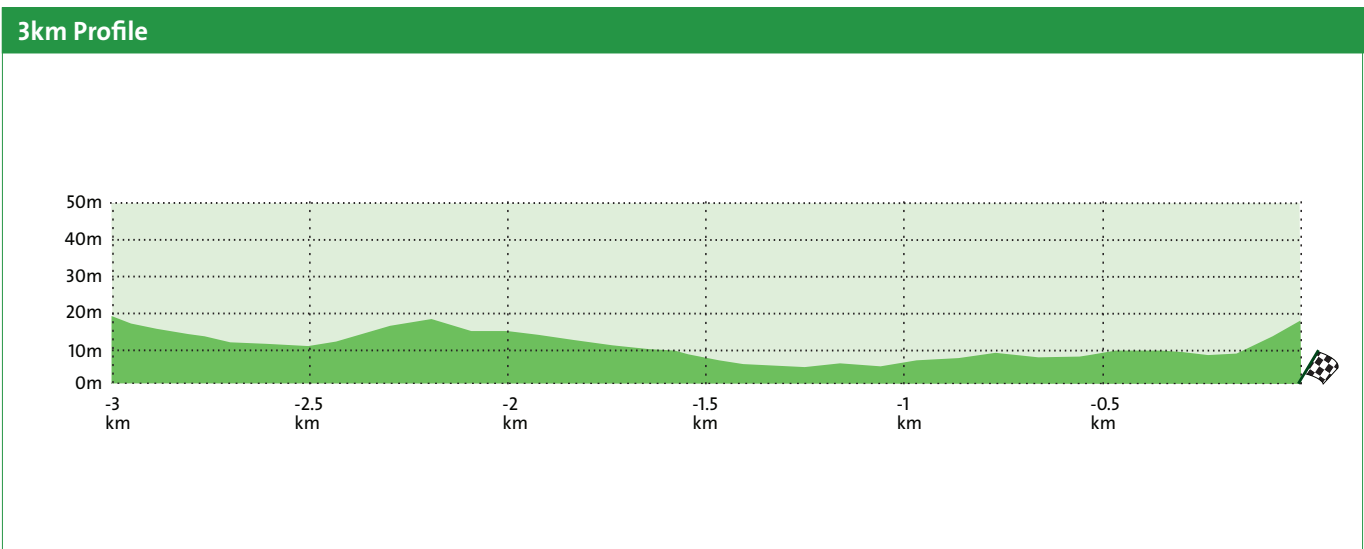
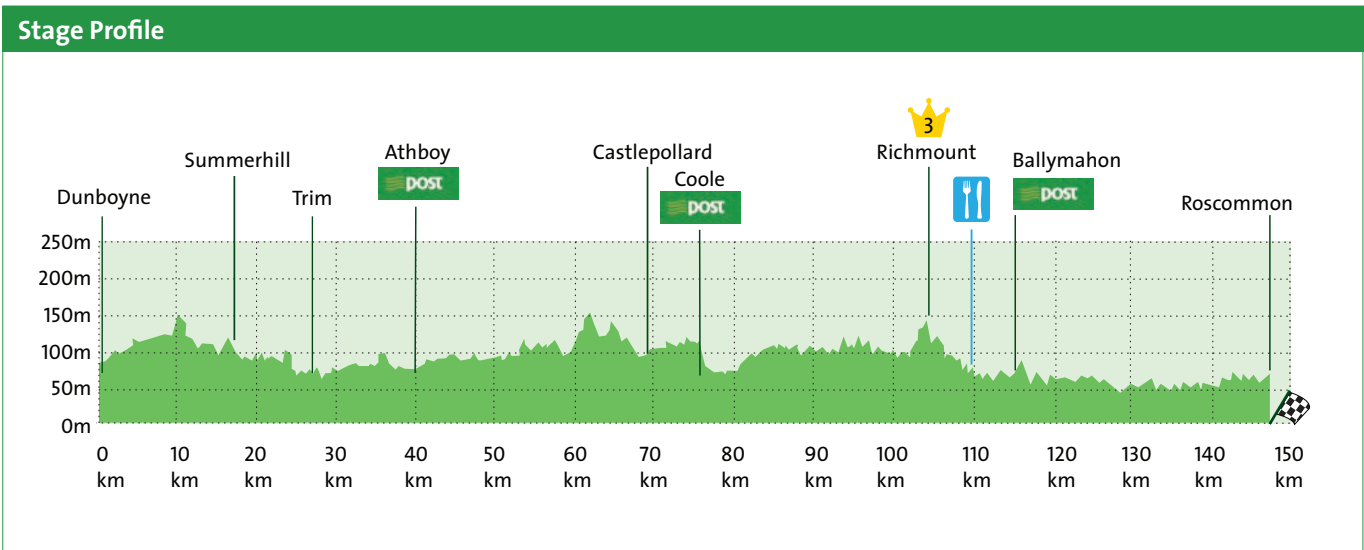
**Stage Finish Organiser** Noel Feeley, Tel. 087 2265 114

**Race HQ** Abbey Hotel, Roscommon. Tel. 090 662 6240

**Stage Crew Accommodation** The Abbey Hotel, Tel. 090 662 6240

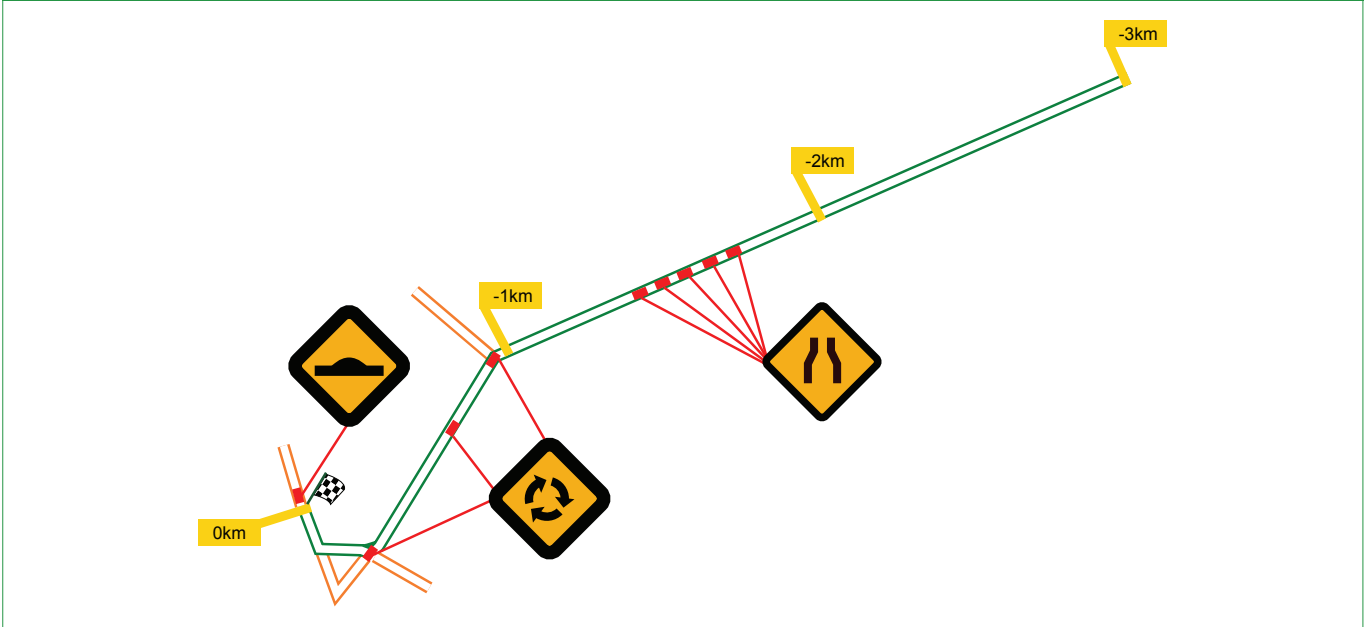
**Anti-Doping Control** located in camper van adjacent to finish line

STAGE 1 DUNBOYNE – ROSCOMMON 149.8km  
Sunday 18th May/Dé Domhnaigh 18ú Bealtaine

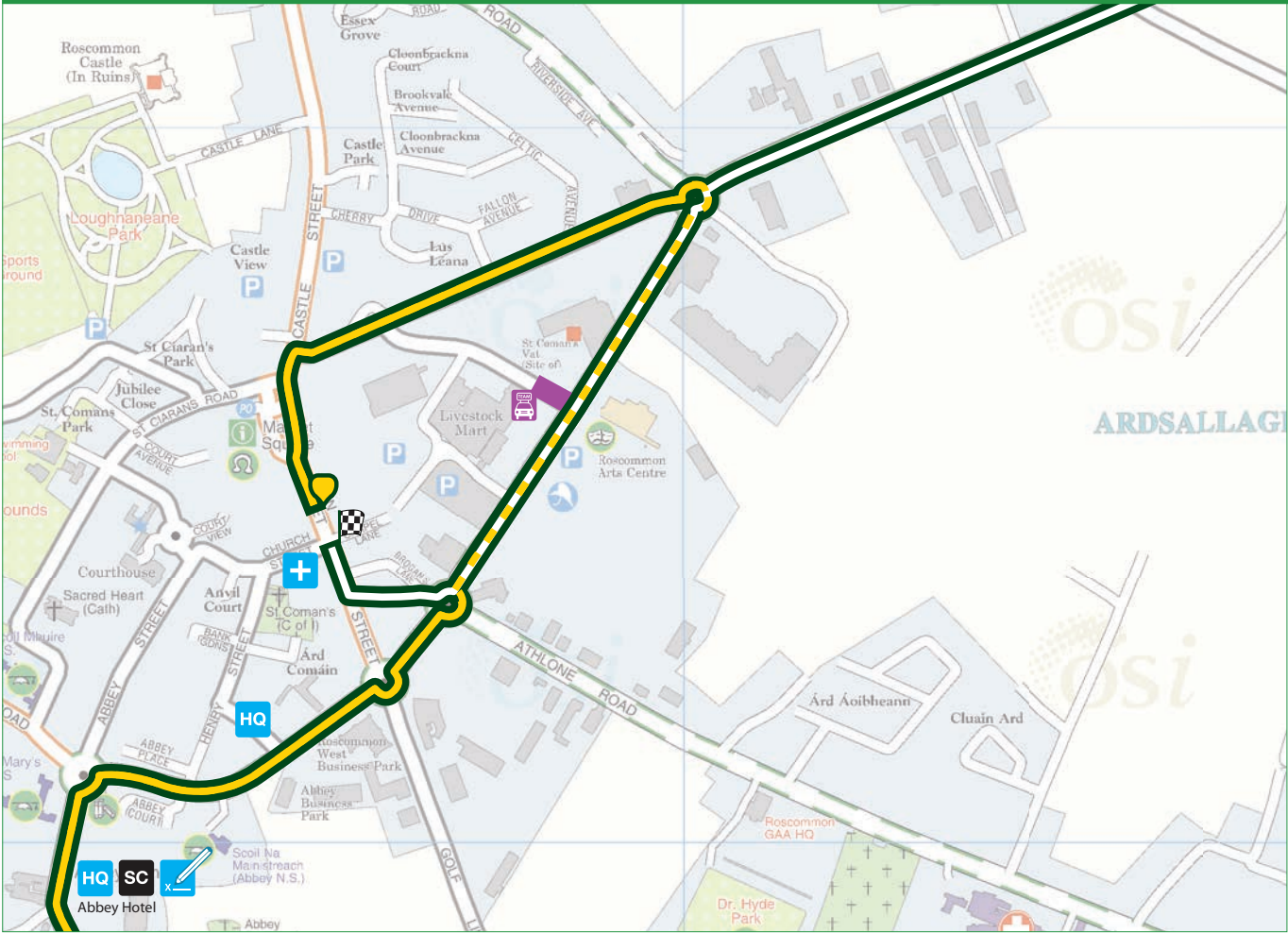




### 3km Route



## Finish and Start



**HQ** Head Quarters



Feeding Station



Anti-doping Centre



Team Car Park



### Team Car Diversion Route



## Ceremonial Start



## Finish



OST Prime



### King of the Mountain



Service Crew







Stage Incoming



### Stage Outgoing

## Monday 19th May/Dé Luain 19ú Bealtaine

Team support vehicles depart	10:20
Team cars depart in cavalcade position behind riders	

<b>48.6</b>	<b>30.2</b>	<b>50 signs Abbeyknockmoy</b>		<b>12:00</b>	<b>12:12</b>	<b>12:31</b>
<b>50.0</b>	<b>31.1</b>	<b>50km signs to go at black &amp; white sign 'Warning Low Bridge Ahead'</b>			<b>12:15</b>	<b>12:33</b>
54.0	33.6	Left dir Athenry on R347, Athenry 13km		12:07	12:21	12:41
		<b>On R347</b>				
57.7	35.9	Left at Y junction dir Athenry		12:12	12:26	12:48
67.0	41.6	Roundabout, 2nd exit dir Athenry R347		12:23	12:40	13:05
<b>67.2</b>	<b>41.8</b>	<b>Athenry 50 signs</b>		<b>12:24</b>	<b>12:40</b>	<b>13:06</b>
68.4	42.5	Right at T junction dir Town Centre				
		Caution for ramp on turn				
		Immediately left before arch onto Court Lane				
68.6	42.6	Left at T junction dir Galway		12:25	12:42	13:08
68.8	42.8	Right at Y junction to pass Topaz Garage		12:26	12:43	13:09
69.4	43.1	Baumore Roundabout, 1st exit dir Craughwell		12:26	12:44	13:10
69.7	43.3	Straight at 4rdsX dir Craughwell R347		12:27	12:44	13:10
76.3	47.4	Left at T junction dir Craughwell R446		12:35	12:54	13:23
76.6	47.6	Caution for rail lines at level crossing XE194		12:35	12:54	13:23
<b>76.8</b>	<b>47.7</b>	<b>Craughwell 50 signs</b>		<b>12:36</b>	<b>12:55</b>	<b>13:24</b>
77.6	48.2	Right dir Ardrahan R347		12:37	12:56	13:25
77.9	48.4	Roundabout 1st exit dir Ardrahan		12:37	12:56	13:26
82.9	51.5	Right curve at T junction				
87.0	54.1	Right at 4rdsX dir Ardrahan 2km, R347		12:48	13:10	13:43
<b>87.6</b>	<b>54.4</b>	<b>Ardrahan 50 signs</b>		<b>12:49</b>	<b>13:11</b>	<b>13:44</b>
88.9	55.2	Right at T junction dir Galway N18				
		Immediately left at Joyce's Pub, dir Kinvara				
89.7	55.7	Caution for sharp right hand bend & bridge				
92.0	57.2	Straight at 4rdsX, dir Kinvara 6km		12:55	13:18	13:52
97.6	60.6	Left at T junction, dir Kinvara 2km N67		13:02	13:26	14:03
		<b>On N67</b>				
<b>98.0</b>	<b>60.9</b>	<b>Kinvara 50 signs</b>		<b>13:02</b>	<b>13:27</b>	<b>14:03</b>
<b>99.2</b>	<b>61.6</b>	<b>Start feeding zone at Kinvara Medical Centre for 300km</b>		<b>13:04</b>	<b>13:28</b>	<b>14:06</b>
<b>112.1</b>	<b>69.7</b>	<b>Bell Harbour</b>		<b>13:20</b>	<b>13:48</b>	<b>14:30</b>
<b>119.0</b>	<b>73.9</b>	<b>Ballyvaughan 50 signs</b>		<b>13:28</b>	<b>13:58</b>	<b>14:43</b>
119.4	74.2	Right at T junction dir Fanore, R477				
<b>133.6</b>	<b>83.0</b>	<b>25km signs at National School on left</b>		<b>13:47</b>	<b>14:20</b>	<b>15:10</b>
<b>134.5</b>	<b>83.6</b>	<b>An Post Prime ahead</b>				
<b>135.2</b>	<b>84.0</b>	<b>Creggagh Post Office Prime</b>		<b>13:49</b>	<b>14:22</b>	<b>15:13</b>
<b>139.0</b>	<b>86.4</b>	<b>20km to go signs at cottage with 3 x watermain stones outside</b>		<b>13:53</b>	<b>14:28</b>	<b>15:20</b>
<b>142.5</b>	<b>88.5</b>	<b>KOM Climb start signs at dip in road, gate to a field on left</b>		<b>13:58</b>	<b>14:33</b>	<b>15:27</b>
<b>144.6</b>	<b>89.9</b>	<b>Ballinalacken KOM Category 3</b>				
144.7	89.9	Right dir Doolin 5km R479		14:00	14:37	15:31
		<b>On R479</b>				
<b>148.2</b>	<b>92.1</b>	<b>Doolin 50 signs</b>		14:05	14:42	15:37
<b>149.2</b>	<b>92.7</b>	<b>10km to go signs at Hotel Doolin on left</b>		14:06	14:43	15:39
149.8	93.1	Straight at Y junction just after Doolin Hostel				
		<b>KOM Climb Start signs</b>				
<b>151.5</b>	<b>94.1</b>	<b>Doonagore KOM Category 1</b>		14:09	14:47	15:44

151.6	94.2	Left at 4rdsX, dir Lisdoonvarna 8km on R478	14:09	14:47	15:44
		<b>On R478</b>			
<b>154.4</b>	<b>95.9</b>	<b>5km signs at brown sign on left for Doolin Holiday Cottages</b>	14:13	14:51	15:49
<b>155.2</b>	<b>96.4</b>	<b>4km signs at pebble dash cottage on left number of farm buildings on left</b>	14:14	14:52	15:51
<b>156.3</b>	<b>97.1</b>	<b>3km signs at farm buildings on RHS, red corrugated roof, grey barn behind that</b>	14:15	14:54	15:53
157.2	97.7	Right at T junction	14:16	14:55	15:54
		Immediately left dir Lisdoonvarna			
		<b>2km signs at staggered 4rdsX</b>			
<b>158.3</b>	<b>98.4</b>	<b>1km signs at 50 signs</b>			
<b>158.3</b>	<b>98.4</b>	<b>Lisdoonvarna 50 signs</b>	<b>14:17</b>	<b>14:57</b>	<b>15:56</b>
158.6	98.5	Left to cross Sulphor Bridge 600m before finish, dir Town Centre			
		<b>500m – pedestrian steps to Hydro Hotel</b>			
		470m Hydro Hotel on left			
		Divert team cars left to car park immediately after Hydro Hotel			
		Imperial Hotel on right			
		<b>300m – Matchmaker Bar</b>			
		<b>200m – level with the bus stop on the Square</b>			
		<b>150m – entrance door to Ravine B&amp;B</b>			
		<b>100m – door to gift/haberdashery shop on right opposite church</b>			
		<b>50m – entrance door to Mace supermarket</b>			
		<b>25m – entrance gate to Credit Union office</b>			
<b>159.2</b>	<b>98.9</b>	<b>Finish line at Post Office</b>	<b>14:19</b>	<b>14:58</b>	<b>15:58</b>

#### IMPORTANT STAGE LOCATIONS

**Stage Finish Organiser** Billy Archbold, Tel. 087 653 4246

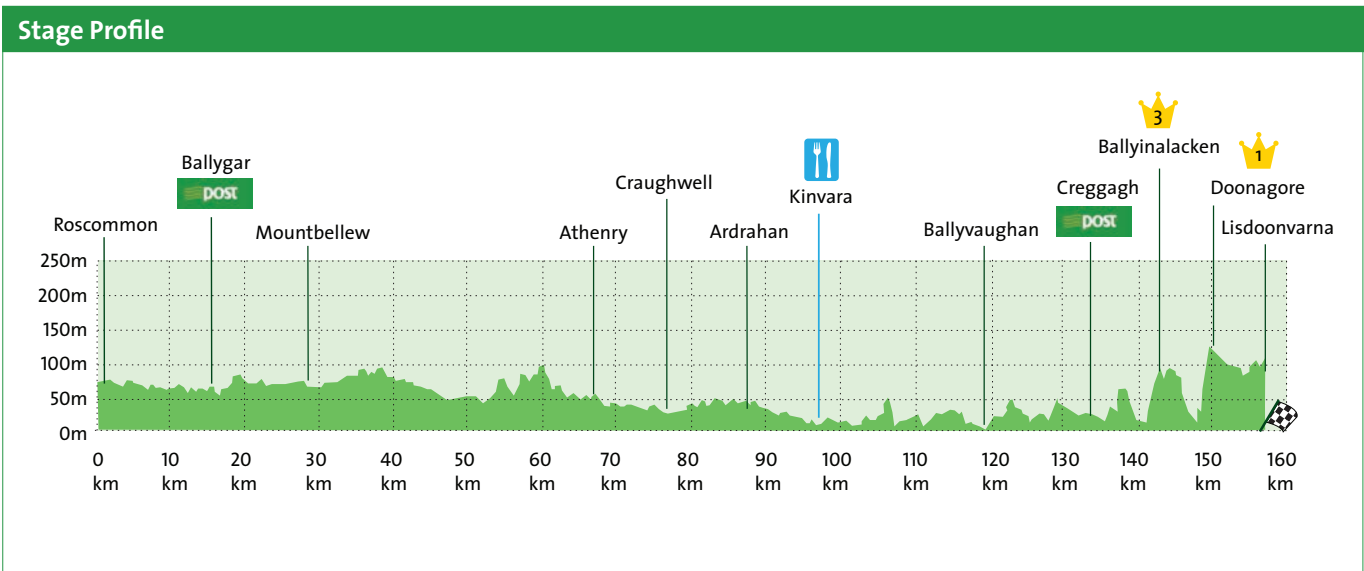
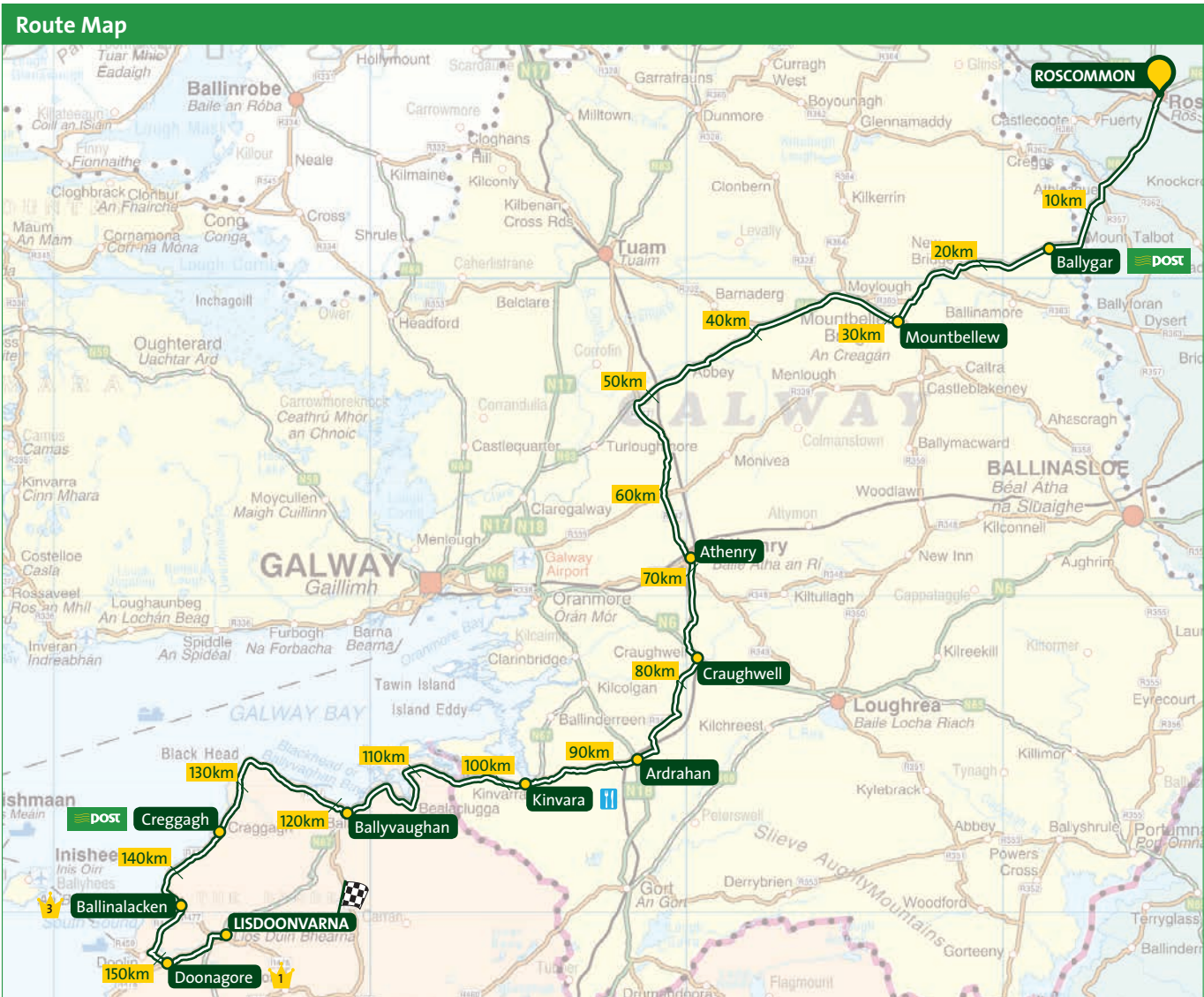
**Race HQ** Imperial Hotel, Lisdoonvarna

**Service Crew Accommodation** Imperial Hotel, Tel. 065 707 4042

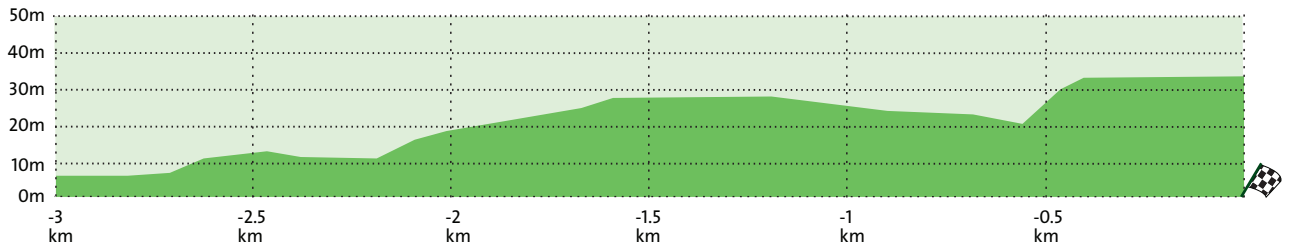
**Anti-Doping Control** located in camper van adjacent to finish line



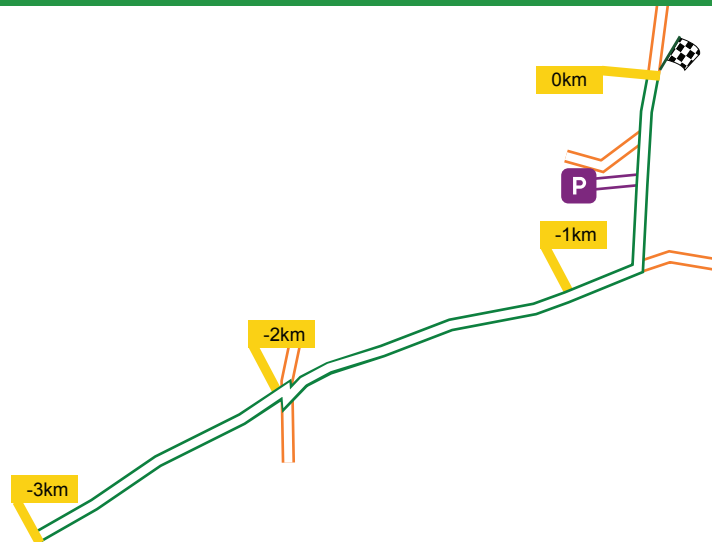
STAGE 2 ROSCOMMON – LISDOONVARNA 159.2km  
Monday 19th May/Dé Luain 19ú Bealtaine



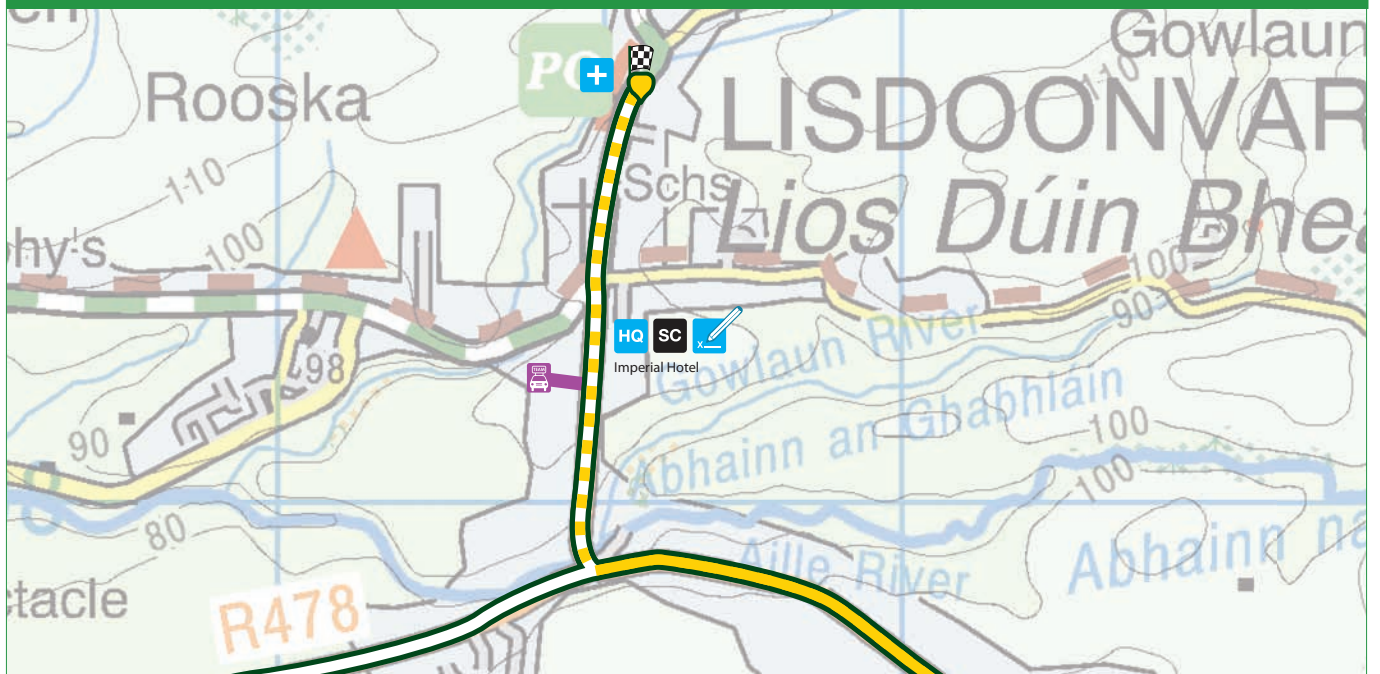
### 3km Profile



### 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 LISDOONVARNA – CHARLEVILLE 154.2km





Tuesday 20th May/Dé Máirt 20ú Bealtaine

		TIME
Riders Sign-On	Race HQ, Imperial Hotel, Lisdoonvarna	09:30–10:30
Assembly	Lisdoonvarna Post Office	10:40
Ceremonial Start	Post Office	11:00
Neutralised	For 1.4km to 60 signs at Stella Maris convent	

Team support vehicles depart	10:20
Team cars depart in cavalcade position behind riders	

			Estimated Time of Arrival at Kilometres per Hour		
Km	Mi	Location	48 Back wind	40 Average	32 Head wind
0.0	0.0	Ceremonial Start	11:00	11:00	11:00
0.6	0.4	Left at T junction at Sulphor Bridge, dir Kilfenora 8km, R476			
		On R476			
1.4	0.9	End of neutral zone at Stella Maris 60 signs			
0.0	0.0	0km signs for start of racing	11:01	11:02	11:02
6.7	4.2	Kilfenora 60 signs	11:08	11:10	11:12
7.1	4.4	Left at T junction dir Corofin, Ennis	11:08	11:10	11:13
9.7	6.0	Left at Y junction	11:12	11:14	11:18
19.7	12.2	Corofin 50 signs	11:24	11:29	11:36
30.4	18.9	Left at T junction dir Ennis, N85	11:38	11:45	11:57
31.5	19.6	Ennis 50 signs	11:39	11:47	11:59
32.9	20.4	Claureen roundabout, 2nd exit dir Galway, Limerick	11:41	11:49	12:01
34.9	21.7	Beechpark roundabout, 2nd exit dir Galway, Limerick	11:43	11:52	12:05
36.4	22.6	Rocky Road roundabout, 2nd exit dir Galway, Limerick	11:45	11:54	12:08
37.6	23.4	Clare Abbey Roundabout, 3rd exit dir Clarecastle, R458	11:47	11:56	12:10
		On R458			
38.7	24.0	Clarecastle 50 signs	11:48	11:58	12:12
39.2	24.4	Sharp left curve on Main Street, dir N18			
44.2	27.5	Dromoland West roundabout, 2nd exit dir Dromoland	11:55	12:06	12:22
		followed by Dromoland East roundabout, 2nd exit dir Newmarket-on-Fergus, R458			
47.1	29.3	Newmarket-on-Fergus 50 signs	11:58	12:10	12:28
48.0	29.8	Straight after sharp left curve at Sports Bar, dir Sixmilebridge 10K on R470			
49.1	30.5	Right at Y junction			
49.9	31.0	Left at Y junction, dir Sixmilebridge	12:02	12:14	12:33
50.0	31.1	50K signs at gate on right on narrow road	12:02	12:15	12:33
56.7	35.2	Sixmilebridge 50 signs	12:10	12:25	12:46
57.7	35.9	Caution riders for sharp left curve onto Main Street Sixmilebridge			
57.8	35.9	Straight at 4rdsX dir Clonlara, Killaloe R471			



58.5	36.4	Left at Y junction dir Clonlara	12:13	12:27	12:49
61.8	38.4	Right at T junction dir Clonlara 12km, R471	12:17	12:32	12:55
61.9	38.5	Left at Y junction dir Clonlara 12km (other side of road 13km)	12:17	12:32	12:56
		<b>KOM Climb Start signs</b>			
<b>63.6</b>	<b>39.5</b>	<b>Cloghoolia KOM Category 3</b> 	<b>12:19</b>	<b>12:35</b>	<b>12:59</b>
69.8	43.4	Left at Y junction at church, dir Killaloe 18K	12:27	12:44	13:10
70.6	43.9	Straight at 4rdsX dir Clonlara, R471	12:28	12:45	13:12
		<b>KOM Climb Start signs</b>			
72.0	44.7	Straight at 4Xroad dir Clonlara 2km	12:30	12:48	13:15
<b>72.4</b>	<b>45.0</b>	<b>Knockbrack KOM Category 3</b> 	<b>12:30</b>	<b>12:48</b>	<b>13:15</b>
74.2	46.1	Left at 4rdsX dir Killaloe R463	12:32	12:51	13:19
		<b>On R463</b>			
79.1	49.2	Right dir O'Brien's Bridge 1km, Birdhill 6km R466	12:38	12:58	13:28
		<b>On R466</b>			
<b>79.2</b>	<b>49.2</b>	<b>O'Briens Bridge</b>	<b>12:39</b>	<b>12:58</b>	<b>13:28</b>
79.9	49.6	Right across narrow bridge			
<b>80.0</b>	<b>49.7</b>	<b>Montpelier</b>	<b>12:40</b>	<b>13:00</b>	<b>13:30</b>
80.2	49.8	Left at Y junction immediately after bridge, dir Birdhill 3km			
		<b>On R466</b>			
<b>84.7</b>	<b>52.6</b>	<b>Birdhill 50 signs</b>	<b>12:45</b>	<b>13:07</b>	<b>13:38</b>
84.8	52.7	Straight to cross Dublin-Limerick road dir Newport 8km, R504			
		<b>On R504</b>			
87.3	54.2	Straight at roundabout dir Newport	12:49	13:10	13:43
88.2	54.8	Left at Y junction	12:50	13:12	13:45
92.5	57.5	Left at T juncton dir Newport 2km R503	12:55	13:18	13:53
		<b>On R503</b>			
<b>93.1</b>	<b>57.8</b>	<b>Newport 50 signs</b>	<b>12:56</b>	<b>13:19</b>	<b>13:54</b>
93.9	58.3	Right at 4rdsX in centre, dir Murroe			
97.0	60.3	Caution for left curve at narrow bridge			
101.0	62.8	Straight at 4rdsX dir Cappmore 7km, L1125	13:06	13:31	14:09
		<b>On L1125</b>			
102.4	63.6	Right at T junction dir Annacotty 10km	13:08	13:33	14:12
103.0	64.0	Left at Powers Pub, dir Boher 4km	13:08	13:34	14:13
106.7	66.3	Left at Y junction at church, dir Limerick 13km	13:13	13:40	14:20
<b>107.6</b>	<b>66.9</b>	<b>Boher</b>	<b>13:14</b>	<b>13:41</b>	<b>14:21</b>
		Right, dir Limerick on N24			
107.7	66.9	Caution multiple centre road traffic islands	13:14	13:41	14:21
107.9	67.0	100 signs	13:14	13:41	14:22
<b>107.9</b>	<b>67.0</b>	<b>Feed Zone start at 100 signs</b> 	<b>13:14</b>	<b>13:41</b>	<b>14:22</b>
<b>108.8</b>	<b>67.6</b>	<b>Feed end at direction sign for Mitchelstown/Caherconlish</b>	<b>13:16</b>	<b>13:43</b>	<b>14:24</b>
108.9	67.7	Left dir Hospital, Michelstown, Caherconlish on R513	13:16	13:43	14:24
		<b>On R513</b>			
<b>111.1</b>	<b>69.0</b>	<b>Caherconlish 50 signs</b>	<b>13:18</b>	<b>13:46</b>	<b>14:28</b>
<b>126.3</b>	<b>78.5</b>	<b>Hospital 50 signs</b>	<b>13:37</b>	<b>14:09</b>	<b>14:56</b>
		<b>'Post Office Prime' Ahead signs</b>			
<b>127.1</b>	<b>79.0</b>	<b>Hospital Post Office Prime</b> 	<b>13:38</b>	<b>14:10</b>	<b>14:58</b>



129.2	80.3	25K signs at 80 signs	13:41	14:13	15:02
131.6	81.8	Knocklong 50 signs	13:44	14:17	15:06
		Right, at 4rdsX at CU office, immediately after 50 signs, dir Kilmallock			
134.0	83.3	20km to go signs at junction on right for L51508	13:47	14:21	15:11
135.0	83.9	Elton 50 signs	13:48	14:22	15:13
137.0	85.1	Right at Y junction			
143.6	89.2	Kilmallock 50 signs	13:59	14:35	15:29
144.3	89.7	Left at T junction to cross narrow bridge			
144.6	89.9	Straight at 4rdsX to go under arch onto Emmet Street			
		10K signs at 4rdsX			
		Caution riders for road narrowing through arch			
144.8	90.0	Right at Y junction to pass Gortboy service station	14:01	14:37	15:31
		On R515			
149.2	92.7	5K signs at L8576 crossroads	14:06	14:43	15:39
150.2	93.3	4km signs at white wall on right.	14:07	14:45	15:41
151.8	94.3	Charleville 50 signs	14:09	14:47	15:44
151.2	94.0	3km at start of series of yellow bollards on LHS – first bollard beside bungalow called 'TOTTA' (with yellow wall)			
152.2	94.6	2km at Great Gas petrol station on RHS			
153.2	95.2	1km at first entrance gates to Kerry Co-op yellow railings			
		500m at dir sign on LHS, Cork (L), Limerick (R)			
		400m at junction left			
		Divert team cars left to Clancy Terrace			
		Direct team cars right to Broad Street for on-street parking			
		300m at signpost for Tipperary, Kilmallock on LHS just after Garda Station			
154.0	95.7	Left at T junction onto Main Street	14:12	14:51	15:48
		220m at centre of junction			
		200m at McMahon's Shoe Emporium on RHS			
		150m at entrance door to Dinny's Bar on RHS			
154.1	95.8	Steward pedestrian lights on Main Street	14:12	14:51	15:48
		100m at pedestrian crossing			
		75m at centre of junction with Broad Street to LHS of road			
		50m at entrance to Grainne Nally Pharmacy			
		25m at Supermacs on LHS			
154.2	95.8	Finish line at Charleville Arms Hotel/Pub	14:12	14:51	15:49

#### IMPORTANT STAGE LOCATIONS

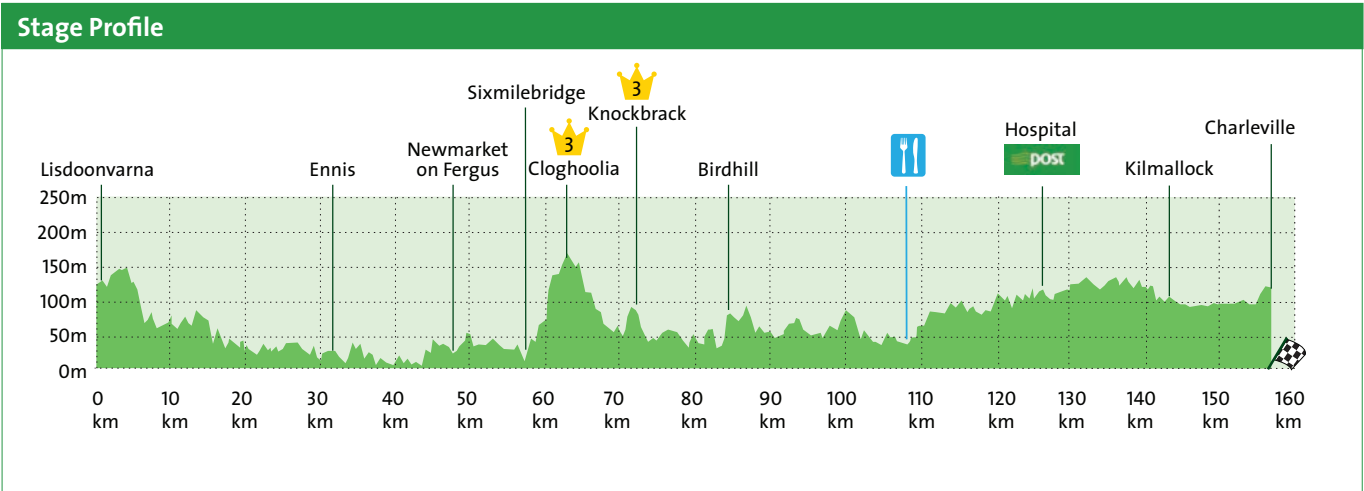
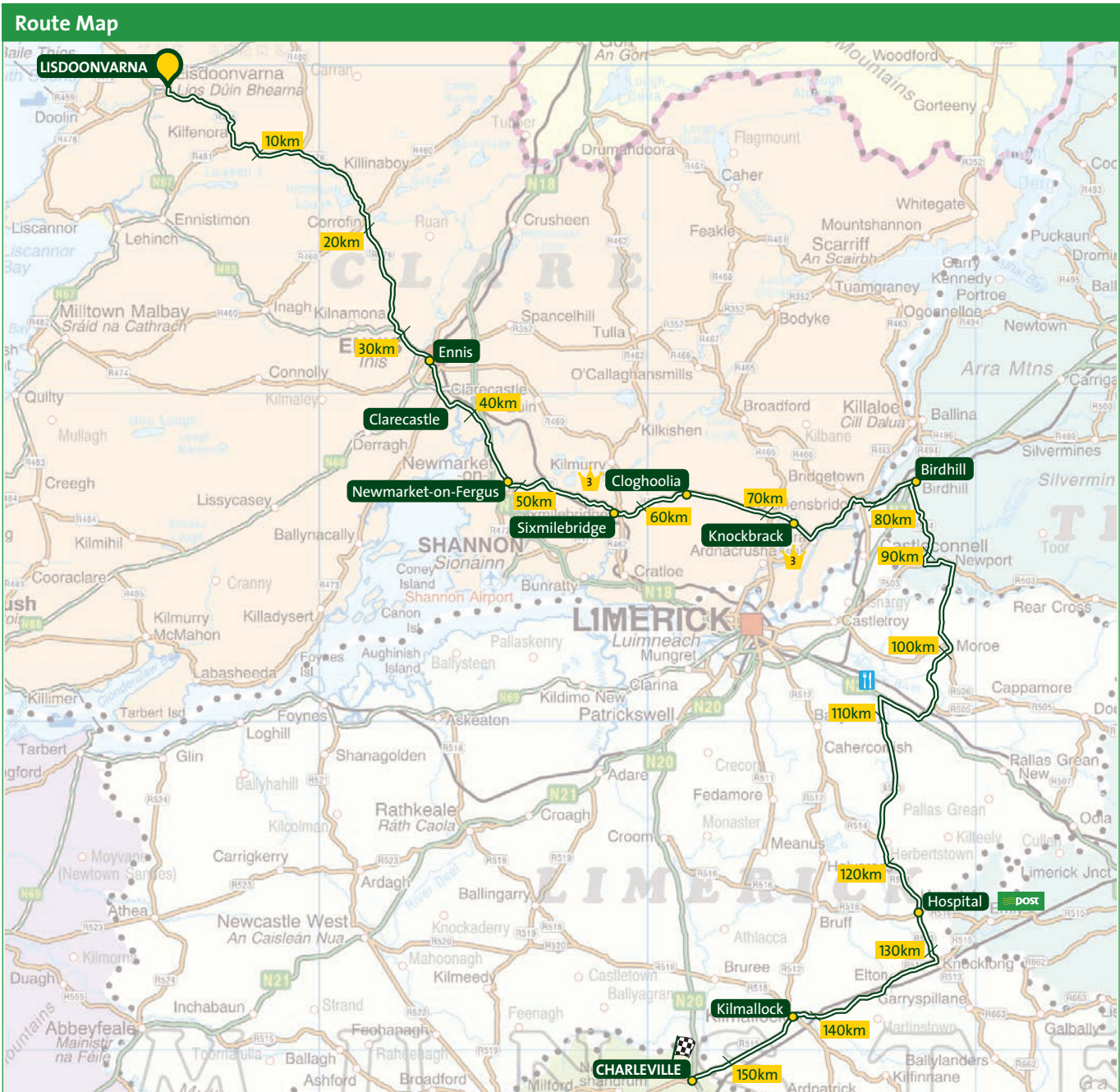
Stage Finish Organiser PJ McCarthy, Tel. 087 260 6468

Race HQ Charleville Park Hotel

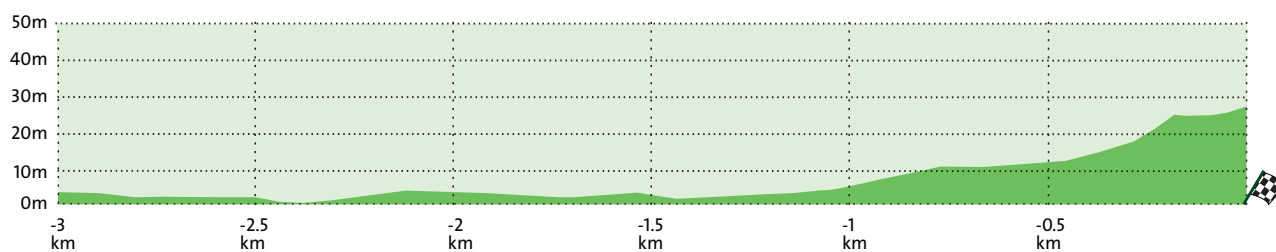
Service Crew Accommodation Charleville Park Hotel, Tel. 063 33700

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

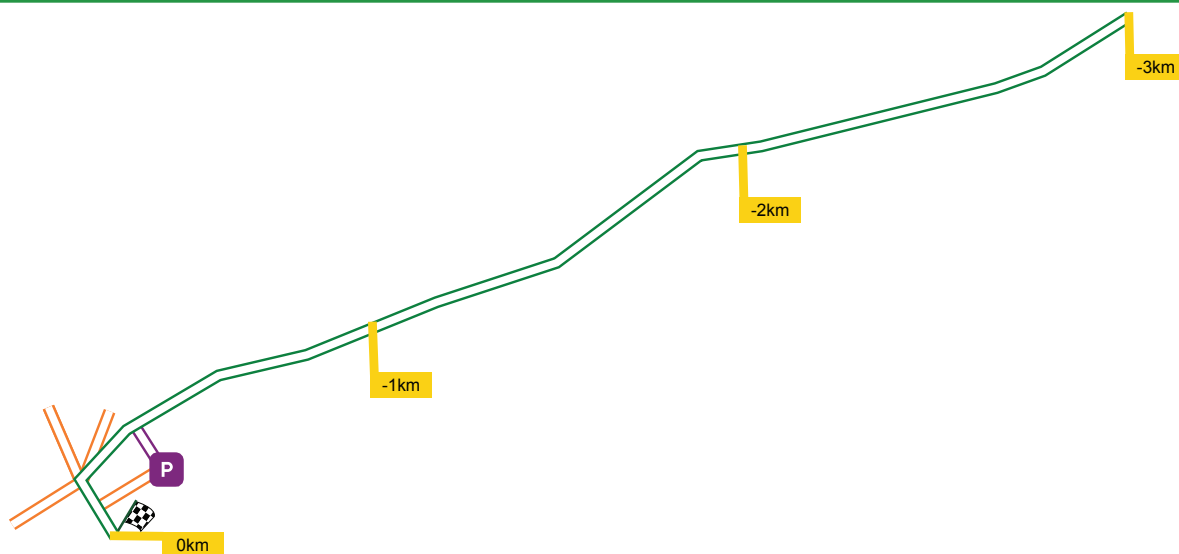
STAGE 3 LISDOONVARNA – CHARLEVILLE 154.2km  
 Tuesday 20th May/Dé Máirt 20ú Bealtaine



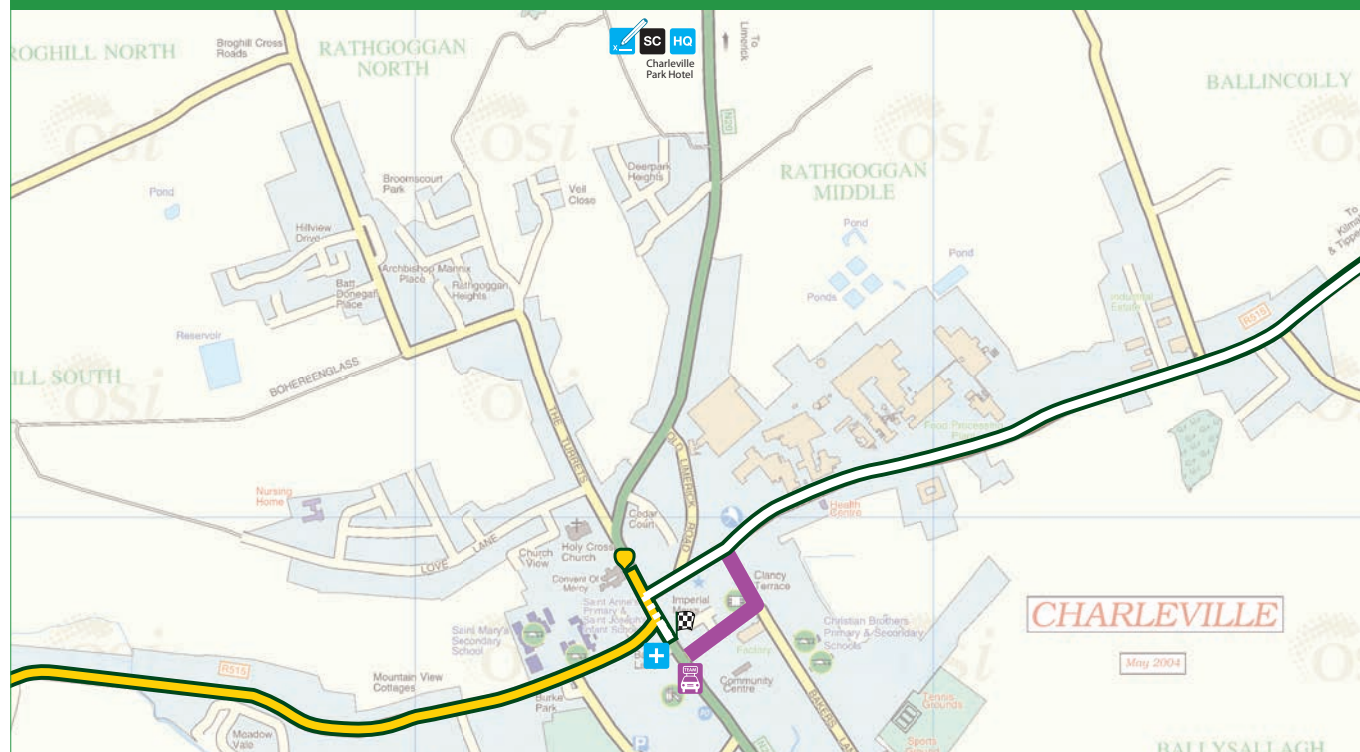
## 3km Profile



## 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 4 CHARLEVILLE – CAHERCIVEEN 183.6km


Wednesday 21st May/Dé Ceadain 21ú Bealtaine

		TIME
<b>Riders Sign-On</b>	Race HQ, Charleville Park Hotel	<b>9:30–10:30</b>
<b>Assembly</b>	Race HQ	<b>10:40</b>
<b>Ceremonial Start</b>	Main Street, Charleville	<b>11:00</b>
<b>Neutralised</b>	For 0.3km to St. Marys School	

Team support vehicles depart	10:20
Team cars depart in cavalcade position behind riders	

			Estimated Time of Arrival at Kilometres per Hour		
			48	40	32
Km	Mi	Location	Back wind	Average	Head wind
0.0	0.0	Ceremonial Start	11:00	11:00	11:00
		On R515			
0.3	0.2	End of neutral zone at St. Mary's Secondary School			
0.0	0.0	0km signs for Start of Racing	11:00	11:00	11:00
5.5	3.4	Newtownshandrum 50 signs	11:06	11:08	11:10
12.7	7.9	Milford 50 signs	11:15	11:19	11:23
		Left in centre, dir Drumcolliher			
16.1	10.0	Drumcolliher 50 signs	11:20	11:24	11:30
		Right at T at Stop sign			
		Immediately left, dir Broadford			
21.2	13.2	Broadford 50 signs	11:26	11:31	11:39
22.3	13.9	Right at Y at Bridge House Pub, dir Abbeyfeale 25K			
22.6	14.0	KOM Climb Start signs at 80 signs	11:28	11:33	11:42
23.9	14.9	Glenduff Hill KOM Category 3 🏆3	11:29	11:35	11:44
28.2	17.5	Ashford 50 signs	11:35	11:42	11:52
31.6	19.6	KOM Climb Start signs at silo & grey barns on RHS, silo on LHS also	11:39	11:47	11:59
33.1	20.6	Glenquin Castle on right			
34.0	21.1	Glenquin KOM Category 3 🏆3	11:42	11:51	12:03
35.7	22.2	Right at Y junction dir Abbeyfeale	11:44	11:53	12:06
42.0	26.1	Left at 4rdsX onto N21 dir Abbeyfeale 6km			
		Stewards			
46.6	29.0	Abbeyfeale 50 signs	11:58	12:09	12:27
48.6	30.2	KOM Climb Start signs at disused garage on RHS	12:00	12:12	12:31
50.0	31.1	50km signs at cottage with slate roof on RHS, red corrugated barn beside it	12:02	12:15	12:33
51.3	31.9	Kinlea KOM Category 3 🏆3	12:04	12:16	12:36
58.5	36.4	KOM Climb Start signs at junction on right L10711			
63.8	39.6	Ahaneboy Catgery 3 KOM 🏆3	12:19	12:35	12:59
67.4	41.9	Roundabout 2nd exit dir Killarney, Tralee, Castleisland, N21	12:24	12:41	13:06
70.9	44.1	Roundabout 2nd exit dir Killarney, Farranfore, N23	12:28	12:46	13:12



72.5	45.0	Roundabout 2nd exit dir Killarney, Farranfore	12:30	12:48	13:15
		<b>On N23</b>			
<b>80.5</b>	<b>50.0</b>	<b>Farranfore 50 signs</b>	<b>12:40</b>	<b>13:00</b>	<b>13:30</b>
80.6	50.1	Left at T junction dir Cork, N22			
81.0	50.3	Right at Centra Supermarket dir Castlemaine 11km R561			
		<b>On R561</b>			
<b>84.0</b>	<b>52.2</b>	<b>Firies 50 signs</b>	<b>12:45</b>	<b>13:06</b>	<b>13:37</b>
84.3	52.4	Left at T junction			
<b>92.0</b>	<b>57.2</b>	<b>On N70</b>			
<b>94.2</b>	<b>58.5</b>	<b>Milltown 50 signs</b>	<b>12:57</b>	<b>13:21</b>	<b>13:56</b>
94.8	58.9	Steward left curve past Post Office			
		Immediately right dir Killorglin N70			
		<b>Caution for multiple traffic islands from Killorglin 60 signs</b>			
<b>101.4</b>	<b>63.0</b>	<b>Killorglin 50 signs</b>	<b>13:06</b>	<b>13:32</b>	<b>14:10</b>
		<b>An Post Prime ahead</b>			
101.7	63.2	Roundabout 2nd exit to cross bridge to Killorglin			
<b>101.9</b>	<b>63.3</b>	<b>Killorglin An Post Prime</b> 	<b>13:07</b>	<b>13:32</b>	<b>14:11</b>
102.0	63.4	Right at Y junction in centre, dir Caherciveen to Upper Bridge Street			
102.2	63.5	Roundabout first exit	13:07	13:33	14:11
<b>112.8</b>	<b>70.1</b>	<b>KOM Climb Start signs climb at school</b>	<b>13:21</b>	<b>13:49</b>	<b>14:31</b>
<b>114.1</b>	<b>70.9</b>	<b>Seefin KOM Category 3</b> 	<b>13:22</b>	<b>13:51</b>	<b>14:33</b>
<b>114.2</b>	<b>71.0</b>	<b>Glenbeigh 50 signs</b>	<b>13:22</b>	<b>13:51</b>	<b>14:34</b>
		<b>Post Office Prime ahead signs</b>			
<b>115.1</b>	<b>71.5</b>	<b>Glenbeigh An Post Prime</b> 	<b>13:23</b>	<b>13:52</b>	<b>14:35</b>
<b>115.4</b>	<b>71.7</b>	<b>Feed Zone for 300m after Glenbeigh</b> 			
118.0	73.3	Caution for right/left curve at narrow bridge	13:27	13:57	14:41
<b>118.2</b>	<b>73.4</b>	<b>KOM Climb Start signs after bridge</b>	<b>13:27</b>	<b>13:57</b>	<b>14:41</b>
<b>120.5</b>	<b>74.9</b>	<b>Mountain Stage KOM Category 3</b> 	<b>13:30</b>	<b>14:00</b>	<b>14:45</b>
121.0	75.2	Overhead rail bridge			
126.2	78.4	Caution for right curve at narrow bridge	13:37	14:09	14:56
		<b>KOM Climb Start signs</b>			
<b>133.2</b>	<b>82.8</b>	<b>Mount Foley KOM Category 3</b> 	<b>13:46</b>	<b>14:19</b>	<b>15:09</b>
138.6	86.1	Caution for narrow bridge			
<b>141.4</b>	<b>87.9</b>	<b>Caherciveen 50 signs</b>	<b>13:56</b>	<b>14:32</b>	<b>15:25</b>
142.6	88.6	First passage across finish line, at monument	13:58	14:33	15:27
144.7	89.9	Caution centre road traffic island			
144.8	90.0	Caution centre road traffic island at 100 signs			
147.6	91.7	Right dir Portmagee R565	14:04	14:41	15:36
149.6	93.0	Left at 2nd Y junction at Annagar Bridge, dir St. Finians Bay			
<b>150.8</b>	<b>93.7</b>	<b>KOM Climb Start signs at An Gaeltacht sign</b>			
<b>153.0</b>	<b>95.1</b>	<b>Raheen KOM Category 2</b> 	<b>14:11</b>	<b>14:49</b>	<b>15:46</b>
<b>155.5</b>	<b>96.6</b>	<b>KOM Climb Start signs at concrete bridge</b> <b>‘Failte go dtí an Gleann’ sign</b>	<b>14:14</b>	<b>14:53</b>	<b>15:51</b>
<b>157.1</b>	<b>97.6</b>	<b>Cill Urlat KOM Category 2</b> 	<b>14:16</b>	<b>14:55</b>	<b>15:54</b>
<b>158.5</b>	<b>98.5</b>	<b>25km at 2-storey house on RHS with timber well in garden, corrugated shed on left</b>	<b>14:18</b>	<b>14:57</b>	<b>15:57</b>
<b>159.2</b>	<b>98.9</b>	<b>St Finians Bay 50 signs</b>	<b>14:19</b>	<b>14:58</b>	<b>15:58</b>

159.3	99.0	Right at Y junction at church, dir Portmagee R566			
		<b>On R566</b>			
160.8	99.9	Caution for sharp left curve at bridge	<b>14:21</b>	<b>15:01</b>	<b>16:01</b>
		<b>KOM start signs at bridge</b>			
162.0	100.7	Right at Y, dir Portmagee 6km			
<b>163.3</b>	<b>101.5</b>	<b>Coomanaspic KOM Category 1</b> 🏆	<b>14:24</b>	<b>15:04</b>	<b>16:06</b>
<b>163.6</b>	<b>101.7</b>	<b>20km signs at shrine on left</b>			
<b>166.8</b>	<b>103.6</b>	Right at Y			
<b>167.3</b>	<b>104.0</b>	<b>Portmagee 60 signs</b>	<b>14:29</b>	<b>15:10</b>	<b>16:13</b>
<b>168.0</b>	<b>104.4</b>	Straight at Stop sign, dir Caherciveen	14:30	15:12	16:15
<b>174.1</b>	<b>108.2</b>	<b>10km signs at new dormer-type 2-storey house on right.</b>	<b>14:37</b>	<b>15:21</b>	<b>16:26</b>
<b>178.6</b>	<b>111.0</b>	<b>5km at green N70 sign before left turn</b>	<b>14:43</b>	<b>15:27</b>	<b>16:34</b>
<b>178.7</b>	<b>111.0</b>	Left at T junction onto N70 dir Caherciveen	14:43	15:28	16:35
<b>179.6</b>	<b>111.6</b>	<b>4km at LL1599 sign</b>	<b>14:44</b>	<b>15:29</b>	<b>16:36</b>
<b>180.6</b>	<b>112.2</b>	<b>3km at Kerry Community Church</b>	<b>14:45</b>	<b>15:30</b>	<b>16:38</b>
181.0	112.5	Caution traffic islands x2			
<b>181.6</b>	<b>112.8</b>	<b>2km at 2nd traffic island (B&amp;B ‘Cat Draoichta’)</b>	<b>14:47</b>	<b>15:32</b>	<b>16:40</b>
<b>182.6</b>	<b>113.5</b>	<b>1km at St. Annes Community Hospital</b>	<b>14:48</b>	<b>15:33</b>	<b>16:42</b>
		<b>500m Old Oratory Gallery &amp; Café</b>			
		<b>300m Cha Healys pub</b>			
		<b>Steward caution for jutting footpath at pedestrian crossing</b>			
		<b>200m O’Connors Pharmacy</b>			
		<b>Divert Team Cars left to O’Connell St at the pharmacy</b>			
		<b>150m Bubbles Laundry beside Round Tower Boutique</b>			
		<b>100m dentist surgery on right</b>			
		<b>50m at Iveragh Tile &amp; Plumbing on left, Café Globe on right</b>			
		<b>25m TBC</b>			
<b>183.6</b>	<b>114.1</b>	<b>Caherciveen Finish Line at the 1916 Monument.</b>	<b>14:49</b>	<b>15:35</b>	<b>16:44</b>

#### IMPORTANT STAGE LOCATIONS

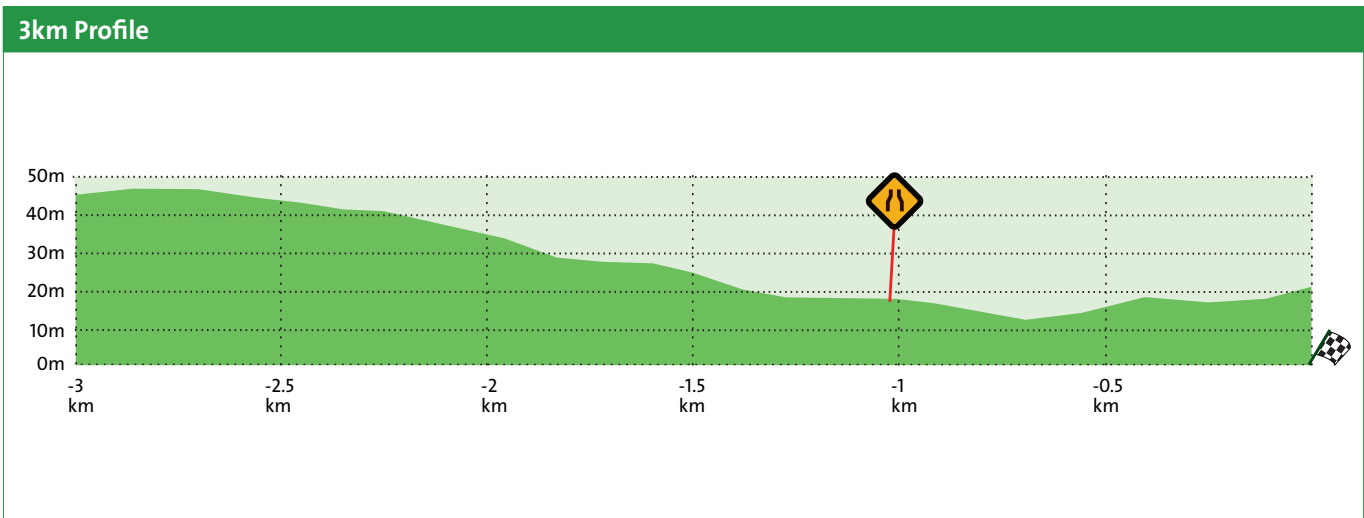
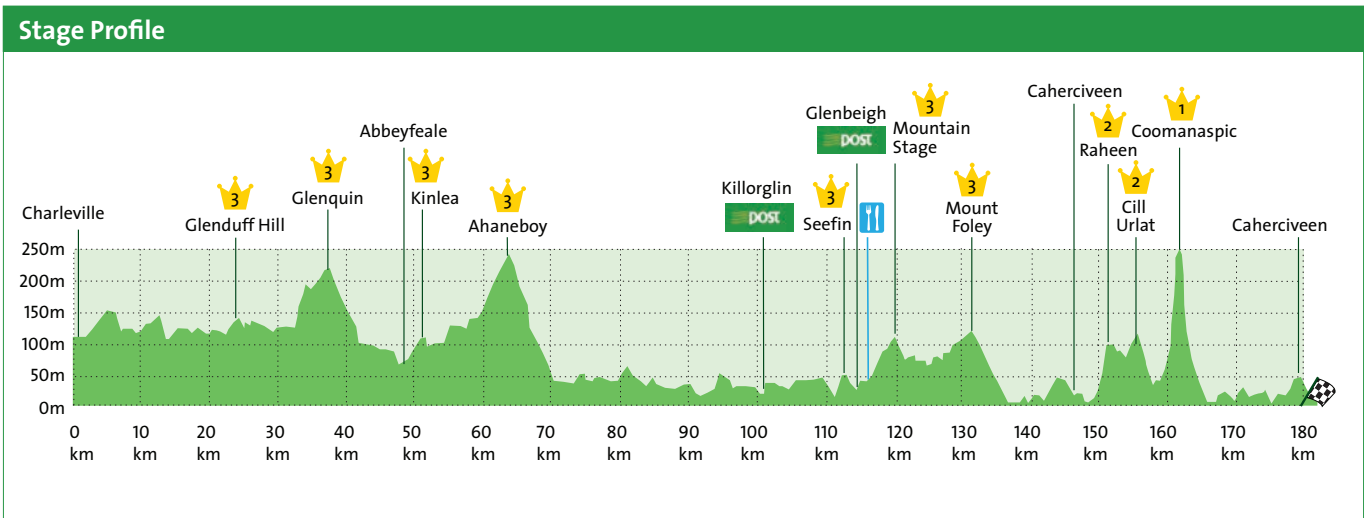
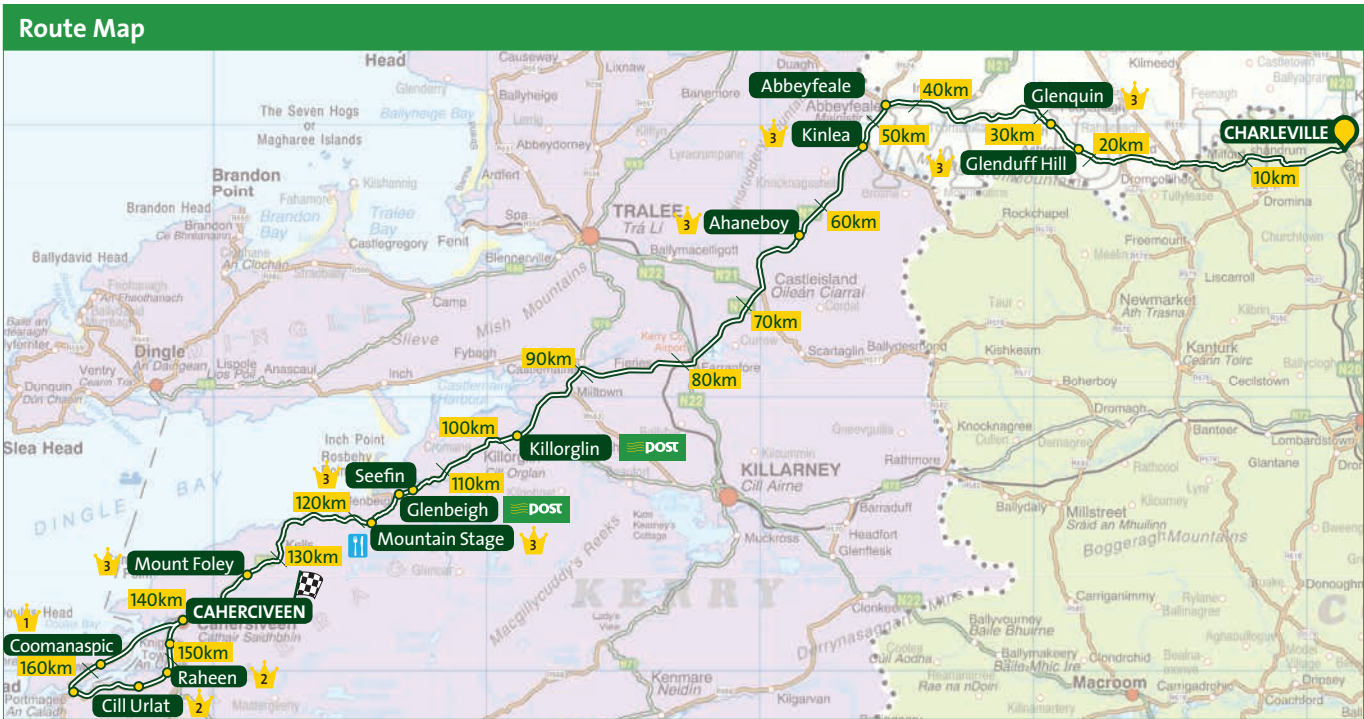
**Stage Finish Organiser** Eamonn Casey, Tel. 087 205 1523

**Race HQ** Ring of Kerry Hotel, Caherciveen

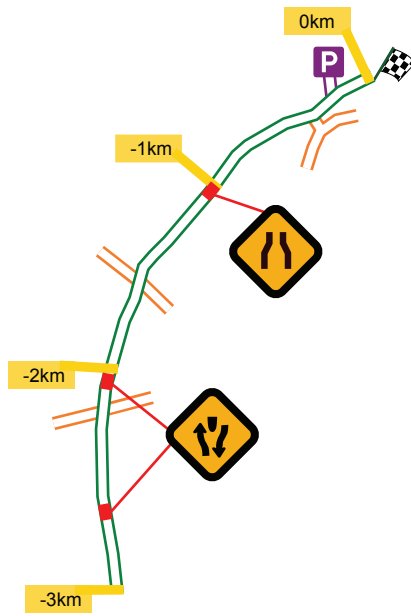
**Service Crew Accommodation** Mrs Eileen Dennehy, “Sea Breeze,” Caherciveen, Tel. 066 947 2629

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

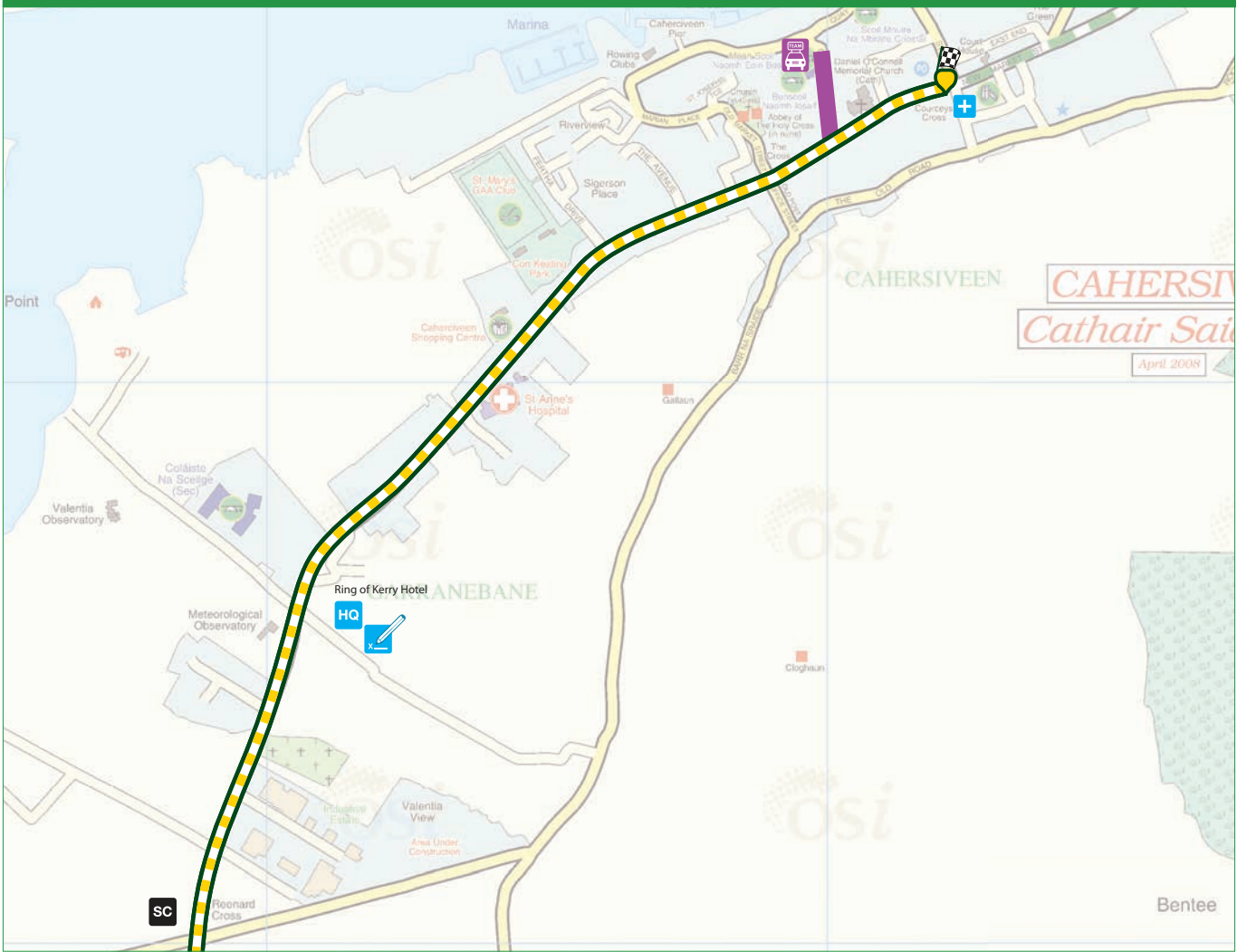
# STAGE 4 CHARLEVILLE – CAHERCIVEEN 183.6km Wednesday 21st May/Dé Ceadaoin 21ú Bealtaine



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 5 CAHERCIVEEN – CLONAKILTY 168.9km

Thursday 22nd May/Dé Deardain 22ú Bealtaine

		TIME
<b>Riders Sign-On</b>	Race HQ, Ring of Kerry Hotel	<b>9:30–10:30</b>
<b>Assembly 1916</b>	Memorial Monument	<b>10:40</b>
<b>Ceremonial Start</b>	Stage 4 Finish Line	<b>11:00</b>
<b>Neutralised</b>	For 2.4km	

Team support vehicles depart	10:20
Team cars depart in cavalcade position behind riders	

			Estimated Time of Arrival at Kilometres per Hour		
			48	40	32
Km	Mi	Location	Back wind	Average	Head wind
0.0	0.0	Ceremonial Start	11:00	11:00	11:00
2.4	1.5	End of neutral zone at two large signs for oncoming traffic indicating traffic calming 200m			
0.0	0.0	0km signs for Start of Racing	11:03	11:03	11:04
		On N70			
2.5	1.6	Straight at junction for Portmagee	11:03	11:03	11:04
11.4	7.1	Right at complex junction dir Waterville at Texaco garage			
14.0	8.7	Waterville 50 signs	11:17	11:21	11:26
14.2	8.8	Straight at complex junction at Butler Arms Hotel			
15.4	9.6	KOM start signs at large green sign on RHS for Kenmare 59km	11:19	11:23	11:28
17.0	10.6	Caution for right curve at narrow bridge	11:21	11:25	11:31
22.0	13.7	Coomakista KOM Category 2 🏆2	11:27	11:33	11:41
27.5	17.1	Derrynane 50 signs	11:34	11:41	11:51
34.0	21.1	Castlecove 50 signs	11:42	11:51	12:03
47.8	29.7	Caution for narrow bridge			
48.6	30.2	Sneem 50 signs	12:00	12:12	12:31
49.0	30.4	Caution for narrow bridge			
50.0	31.1	50km signs at 100kph signs leaving town	12:02	12:15	12:33
50.0	31.1	KOM Climb Start signs	12:02	12:15	12:33
53.6	33.3	Derryquinn KOM Category 3 🏆3	12:07	12:20	12:40
63.0	39.1	Caution for narrow bridge Blackwater Bridge	12:18	12:34	12:58
68.2	42.4	Templenoe sign	12:25	12:42	13:07
75.0	46.6	Kenmare 50 signs	12:33	12:52	13:20
75.1	46.7	Right at T junction dir Town Centre 1km			
75.8	47.1	Straight at 4rdsX			
76.1	47.3	Right at roundabout at T Junction dir Skibbereen N71			
76.2	47.3	Left at T junction at Post Office	12:35	12:54	13:22
		On N71			
77.9	48.4	Steward oncoming traffic after bridge at junction	12:37	12:56	13:26

		Bear left at junction, dir Skibberreen			
85.6	53.2	<b>Bohane Town sign on left</b>	12:47	13:08	13:40
87.2	54.2	<b>KOM Climb Start signs at church</b>	12:49	13:10	13:43
94.1	58.5	<b>Tunnel Road KOM Category 2</b> 🏰 <sub>2</sub>	12:57	13:21	13:56
103.0	64.0	<b>Glengarriff 50 signs</b>	13:08	13:34	14:13
104.4	64.9	<b>KOM Climb Start signs at Eccles Hotel</b>	13:10	13:36	14:15
106.0	65.9	<b>100 signs</b>			
107.3	66.7	<b>Derrycreha KOM Category 3</b> 🏰 <sub>3</sub>	13:14	13:40	14:21
114.4	71.1	<b>Ballylickey 60 signs</b>	13:23	13:51	14:34
115.0	71.5	<b>Feed Zone 50m after Cronins garage for 200m</b> 🚧	13:23	13:52	14:35
115.2	71.6	Straight at complex junction dir Macroom R584, Gouganebarra	13:24	13:52	14:36
117.1	72.8	<b>Pearse's Bridge</b>	13:26	13:55	14:39
117.5	73.0	Caution for S-bend at bridge	13:26	13:56	14:40
		<b>On R584</b>			
119.7	74.4	<b>Kealkill 50 signs</b>	13:29	13:59	14:44
120.2	74.7	Right at Y junction dir Crookstown 45, R585	13:30	14:00	14:45
		Post Office at Y junction			
120.2	74.7	<b>KOM Climb Start signs</b>	13:30	14:00	14:45
		<b>On R585</b>			
127.6	79.3	<b>Cousane KOM Category 3</b> 🏰 <sub>3</sub>	13:39	14:11	14:59
135.0	83.9	Right, dir Dunmanway on L4609, signed Dunmanway 10k	13:48	14:22	15:13
		<b>On L4609</b>			
136.8	85.0	Right at Y junction at Yield sign	13:51	14:25	15:16
143.9	89.4	<b>Dunmanway 50 signs</b>	13:59	14:35	15:29
		<b>25K signs at 50 signs</b>			
144.0	89.5	Right at complex junction at Market Square, dir Clonakilty			
144.5	89.8	Left at Y junction dir Clonakilty 24km			
144.6	89.9	Straight through Xroads dir Clonakilty on R599			
144.9	90.0	Left at Y junction at D Oil Company	14:01	14:37	15:31
		<b>On R599</b>			
149.0	92.6	<b>20k signs at sign on right for Clonakilty</b>			
149.7	93.0	Right at Y, (unsigned) stay on R599	14:07	14:44	15:40
150.0	93.2	Left Y junction dir Clonakilty			
151.1	93.9	Left at Y junction	14:08	14:46	15:43
154.1	95.8	<b>Ballingurteen</b>	14:12	14:51	15:48
		Right at Y, dir Clonakilty on R599			
156.6	97.3	<b>Drinagh 50 signs</b>	14:15	14:54	15:53
156.8	97.4	Right at Y, dir Clonakilty 10K			
158.8	98.7	<b>10km at small bungalow, cream-coloured on LHS, gates into two different fields/yellow/black sign on LHS with staggered junction</b>			
160.8	99.9	Left dir Clonakilty 7km	14:21	15:01	16:01
163.9	101.8	<b>5km at junction L95993/8 on LHS, at house called Woodview on LHS</b>	14:24	15:05	16:07
164.7	102.3	<b>4km at left curve, chevrons on right</b>	14:25	15:07	16:08
165.7	103.0	Left at T junction dir Clonakilty on N71	14:27	15:08	16:10
165.9	103.1	<b>3km at T-junction turning left onto N71 dir Clonakilty</b>			
		<b>On N71</b>			

<b>166.7</b>	<b>103.6</b>	<b>2km at 60km speed signs</b>			
166.9	103.7	Roundabout, 2nd exit dir Town Centre <b>Divert team cars – roundabout first exit onto Western Rd. Follow signs to Station House Car Park</b>	14:28	15:10	16:12
167.0	103.8	Roundabout, 1st exit, dir Bandon	14:28	15:10	16:13
<b>167.4</b>	<b>104.0</b>	<b>Clonakilty 50 signs</b>	<b>14:29</b>	<b>15:11</b>	<b>16:13</b>
<b>167.4</b>	<b>104.0</b>	<b>1km at pedestrian crossing at entrance to Quality Hotel</b>			
		<b>500m at entrance to temporary car park on RHS opposite Lamb Street electrical sub-station</b>			
167.7	104.2	Pedestrian Crossing	14:29	15:11	16:14
		<b>400m at The Wheelpump to Connolly St</b>			
		<b>300m at junction Kent Street, outside Dano's Pub on LHS</b>			
		250m at Collins Brooks & Associates Solicitors, nr 7 on RHS			
		<b>200m at intersection with Pearse Street/MacCurtain Hill</b>			
		<b>150m at ice-cream/coffee shop on left</b>			
		125m outside house nr 24			
		<b>100m outside Kilgariff Church on left</b>			
		<b>75m at house nr 13</b>			
		<b>50m at start of road to left, at end of footpath on finish straight</b>			
		<b>25m at house called 'Seaview,' blue door on right</b>			
<b>168.9</b>	<b>104.9</b>	<b>Finish line on McCurtains Hill, Garda Station on RHS</b>	<b>14:31</b>	<b>15:13</b>	<b>16:16</b>

#### IMPORTANT STAGE LOCATIONS

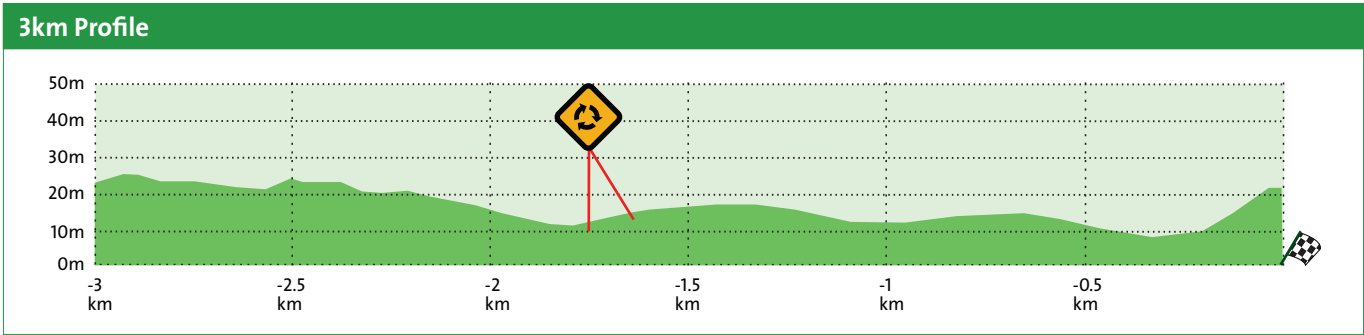
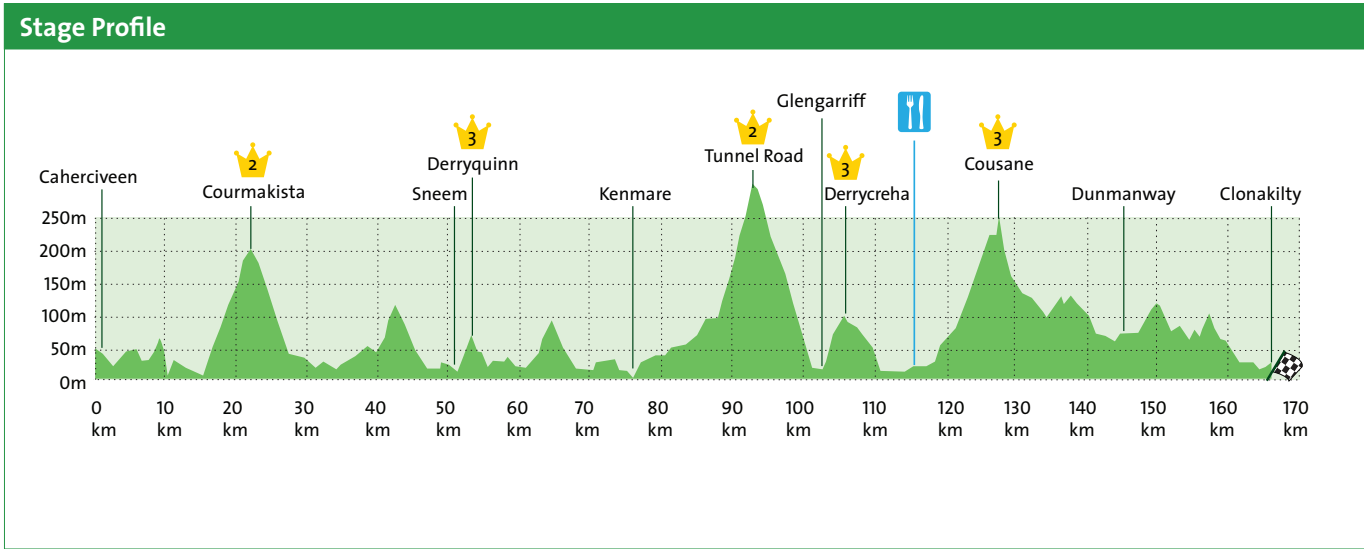
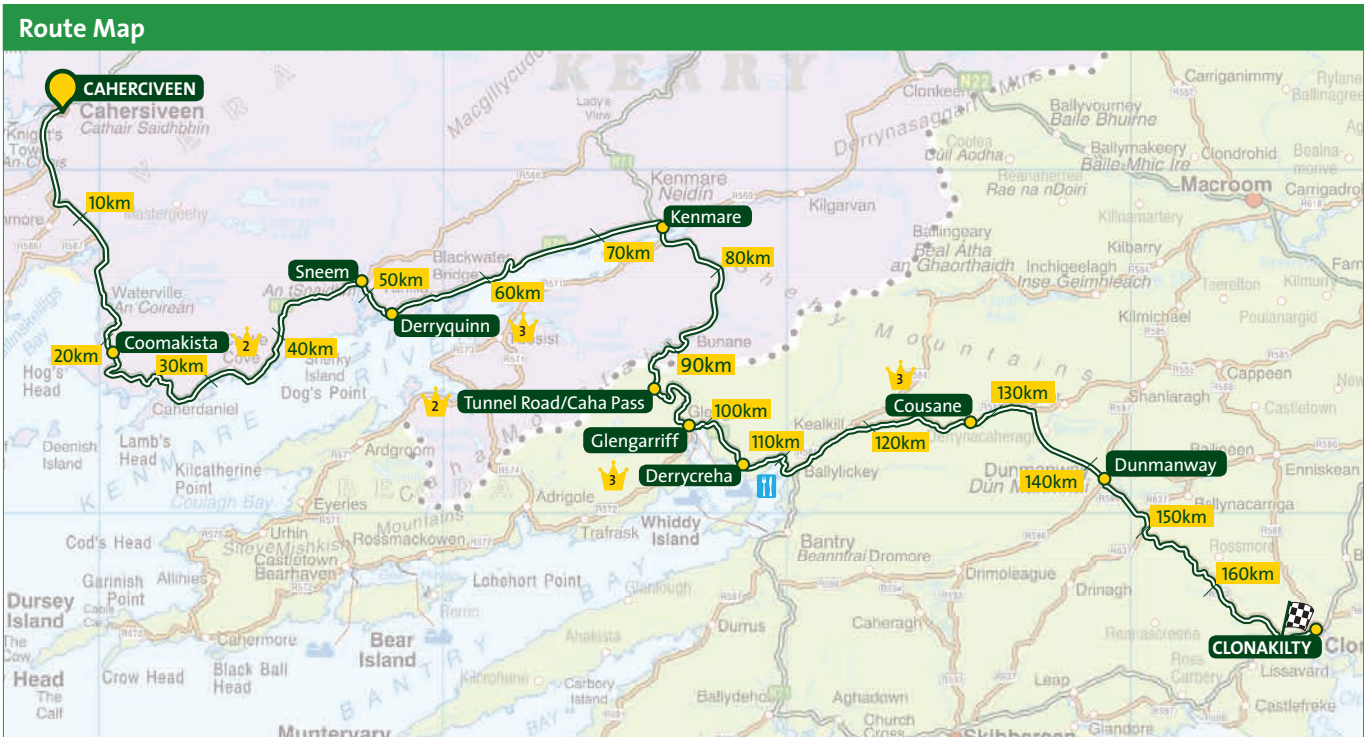
**Stage Finish** Organiser Noel O'Donovan, Tel. 087 901 2697

**Race HQ** The Quality Hotel, Tel. 023 883 6400

**Service Crew Accommodation** The Quality Hotel, Tel. 023 883 6400

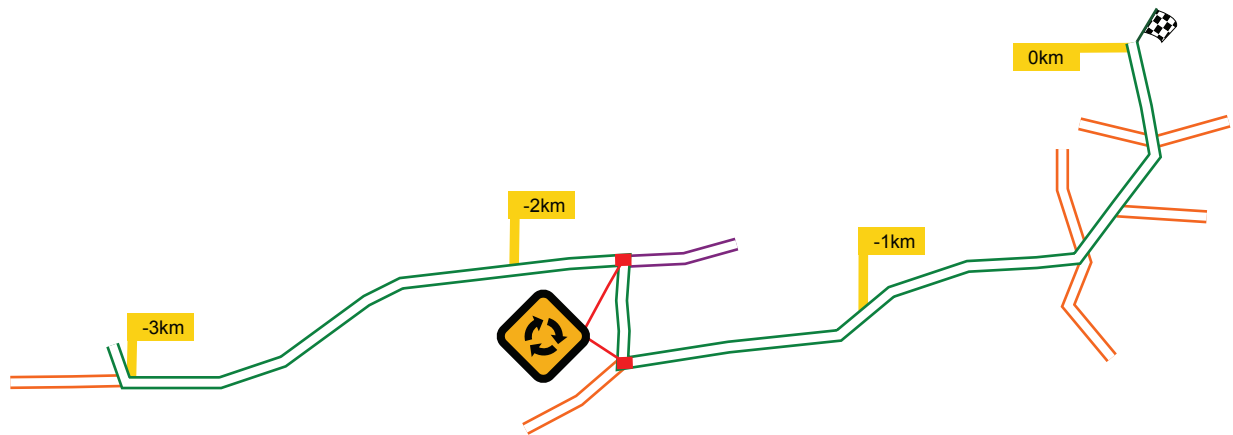
**Anti-Doping Control** located in camper van adjacent to finish line

# STAGE 5 CAHERCIVEEN – CLONAKILTY 168.9km Thursday 22nd May/Dé Deardain 22ú Bealtaine

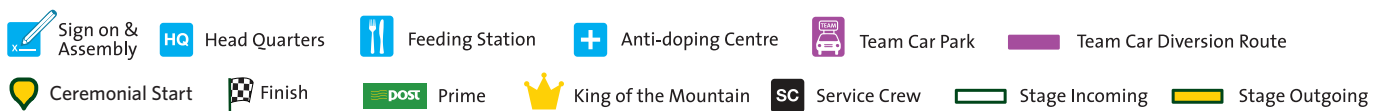
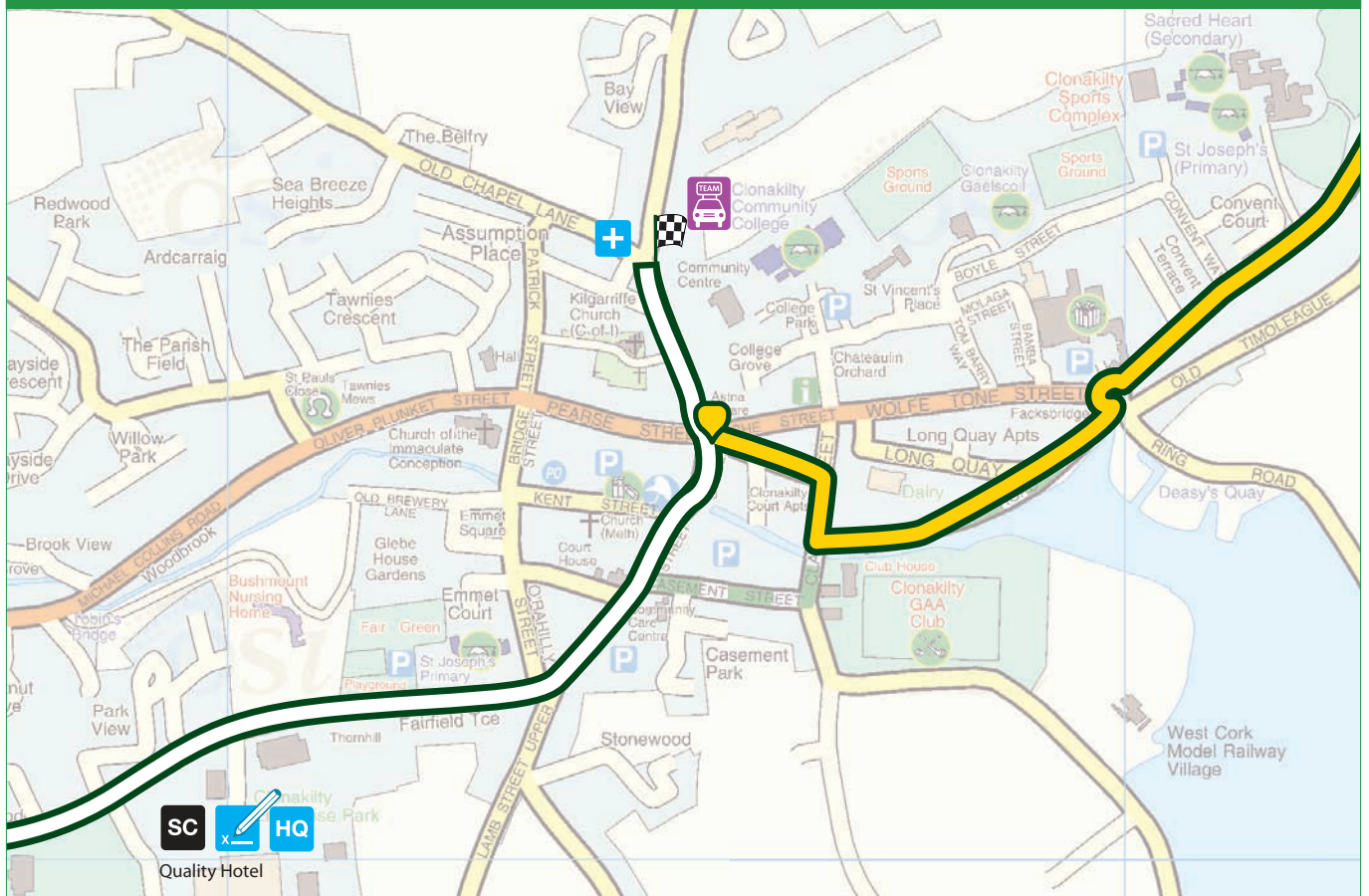




## 3km Route



## Finish and Start



Friday 23rd May/Dé Haoine 23ú Bealtaine

Team support vehicles depart	10:20
Team cars depart in cavalcade position behind riders	

33

44.5	27.7	Straight at traffic lights at 4rdsX			
44.6	27.7	Bandon Road Roundabout, traffic lights controlled, 3rd exit on N40	11:55	12:06	12:23
<b>50.0</b>	<b>31.1</b>	<b>50km signs at start of slip road at junction 7</b>	<b>12:02</b>	<b>12:15</b>	<b>12:33</b>
<b>55.3</b>	<b>34.4</b>	<b>Jack Lynch Tunnel</b>	<b>12:09</b>	<b>12:22</b>	<b>12:43</b>
56.5	35.1	Roundabout with traffic lights, Dunkettle Interchange. Keep right dir East onto N25, 3rd exit	12:10	12:24	12:45
56.8	35.3	Riders to right onto dual carriageway			
		<b>On N25</b>			
72.8	45.2	Lakeview Roundabout, 2nd exit dir Waterford N25 (Youghal 26km)	12:31	12:49	13:16
<b>80.8</b>	<b>50.2</b>	<b>Castlemartyr 50 signs</b>	<b>12:41</b>	<b>13:01</b>	<b>13:31</b>
81.4	50.6	Caution pedestrian crossing & protruding footpath at Post Office	12:41	13:02	13:32
81.5	50.6	Caution traffic light at humpbacked bridge	12:41	13:02	13:32
<b>81.7</b>	<b>50.8</b>	<b>Killeagh 60 signs</b>	<b>12:42</b>	<b>13:02</b>	<b>13:33</b>
87.3	54.2	Right at Y junction, dir Youghal 12km	12:49	13:10	13:43
93.2	57.9	Steward to keep riders left at central reservation.	12:56	13:19	13:54
93.6	58.2	Left at Y junction dir Youghal R634	12:57	13:20	13:55
		<b>On R634</b>			
<b>96.2</b>	<b>59.8</b>	<b>Youghal 50 signs</b>	<b>13:00</b>	<b>13:24</b>	<b>14:00</b>
98.9	61.5	Caution centre road traffic island			
100.7	62.6	Roundabout, straight, dir Waterford			
102.6	63.8	Ringcrew Roundabout, 3rd exit, dir Waterford	13:08	13:33	14:12
		<b>On N25</b>			
104.9	65.2	<b>Start of Feed Zone at sign on right Dungarvan 24K</b> 🚧	<b>13:11</b>	<b>13:37</b>	<b>14:16</b>
105.6	65.6	<b>End of Feed Zone at 4rdsX</b>			
105.8	65.7	<b>KOM Climb Start signs</b>	<b>13:12</b>	<b>13:38</b>	<b>14:18</b>
110.7	68.8	<b>Grange KOM Category 3</b> 🏆			
127.6	79.3	Youghal Road roundabout, 2nd exit dir Town Centre, R911	13:39	14:11	14:59
127.9	79.5	<b>Dungarvan 50 signs</b>	13:39	14:11	14:59
128.8	80.0	Caution traffic island on right curve. Keep left at central traffic island, road bends to right			
129.0	80.2	Mini-roundabout, 1st exit onto Saint Mary Street			
129.3	80.3	Roundabout, 2nd exit onto bridge, followed by central reservation			
130.0	80.8	Mini-roundabout, 1st exit, dir All Routes	13:42	14:15	15:03
130.2	80.9	Coolagh Road Roundabout, 2nd exit, dir Waterford			
130.3	81.0	Caution for multiple traffic islands			
<b>132.7</b>	<b>82.5</b>	<b>KOM Climb Start signs at Waterford sign on left</b>	<b>13:45</b>	<b>14:19</b>	<b>15:08</b>
<b>136.5</b>	<b>84.8</b>	<b>The Pike KOM Category 3</b> 🏆	<b>13:50</b>	<b>14:24</b>	<b>15:15</b>
<b>141.7</b>	<b>88.1</b>	<b>Lemybrien 60 signs</b>	<b>13:57</b>	<b>14:32</b>	<b>15:25</b>
141.9	88.2	Left dir. Carrick-on-Suir on R676			
		<b>On R678</b>			
<b>142.9</b>	<b>88.8</b>	<b>25km signs at bridge over River Tay</b>			
<b>146.5</b>	<b>91.0</b>	<b>Mahon Bridge</b>	<b>14:03</b>	<b>14:39</b>	<b>15:34</b>
<b>147.9</b>	<b>91.9</b>	<b>20km signs at bungalow on right with grey slate roof</b>			
<b>157.9</b>	<b>98.1</b>	<b>10km signs at bungalow on right with decorative stone work drive entrance &amp; pillars</b>			
<b>162.5</b>	<b>101.0</b>	<b>Divert race cars left into parking facility</b>			
<b>162.6</b>	<b>101.0</b>	<b>5km signs 100m after junction on left for Seskin finish</b>	<b>14:23</b>	<b>15:03</b>	<b>16:04</b>

163.5	101.6	Carrick-on-Suir 50 signs	14:24	15:05	16:06
163.6	101.7	4km signs at school on right			
164.9	102.5	3km signs at yellow/black sign for steep hill for oncoming traffic, coming out of a left curve.			
165.9	103.1	2km first bungalow on right side of road with pebbledash wall and redbricked pillars			
166.4	103.4	Left and immediately left again	14:28	15:09	16:12
166.4	103.4	KOM Climb start signs after 2nd left turn			
166.9	103.7	1km signs 30m before 80 signs			
167.1	103.8	Left at sharp bend	14:28	15:10	16:13
167.1	103.8	Steward sharp left curve at Stop sign at 730m, requesting riders and cars to make wide turn as road rises steeply on left	14:28	15:10	16:13
		500m at grassy pull-in spot on left			
		300m at forest road on right			
		200m midway between two curves on road with young tree on right side of road sticking out over road			
		150m coming out of right curve, 50m location sign visible			
		100m at last big tree on right before 50m location			
		50m at sign for caution machinery crossing			
		25m at tree on right side of road			
167.9	104.3	Finish Line on Seskin Hill, KOM Category 1 🏆	14:29	15:11	16:14

#### IMPORTANT STAGE LOCATIONS

**Stage Finish Organiser** Billy Kennedy, Tel. 086 817 6802

**Race HQ** The Carrick Hotel, Carrick-on-Suir

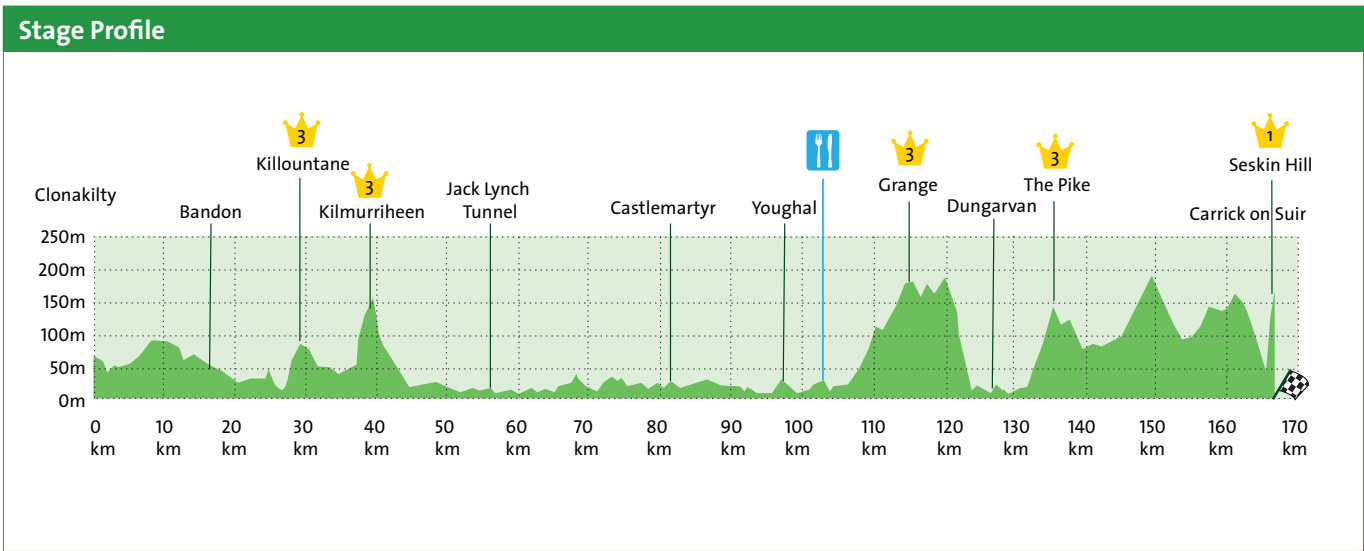
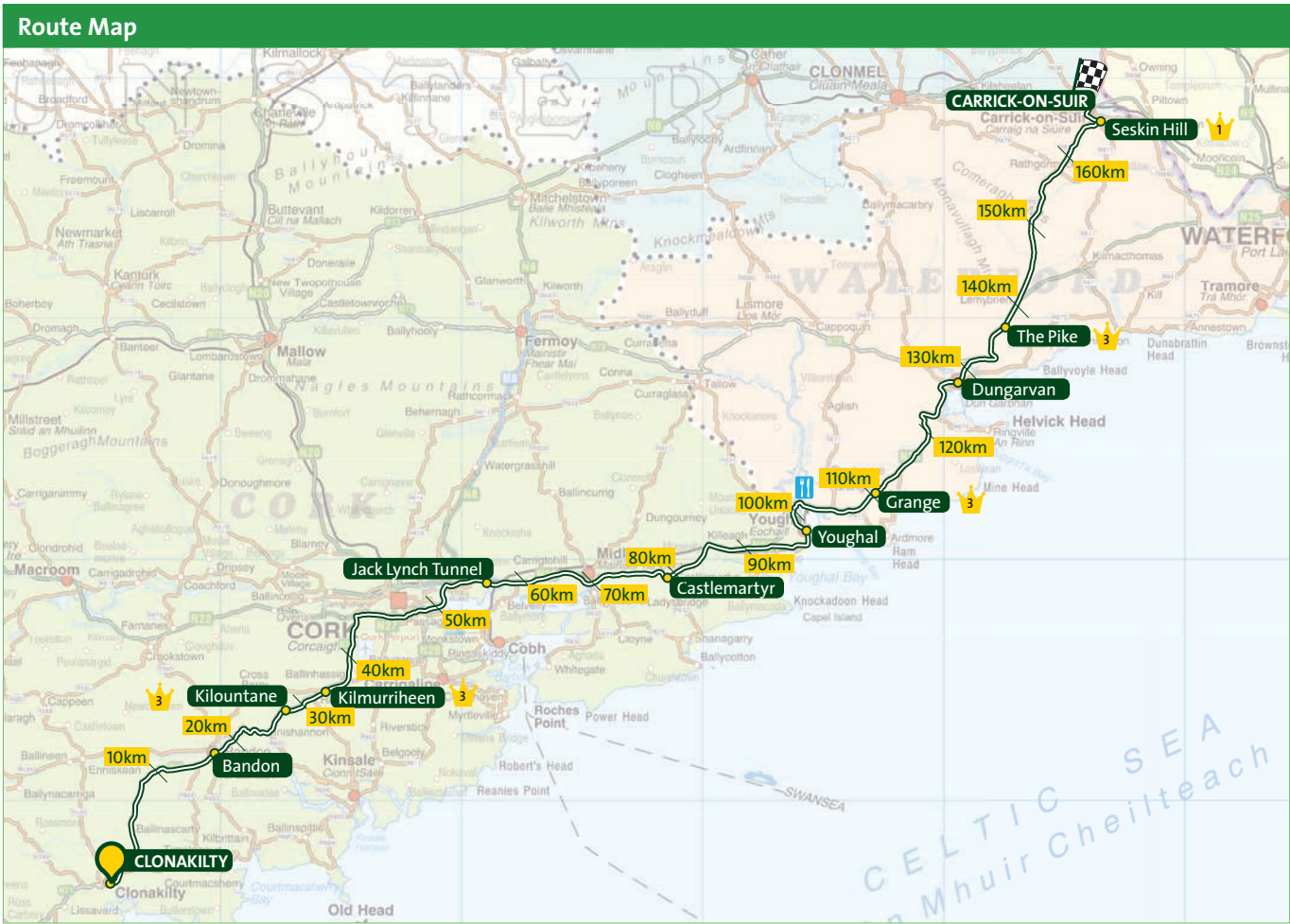
**Service Crew Accommodation** Tracey's Hotel, Waterford, Tel. 051 877 222

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

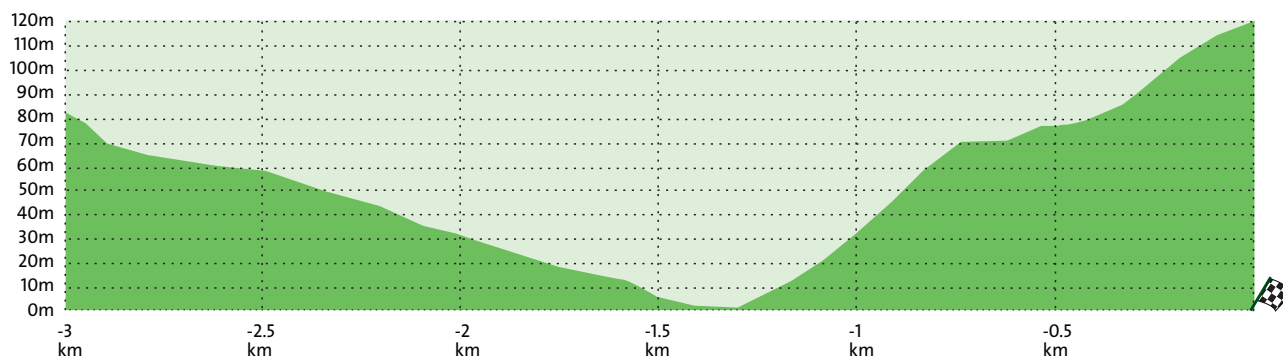


# STAGE 6 CLONAKILTY – CARRICK-ON-SUIR 167.9km

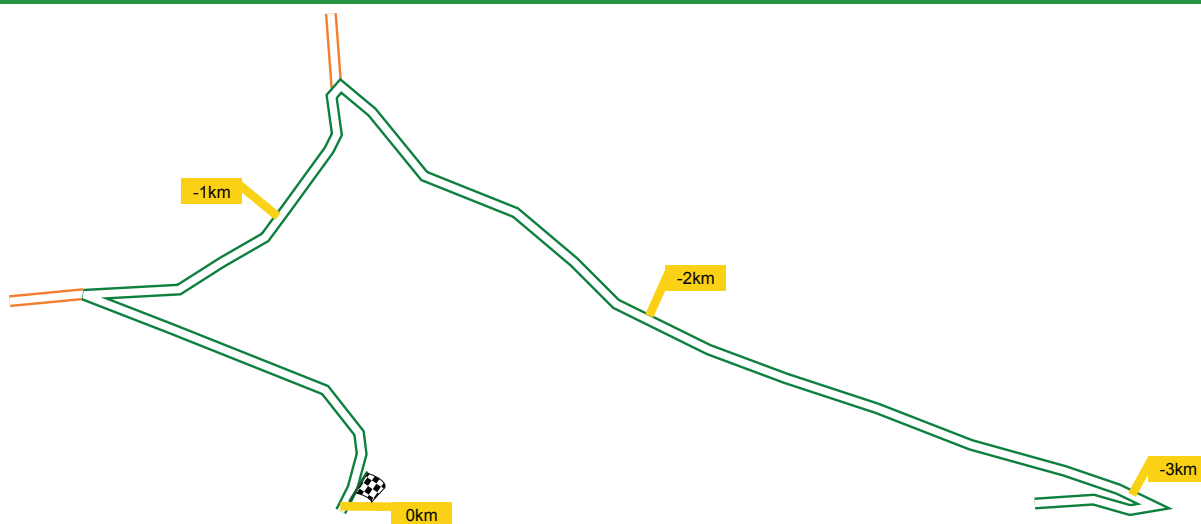
## Friday 23rd May/Dé Haoine 23ú Bealtaine



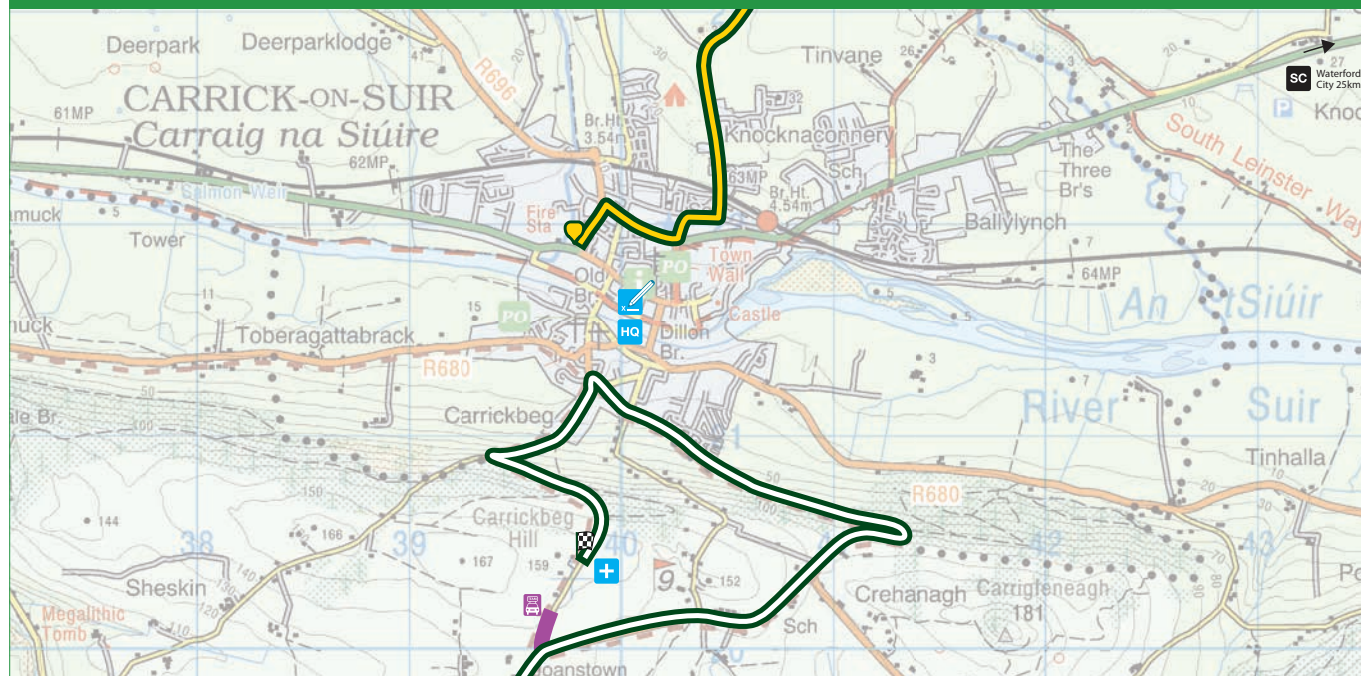
### 3km Profile



### 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

## Saturday 24th May/Dé Satharn 24ú Bealtaine

Team support vehicles depart	10:20
Team cars depart in cavalcade position behind riders	

38



32.4	20.1	Right at T junction dir All Other Routes to Pike Street Immediately left onto Ladywell			
33.0	20.5	Roundabout at Texaco Garage, 3rd exit dir All Other Routes			
33.1	20.6	Roundabout at T junction, 1st exit dir Gowran, Dublin R448			
33.6	20.9	Caution multiple traffic islands after left turn			
<b>40.3</b>	<b>25.0</b>	<b>Dungarvan 50 signs</b>	<b>11:50</b>	<b>12:00</b>	<b>12:15</b>
40.5	25.2	Left at church dir Gowran R448			
<b>45.7</b>	<b>28.4</b>	<b>Gowran 50 signs</b>	<b>11:57</b>	<b>12:08</b>	<b>12:25</b>
		<b>An Post Prime ahead</b>			
<b>46.3</b>	<b>28.8</b>	<b>Gowran Post Office sprint</b> 	<b>11:57</b>	<b>12:09</b>	<b>12:26</b>
46.7	29.0	Right at Y junction dir Enniscorthy etc R702 <b>On R702</b>	11:58	12:10	12:27
47.9	29.8	Left at Y junction	11:59	12:11	12:29
<b>50.4</b>	<b>31.3</b>	<b>50K signs at white wall house on LHS</b>	<b>12:03</b>	<b>12:15</b>	<b>12:34</b>
<b>52.0</b>	<b>32.3</b>	<b>Goresbridge 50 signs</b>	<b>12:05</b>	<b>12:18</b>	<b>12:37</b>
52.6	32.7	Caution for narrow bridge			
<b>58.0</b>	<b>36.0</b>	<b>Borris 50 signs</b>	12:12	12:27	12:48
58.8	36.5	Left at Kavanagh's pub dir Myshall on L3003 <b>On L3003</b>			
70.0	43.5	Right at 4rdsX dir Myshall, past Tom Donohue Plant Hire	12:27	12:45	13:11
<b>70.9</b>	<b>44.1</b>	<b>KOM Climb Start signs Southern Country Fishing Resort</b>	<b>12:28</b>	<b>12:46</b>	<b>13:12</b>
<b>72.6</b>	<b>45.1</b>	<b>Knockdramagh KOM Category 3</b> 	<b>12:30</b>	<b>12:48</b>	<b>13:16</b>
73.4	45.6	Left at Y junction dir Myshall 1km			
74.5	46.3	Right at partially obscured red brick bungalow on right (no advance signage)	12:33	12:51	13:19
<b>74.6</b>	<b>46.4</b>	<b>KOM Climb Start signs this right turn</b>	<b>12:33</b>	<b>12:51</b>	<b>13:19</b>
75.1	46.7	Right at Y junction unsigned	12:33	12:52	13:20
<b>75.4</b>	<b>46.9</b>	<b>The Heights KOM Category 2</b> 	<b>12:34</b>	<b>12:53</b>	<b>13:21</b>
76.4	47.5	Straight at yield sign at Y junction dir Bunclody, Nine Stones TV transmitter	12:35	12:54	13:23
76.8	47.7	Left at Y junction, sign on right pointed back for Myshall 3km, sign on grass on left 'Myshall Drumpea Community Text Alert in operation'	12:36	12:55	13:24
		<b>KOM Climb Start signs</b>			
<b>78.4</b>	<b>48.7</b>	<b>Corabutt Gap KOM Category 1</b> 	<b>12:38</b>	<b>12:57</b>	<b>13:27</b>
78.6	48.8	Right, on descent, dir South Leinster Way (walking sign)	12:38	12:57	13:27
<b>78.6</b>	<b>48.8</b>	<b>KOM Climb Start signs</b>			
<b>82.0</b>	<b>51.0</b>	<b>Mount Leinster KOM Category 1</b> 	<b>12:42</b>	<b>13:03</b>	<b>13:33</b>
83.9	52.1	Caution slow down riders for cattle grid Steward	12:44	13:05	13:37
84.7	52.6	Caution 2nd cattle grid on descent			
85.8	53.3	Left at 4rdsX no signage pointing to left			
89.8	55.8	Right at unsigned Y junction			
92.0	57.2	Steward straight at Stop sign, dir Killealy 4km, Enniscorthy 19km, on R702 <b>On R702</b>			
<b>96.3</b>	<b>59.8</b>	<b>Killealy 50 signs</b>	<b>13:00</b>	<b>13:24</b>	<b>14:00</b>
96.5	60.0	Left at T junction in Killealy dir Enniscorthy etc, R702	13:00	13:24	14:00
98.4	61.1	Left at 4rdsX, dir Bunclody on R746 <b>On R746</b>	13:03	13:27	14:04
<b>99.0</b>	<b>61.5</b>	<b>KOM Climb Start signs at curved stone entrance and wrought iron gate</b>	<b>13:03</b>	<b>13:28</b>	<b>14:05</b>
<b>101.0</b>	<b>62.8</b>	<b>Rossard KOM Category 3</b> 	<b>13:06</b>	<b>13:31</b>	<b>14:09</b>



101.1	62.8	Right at Y junction, unsigned	13:06	13:31	14:09
<b>109.0</b>	<b>67.7</b>	<b>Bunclody 50 signs</b>	<b>13:16</b>	<b>13:43</b>	<b>14:24</b>
109.4	68.0	Roundabout 1st exit			
		<b>On N80</b>			
<b>109.8</b>	<b>68.2</b>	<b>KOM Climb Start signs at Welcome to Carlow sign</b>	<b>13:17</b>	<b>13:44</b>	<b>14:25</b>
110.0	68.4	Caution pedestrian crossing and first of multiple traffic islands	13:17	13:45	14:26
<b>110.6</b>	<b>68.7</b>	<b>Bunclody KOM Category 3</b> 🏰	<b>13:18</b>	<b>13:45</b>	<b>14:27</b>
<b>112.0</b>	<b>69.6</b>	<b>Start of Feed Zone at red barn on right; steel girder on left; tudor style house</b> 🏠	<b>13:20</b>	<b>13:48</b>	<b>14:30</b>
<b>113.0</b>	<b>70.2</b>	<b>Feed Zone ends at small 'No Overtaking' signs</b>	<b>13:21</b>	<b>13:49</b>	<b>14:31</b>
121.5	75.5	Right dir Baltinglass 26km on N81	13:31	14:02	14:47
<b>122.8</b>	<b>76.3</b>	<b>25km to go sign at staggered Xroads, signed Altamont Gardens on RHS</b>	<b>13:33</b>	<b>14:04</b>	<b>14:50</b>
<b>127.8</b>	<b>79.4</b>	<b>20km to go sign at LHS junction, sign Castlemore L6026</b>	<b>13:39</b>	<b>14:11</b>	<b>14:59</b>
<b>128.6</b>	<b>79.9</b>	<b>Tullogh 50 signs</b>	<b>13:40</b>	<b>14:12</b>	<b>15:01</b>
129.5	80.5	Straight at roundabout dir Town Centre, Blessington	13:41	14:14	15:02
129.6	80.5	Right to cross bridge dir Blessington, N81	13:42	14:14	15:03
130.1	80.8	Left at Y junction at Top Garage, dir Blessington N81	13:42	14:15	15:03
132.2	82.1	Sharp right turn at chevrons for oncoming traffic	13:45	14:18	15:07
<b>137.0</b>	<b>85.1</b>	<b>10K signs at 50 signs</b>			
<b>138.5</b>	<b>86.1</b>	<b>Rathvilly 50 signs</b>	<b>13:53</b>	<b>14:27</b>	<b>15:19</b>
139.7	86.8	Left in Rathvilly dir Blessington, Baltinglass N81	13:54	14:29	15:21
		<b>On N81</b>			
<b>142.7</b>	<b>88.7</b>	<b>5K signs at red timber fence on right.</b>	<b>13:58</b>	<b>14:34</b>	<b>15:27</b>
<b>143.7</b>	<b>89.3</b>	<b>4K signs at 'Welcome to Wicklow' brown sign on left</b>	<b>13:59</b>	<b>14:35</b>	<b>15:29</b>
<b>144.7</b>	<b>89.9</b>	<b>3K signs at bungalow on right with yellow garden wall followed by timber fence</b>	<b>14:00</b>	<b>14:37</b>	<b>15:31</b>
<b>145.7</b>	<b>90.5</b>	<b>2K signs at 60 signs</b>	<b>14:02</b>	<b>14:38</b>	<b>15:33</b>
<b>146.7</b>	<b>91.2</b>	<b>1km at start of footpath on right, close to a memorial plaque</b>	<b>14:03</b>	<b>14:40</b>	<b>15:35</b>
<b>147.1</b>	<b>91.4</b>	<b>Baltinglass 50 signs</b>	<b>14:03</b>	<b>14:40</b>	<b>15:35</b>
		<b>500m signs Garda Station blue light</b>			
		<b>400m at end of Maxol canopy, Evolution Hair stylist on right</b>			
147.4	91.6	Right at Eurovalue from Edward Street to Main Street	14:04	14:41	15:36
		<b>300m at right turn</b>			
		250m centre of bridge			
		<b>200m at centre of junction on left</b>			
		<b>150m Burkes shop on right</b>			
147.6	91.7	Left at Y junction in centre	14:04	14:41	15:36
		<b>100m under spar sign at end of Eurosport shop on left</b>			
		<b>75m entrance door to Germaines</b>			
		<b>Divert team cars right at Y junction to Weaver's Square, left into Church Car Park</b>			
		<b>50m Grey gate on left with No Parking sign</b>			
		<b>25m entrance to Outdoor Centre</b>			
<b>147.7</b>	<b>91.8</b>	<b>Finish line at Baltinglass Outdoor Education Centre</b>	<b>14:04</b>	<b>14:41</b>	<b>15:36</b>

#### IMPORTANT STAGE LOCATIONS

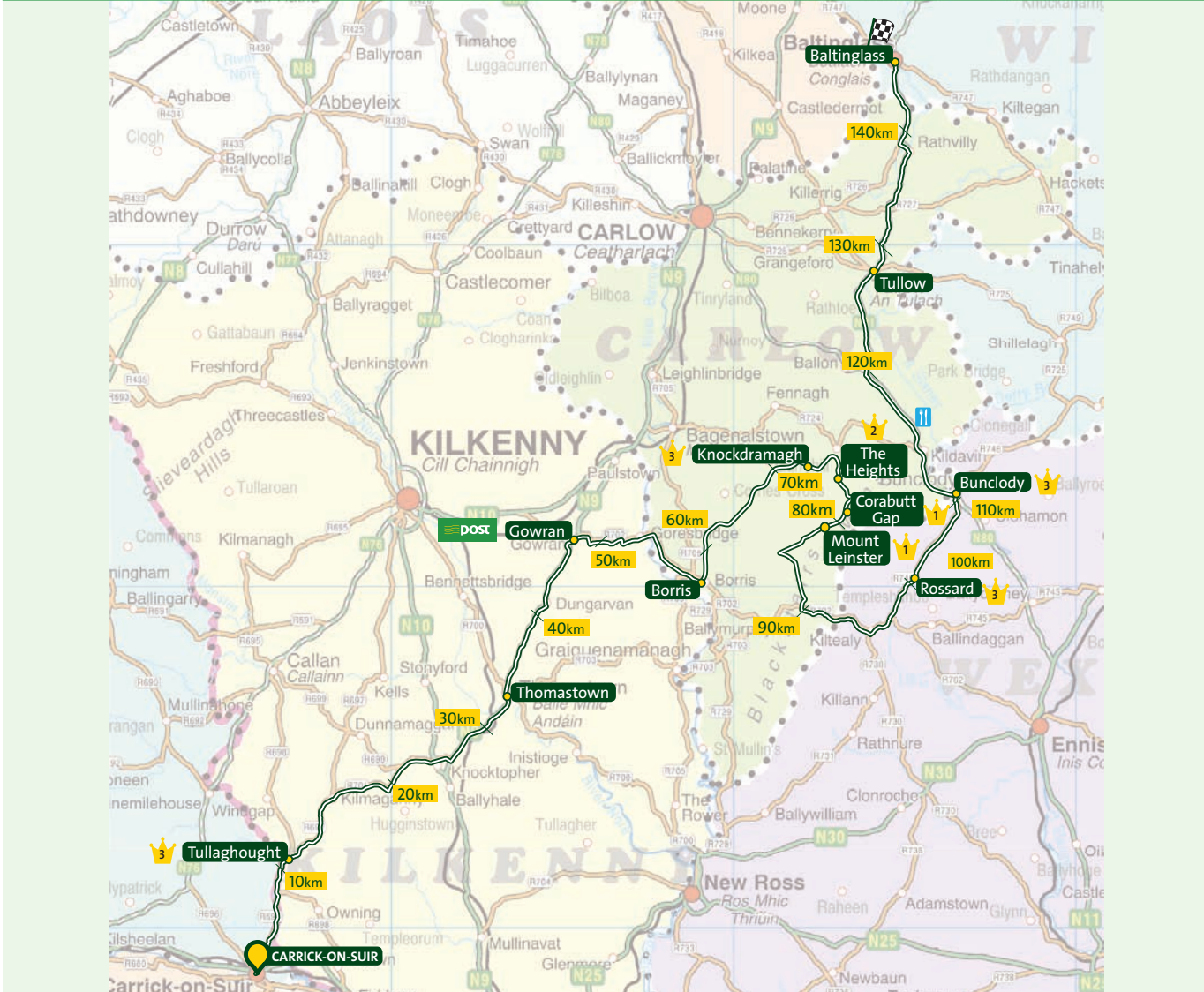
**Stage Finish Organiser** Tommy Doyle, Tel. 087 263 3447

**Race Admin** Fatima Hall, Baltinglass (for 2 hours after stage finish), thereafter The Green Isle Hotel, Tel. 01 459 3406

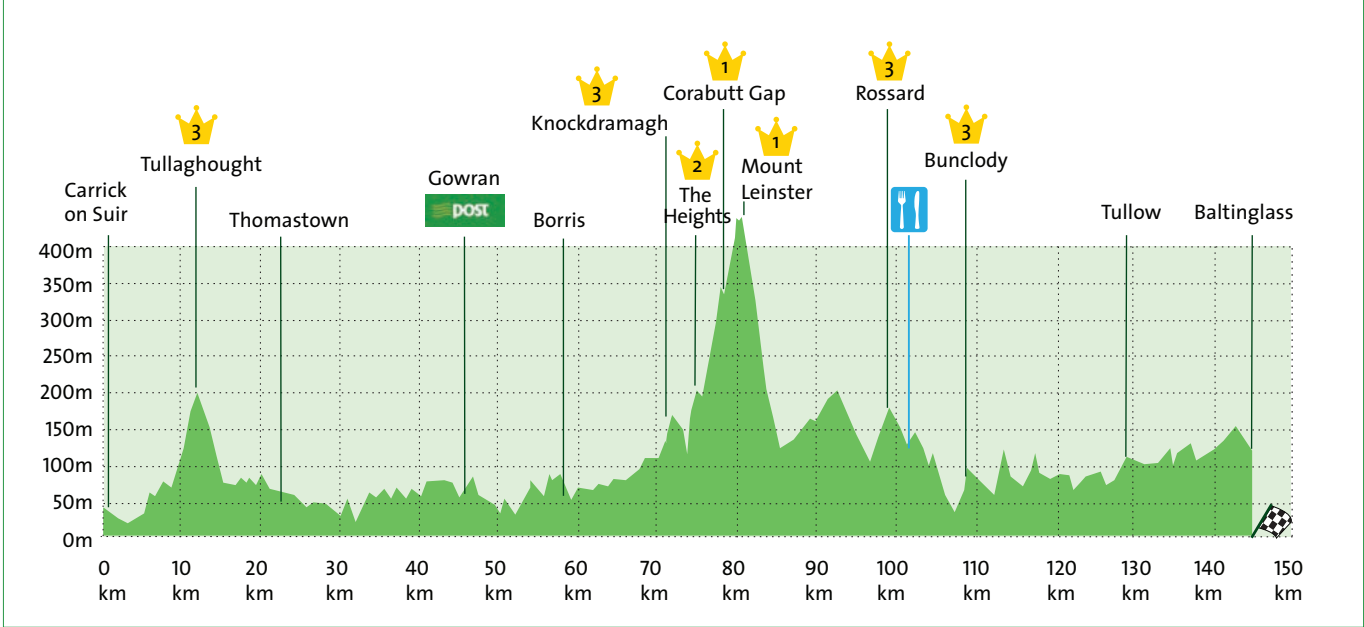
**Service Crew Accommodation** The Green Isle Hotel, Tel. 01 459 3406

STAGE 7 CARRICK-ON-SUIR – BALTINGLASS 147.7km  
Saturday 24th May/Dé Satharn 24ú Bealtaine

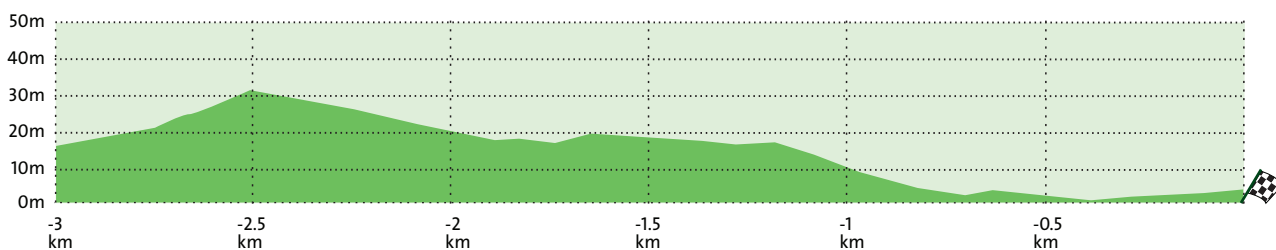
Route Map



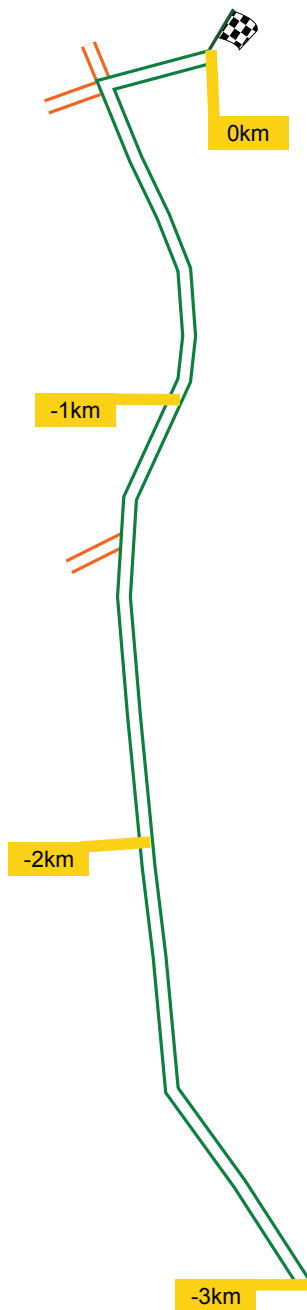
Stage Profile



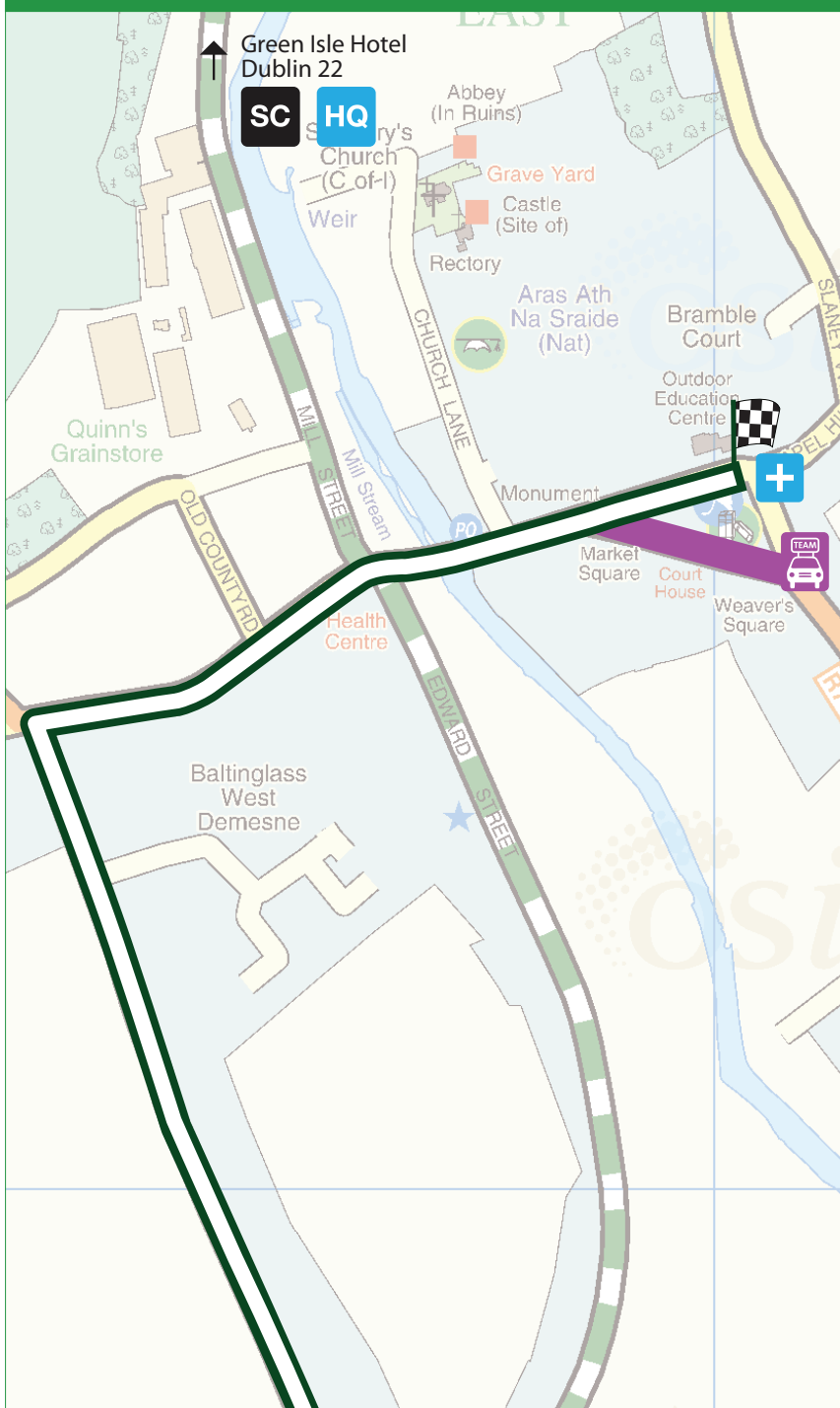
### 3km Profile



### 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 8 NEWBRIDGE – SKERRIES + 2 LAPS OF 13.7km CIRCUIT 134.3km

## Sunday 25th May/Dé Domhnaigh 25ú Bealtaine

		TIME
Riders Sign-On	Podium on Main Street, Newbridge	10:30–11:30
Assembly	Main Street	
Ceremonial Start	Main Street	12:00
Neutralised	1.9km to Newbridge Greyhound Stadium	

Team support vehicles depart		11:20
Team cars depart in cavalcade position behind riders		

			Estimated Time of Arrival at Kilometres per Hour		
Km	Mi	Location	48 Back wind	40 Average	32 Head wind
0.0	0.0	Ceremonial Start – Main Street	12:00	12:00	12:00
		Right from Main Street to Charlotte Street at the Bank of Ireland			
		On R416			
1.9	1.2	End of Neutral Zone Newbridge Greyhound Stadium			
0.0	0.0	OK signs for Start of Racing	12:02	12:02	12:03
2.1	1.3	Milltown 50 signs	12:02	12:03	12:03
2.9	1.8	Caution for traffic ramp			
5.1	3.2	KOM Climb Start signs at large cream house on left	12:06	12:07	12:09
6.0	3.7	Hill of Allan KOM Category 3 	12:07	12:09	12:11
6.7	4.2	Straight at Allans Cross, dir Kilmeague 2km	12:08	12:10	12:12
6.9	4.3	Allen 50 signs	12:08	12:10	12:12
8.4	5.2	Kilmeague 50 signs	12:10	12:12	12:15
8.8	5.5	Straight at 4rdsX in centre of Kilmeague, dir Prosperous, Clane			
14.7	9.1	Straight at Stop sign at 4rdsX, dir Prosperous & Clane on R409	12:18	12:22	12:27
		On R409			
15.4	9.6	Prosperous 50 signs	12:19	12:23	12:28
16.0	9.9	Right at T junction at Naas Oil/McCormacks garage, dir Clane			
16.6	10.3	Left at traffic lights at 4rdsX at the church to Main Street, to R408			
17.1	10.6	Caution for traffic ramp outside PO			
		Right immediately after the post office, Stynes			
		Londis shop on left, dir Maynooth			
22.2	13.8	Left at T junction to the R407, dir Kilcock 10km	12:27	12:33	12:41
		On R407			
23.5	14.6	Painstown 60 signs	12:29	12:35	12:44
31.2	19.4	Kilcock 50 signs	12:39	12:46	12:58
31.7	19.7	Roundabout 2nd exit to cross flyover, dir Kilcock on R125	12:39	12:47	12:59
		On R125			
32.3	20.1	Roundabout, 1st exit dir Kilcock			
32.8	20.4	Left at 4rdsX after bridge, dir Trim, N4			
33.0	20.5	Left at Callaghys Pharmacy to pass church			
33.8	21.0	Right, dir Trim, Summerhill on R158	12:42	12:50	13:03
		On R158			
34.3	21.3	Caution narrow bridge	12:42	12:51	13:04
34.5	21.4	Roundabout, exit dir Trim			
39.7	24.7	Garadice	12:49	12:59	13:14



43.4	27.0	Roundabout, 2nd exit, dir Dunboyne	12:54	13:05	13:21
43.9	27.3	Left L2210 dir Dunsany	12:54	13:05	13:22
<b>53.8</b>	<b>33.4</b>	<b>Dunsany</b>	<b>13:07</b>	<b>13:20</b>	<b>13:40</b>
54.0	33.6	Right, dir Killeen Castle			
57.4	35.7	Roundabout, 2nd exit	13:11	13:26	13:47
59.7	37.1	Roundabout, 2nd exit to L2208	13:14	13:29	13:51
<b>59.7</b>	<b>37.1</b>	<b>Dunshaughlin 50 signs</b>	<b>13:14</b>	<b>13:29</b>	<b>13:51</b>
60.7	37.7	Left at O'Briens The Arch Bar			
60.8	37.8	Immediately straight at 'Stop' sign to cross N3, dir Rathoath			
60.9	37.8	Right at Y junction			
61.0	37.9	Left at Y junction			
<b>65.5</b>	<b>40.7</b>	<b>Ratoath 60 signs</b>	<b>13:21</b>	<b>13:38</b>	<b>14:02</b>
65.9	40.9	Roundabout 2nd exit			
66.2	41.1	Roundabout 2nd exit dir Ratoath R125			
66.7	41.4	Left at 4rdsX, dir Curragha on R155			
70.1	43.6	Curragha 60 signs	13:27	13:45	14:11
<b>70.3</b>	<b>43.7</b>	<b>Curragha 50 signs</b>	<b>13:27</b>	<b>13:45</b>	<b>14:11</b>
70.9	44.1	Straight at crossroads dir Drogheda 21k			
72.1	44.8	Right at Y curve after retirement home	13:30	13:48	14:15
73.2	45.5	Left at traffic lights, dir Derry on N2	13:31	13:49	14:17
74.0	46.0	Right at crossroads L5007	13:32	13:51	14:18
		Stewards			
<b>74.8</b>	<b>46.5</b>	<b>KOM Climb Start signs at cattle pens in field on left</b>	<b>13:33</b>	<b>13:52</b>	<b>14:20</b>
<b>78.0</b>	<b>48.5</b>	<b>Pluckhemin KOM Category 3</b> 🏆	<b>13:37</b>	<b>13:57</b>	<b>14:26</b>
<b>78.3</b>	<b>48.7</b>	<b>Garristown</b>	<b>13:37</b>	<b>13:57</b>	<b>14:26</b>
		Right at 4rdsX to Main Street and left at 80 metres			
		Left in centre, dir Naul, on R130			
		<b>On R130</b>			
82.7	51.4	Left at T, dir Naul 4K	13:43	14:04	14:35
		<b>On R122</b>			
83.3	51.8	Left curve at Y			
87.5	54.4	Right at T, dir Naul			
<b>87.8</b>	<b>54.6</b>	<b>Naul</b>	<b>13:49</b>	<b>14:11</b>	<b>14:44</b>
		Left, dir Balbriggan 8K			
<b>89.5</b>	<b>55.6</b>	<b>Reynoldstown Bridge</b>	<b>13:51</b>	<b>14:14</b>	<b>14:47</b>
92.5	57.5	Roundabout, exit dir Balbriggan			
92.7	57.6	Roundabout at flyover, exit dir Balbriggan			
		Right, immediately after 2nd roundabout, dir Balrothery, etc.			
95.2	59.2	Left at T to N1, dir Balbriggan 3K	13:59	14:22	14:58
		Immediately right, dir Balrothery, Skerries			
<b>95.8</b>	<b>59.5</b>	<b>Balrothery</b>	<b>13:59</b>	<b>14:23</b>	<b>14:59</b>
		Left at T, unsigned			
		Right at roundabout, (2nd exit) to School Lane			
<b>95.6</b>	<b>59.4</b>	<b>KOM Climb Start signs at ramp</b>			
95.8	59.5	Roundabout, left, Black Hills, Skerries	13:59	14:23	14:59
<b>97.7</b>	<b>60.7</b>	<b>Cross of the Cage KOM Category 3</b> 🏆	<b>14:02</b>	<b>14:26</b>	<b>15:03</b>
<b>97.8</b>	<b>60.8</b>	<b>Point of entry to Skerries circuit</b>	<b>14:02</b>	<b>14:26</b>	<b>15:03</b>
98.1	61.0	Straight at junction left for Skerries 5K, at tree in centre of side road (Kearneys Stone).			
99.7	62.0	Left at T, unsigned	14:04	14:29	15:06
101.7	63.2	Left at T to R127, dir Skerries 5K	14:07	14:32	15:10
<b>105.0</b>	<b>65.2</b>	<b>Skerries 50kph signs</b>	<b>14:11</b>	<b>14:37</b>	<b>15:16</b>
		Roundabout, 2nd exit to Millers Lane			
		<b>Skerries contd</b>			

		Left at 4rdsX			
106.5	66.2	Left at T to Holmpatrick	14:13	14:39	15:19
<b>106.9</b>	<b>66.4</b>	<b>First passage through Finish Line at the Citizen Information Centre on Strand Street</b>	<b>14:13</b>	<b>14:40</b>	<b>15:20</b>
		Left at the monument to Thomas Hand Street	12:00	12:00	12:00
		Right at traffic lights to Balbriggan Street			
109.0	67.7	Left, under rail bridge, unsigned	14:16	14:43	15:24
		<b>KOM Climb Start signs</b>			
<b>109.8</b>	<b>68.2</b>	<b>Black Hills KOM Category 3</b> 🏆	<b>14:17</b>	<b>14:44</b>	<b>15:25</b>
111.2	69.1	Left at T, dir Lusk 4K	14:19	14:46	15:28
113.5	70.5	Left at T, unsigned			
114.4	71.1	Left at T, dir Skerries 5K	14:23	14:51	15:34
115.4	71.7	Signpost for Skerries Golf Club			
<b>118.0</b>	<b>73.3</b>	<b>Skerries 50kph signs</b>	<b>14:27</b>	<b>14:57</b>	<b>15:41</b>
		Roundabout, 2nd exit to Millers Lane			
118.6	73.7	Left at 4rdsX.			
119.8	74.4	Left at T to Holmpatrick			
<b>120.3</b>	<b>74.8</b>	<b>Second passage through Finish Line at the Citizen Information Centre on Strand Street</b>	<b>14:30</b>	<b>15:00</b>	<b>15:45</b>
120.0	74.6	Left at the monument to Thomas Hand Street			
		Right at traffic lights to Balbriggan Street			
123.6	76.8	Left, under rail bridge, unsigned	14:34	15:05	15:51
		<b>KOM Climb Start signs</b>			
<b>125.1</b>	<b>77.7</b>	<b>Black Hills KOM Category 3</b> 🏆	<b>14:36</b>	<b>15:07</b>	<b>15:54</b>
125.7	78.1	Left at T, dir Lusk 4K	14:37	15:08	15:55
128.2	79.7	Left at T, unsigned			
129.2	80.3	Left at T, dir Skerries 5K	14:41	15:13	16:02
129.2	80.3	Signpost for Skerries Golf Club			
<b>130.3</b>	<b>81.0</b>	<b>3K at junction signed for Ardgillan 3K &amp; also for Ardla Burial Ground</b>			
<b>131.3</b>	<b>81.6</b>	<b>2K signs at large green corrugated gates on left, just before Roundstone</b>			
<b>131.7</b>	<b>81.8</b>	<b>Skerries 50kph signs</b>	<b>14:44</b>	<b>15:17</b>	<b>16:06</b>
		Roundabout, 2nd exit to Millers Lane			
		<b>Skerries contd</b>			
<b>132.3</b>	<b>82.2</b>	<b>1K sign 10metres after corner of junction with Shenck Park</b>	<b>14:45</b>	<b>15:18</b>	<b>16:08</b>
		Left at 4rdsX			
		<b>500m at corner of entrance.</b>			
		<b>Divert team cars left to car-park at Skerries Mills at 496 metres</b>			
133.0	82.6	Left at T to Holmpatrick	14:46	15:19	16:09
		<b>300m at No 20 on right</b>			
		<b>200m Dr. John Keane Surgery on right</b>			
		<b>150m at No 14 house on left.</b>			
		<b>100m at traffic island at junction with Church Street</b>			
		<b>50m telephone kiosk on right</b>			
<b>133.3</b>	<b>82.8</b>	<b>Final passage through Finish Line at the Citizen Information Centre on Strand Street. Platform on left</b>	<b>14:46</b>	<b>15:19</b>	<b>16:09</b>

#### IMPORTANT STAGE LOCATIONS

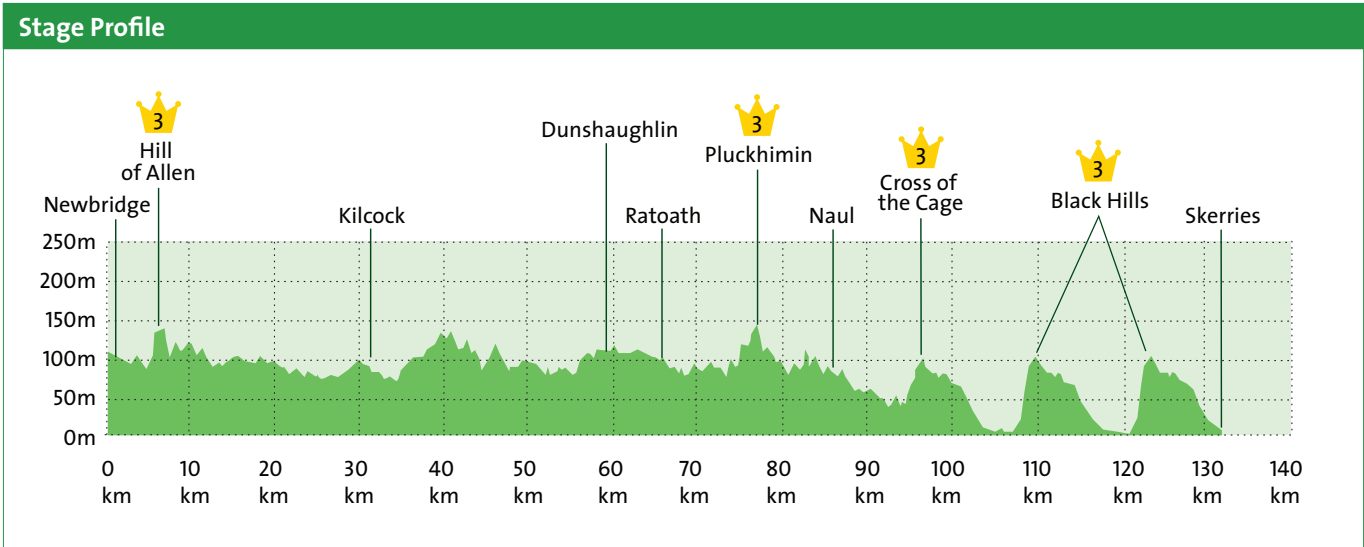
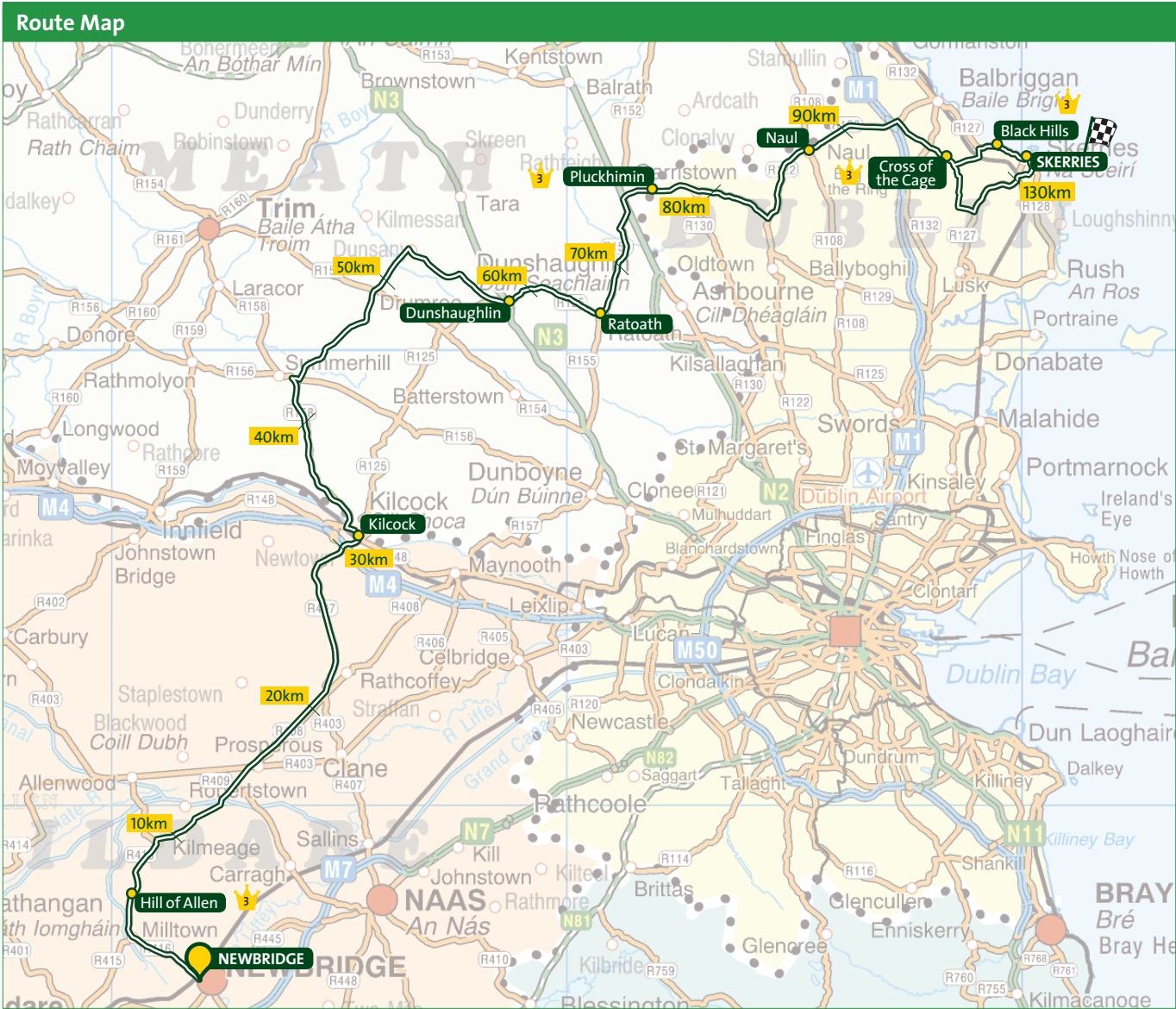
**Stage Finish Organiser** Paul Deans, Tel. 086 224 9046

**Race Administration** Holmpatrick School for 2 hours after stage finish

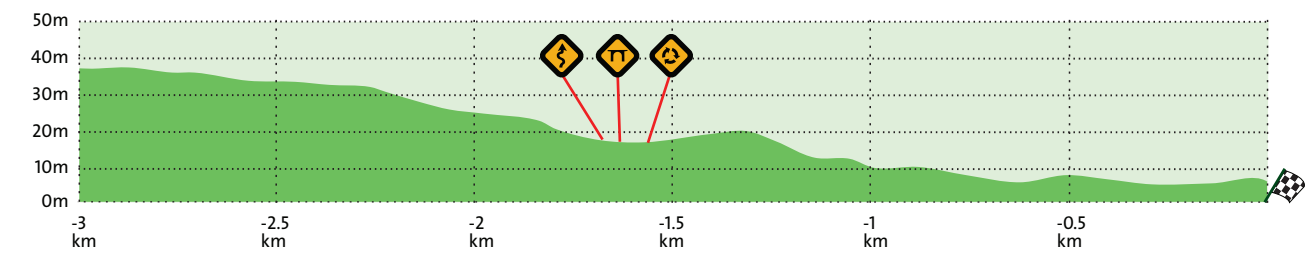
**Service Crew Accommodation** Dunboyne Castle Hotel, Tel. 01 801 3500

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

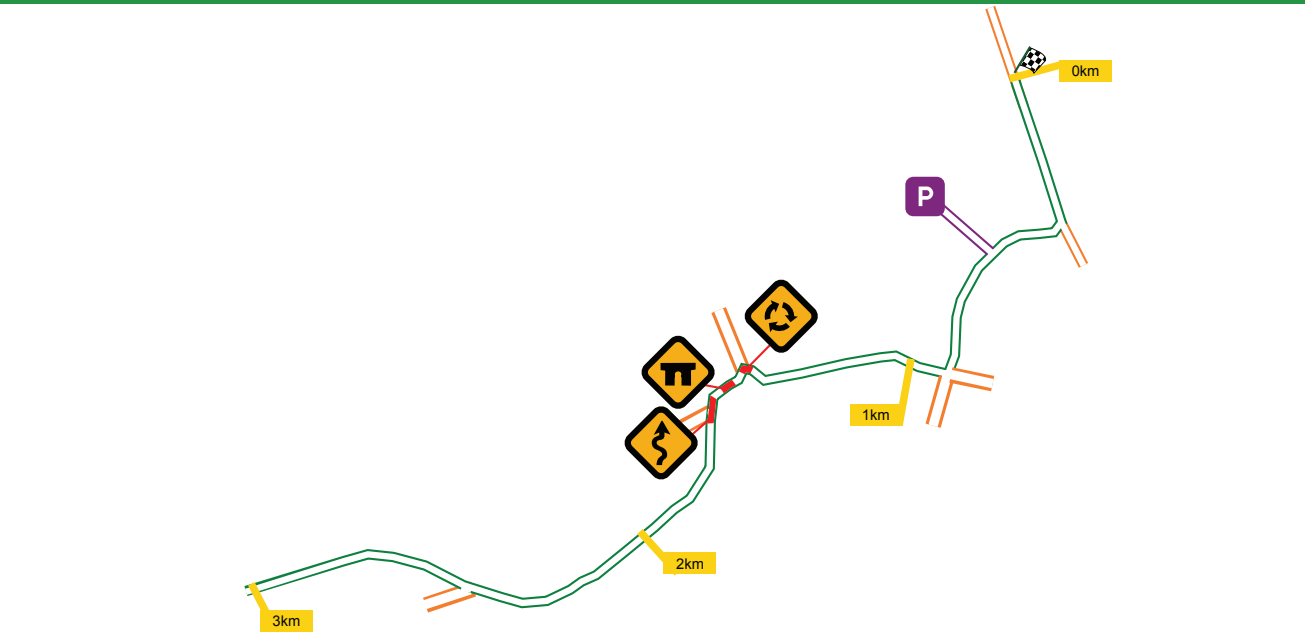
# STAGE 8 NEWBRIDGE – SKERRIES + 2 LAPS OF 13.7km CIRCUIT 134.3km Sunday 25th May/Dé Domhnaigh 25ú Bealtaine



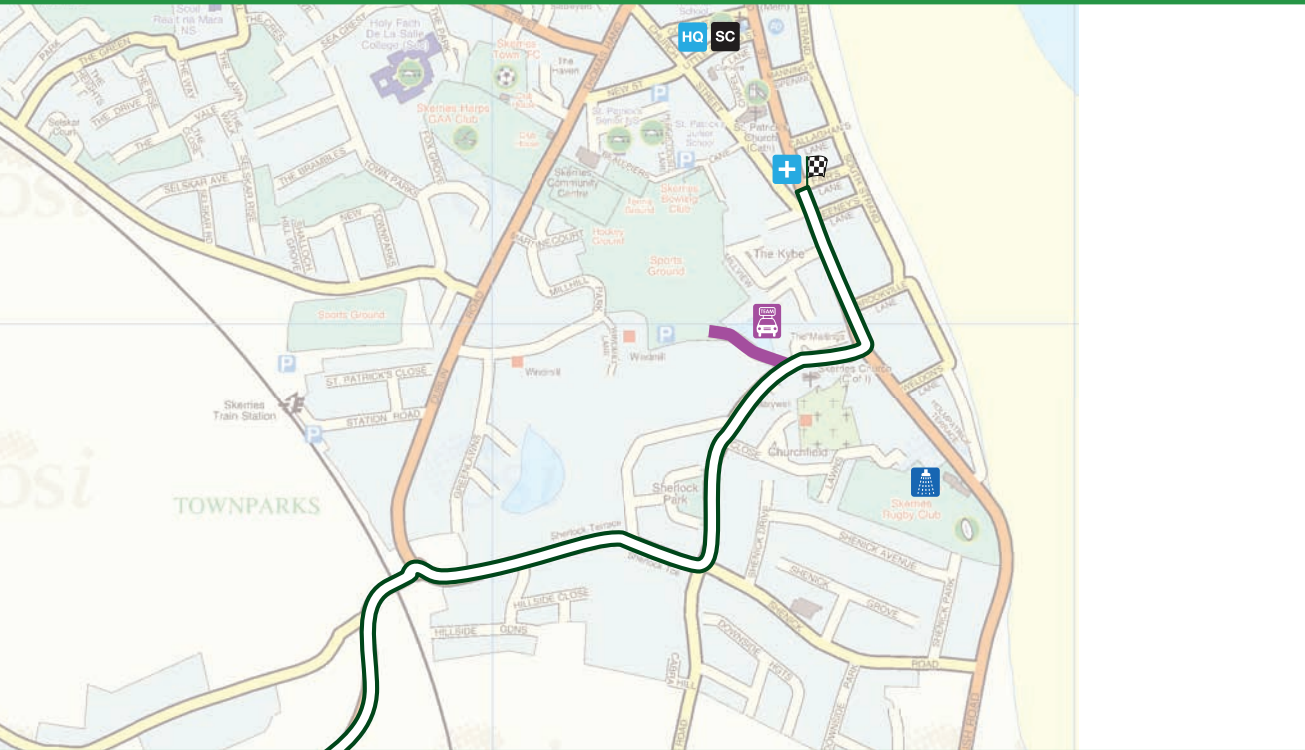
3km Profile



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



# RACE RULES AND REGULATIONS

## SPECIFIC REGULATIONS

### Article 1 ORGANISATION

AN POST RÁS is organised by Cumann RÁS TAILTEANN, 125 St Jarlath's Road, Cabra, Dublin 7, under the regulations of the International Cycling Union. It is to be held from 18th to 25th May 2014.

### 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 Stages – **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 17th May 2014 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 17th May.

The Team Managers' meeting, organised in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaries' Panel, is scheduled for 21:30hrs on Saturday 17th 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 18th May.

### 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 18th May

The intermediate bonuses will be awarded at Hot Spot Primes at Athboy (41.1kms), Coole (76.5km) and Ballymahon (114.9kms).

**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.

#### 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.

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### **Under 23 General Classification**

Restricted to riders born in 1992 / 1993 / 1994 / 1995.

### **County (Regional) Individual Classification**

Restricted to riders on Irish County (Regional) Teams.

### **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.

#### **Regional (County) Individual 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.
- (e) Regional (County) Classification by time.

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

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

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

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

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

### **ARTICLE 13 PRIZES**

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

A grand total of €42,715 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, the location of which will be 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 leaders of the following classifications
- Individual General Classification, Points Classification, King of the Mountains Classification, U23 General Classification, County/Regional General Classification
- The winner of the Stage Jersey

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.

## RACE RULES AND REGULATIONS continued

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### 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 recognise 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 authorised 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.

#### 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.

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### 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 motor-cycle interfere with the running of the race in any way and be identified as having a connection with a rider or team in the race, that rider or team may be penalised.
10. In addition to the driver, the approved vehicle referred to in Rule 9 must contain at least one other competent person.
11. The Commissaire President may limit the number of vehicles servicing individual riders or incomplete teams if this is deemed necessary. Riders affected may make alternative arrangements to keep them on an equal footing with other teams. The Commissaire President must approve these arrangements.
12. Team vehicles in the Race Cavalcade will follow in the order of individual classification on the basis of one vehicle per team.
13. Numbers will be provided for team vehicles 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 17th 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 kilometers of a stage.
19. Should the Judges be unable to place all the riders in a group the unplaced riders being ex-aequo, prizes and points (rounded up to the next unit) will be divided between them.
20. The Timekeeper will attribute the same time to all riders passing in a group at the finish. However, where the opportunity offers, and there are gaps, separate times 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 200m and Prime flags, and will, where possible, be communicated to the riders.

### King Of The Mountains

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



## RACE RULES AND REGULATIONS continued

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### Final Stage

Riders will be timed on the finish line at the completion of the stage.

All competitors, including lapped riders, shall finish on the same lap as the winner, due to restrictions imposed by the local authorities.

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.

1. Riders behind the leading groups may be delayed from entering the Skerries circuit; such delay will be recorded by time keepers and deducted from the riders' stage time.

### 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 166cm in height.
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 neutralised zone;
  - f. Red flag to mark danger points.

# APPENDIX 1 DECLARATION OF AWARENESS

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## 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 to remain in position for the passage of all individuals/groups.
- 7. It is necessary for race marshals to be allowed overtake. I undertake to co-operate fully in giving way to the marshals in the execution of their duties.
- 8. I have studied the map for each stage finish and am acquainted with the intricacies of each finish and will exercise due caution.
- 9. The race takes place on roads varying from well-surfaced dual carriageways to poorly-surfaced narrow, winding mountain roads.
- 10. I accept that no liability whatsoever shall attach to the race organisation, race sponsors, consultants, Cycling Ireland, UCI, or any race official or member of UCI or Cycling Ireland in respect of any injury, loss or damage suffered by me in or by reason of the race, however caused.

Signed: \_\_\_\_\_

Race Number: \_\_\_\_\_

Dated: 18th May 2014 \_\_\_\_\_

## PAST WINNERS

Year	Winner	Year	Winner
1953	Colm Christle (Gate C.C.)	1984	Stephen Delaney (Dublin)
1954	Joe O'Brien (National C.C.)	1985	Nicola Kosiakov (USSR)
1955	Gene Mangan (Kerry)	1986	Stephen Spratt (Tipperary)
1956	Paudie Fitzgerald (Kerry)	1987	Paul McCormack (Longford)
1957	Frank Ward (Dublin)	1988	Paul McCormack (Ireland)
1958	Mick Murphy (Kerry)	1989	Dainis Ozoles (USSR)
1959	Ben McKenna (Meath)	1990	Ian Chivers (Ireland)
1960	Paddy Flanagan (Kildare)	1991	Kevin Kimmage (Meath)
1961	Tom Finn (Dublin)	1992	Stephen Spratt (Tipperary)
1962	Sé O Hanlon (Dublin)	1993	Eamonn Byrne (Ireland)
1963	Zbigniew Glowaty (Poland)	1994	Declan Lonergan (Ireland)
1964	Paddy Flanagan (Kildare)	1995	Paul McQuaid (Ireland)
1965	Sé O Hanlon (Dublin)	1996	Tommy Evans (Derry)
1966	Sé O Hanlon (Dublin)	1997	Andrew Roche (Kerry)
1967	Sé O Hanlon (Dublin)	1998	Ciarán Power (Ireland)
1968	Milan Hrezdira (Czech.)	1999	Philip Cassidy (Ireland)
1969	Brian Connaughton (Meath)	2000	Julian Winn (Wales)
1970	Alexander Gysiantnikov (USSR)	2001	Paul Manning (Britain)
1971	Colm Nulty (Meath)	2002	Ciarán Power (Ireland)
1972	John Mangan (Setanta C.C.)	2003	Chris Newton (Britain)
1973	Mike O'Donaghue (Carlow)	2004	David McCann (Ireland)
1974	Peter Doyle (I.C.F.)	2005	Chris Newton (Britain)
1975	Paddy Flanagan (Kildare)	2006	Kristian House (Britain)
1976	Fons Steuten (Netherlands))	2007	Tony Martin (Germany)
1977	Yuri Lavrushkin (USSR)	2008	Stephen Gallagher (Ireland)
1978	Seamus Kennedy (Kerry)	2009	Simon Richardson (Britain)
1979	Stephen Roche (Ireland)	2010	Alex Wetterhall (Sweden)
1980	Billy Kerr (Ireland)	2011	Gediminas Bagdonas (Lithuania)
1981	Jamie McGahan (Scotland)	2012	Nicholas Baldo (Switzerland)
1982	Dermot Gilleran (Ireland)	2013	Marcin Bialoblocki (Poland)
1983	Philip Cassidy (Ireland)		

PRIZE LIST

	STAGE	CLASSIFICATIONS							
Pl.	Stage x 8	Overall	Cuchulainn Crystal GC County Rider Award	Points	KOM	U23 GC	Cat. 2* GC	Int. Team	County Team
1	€1,000	€2,000	€300	€400	€350	€350	€350	€500	€450
2	€500	€1,500	€100	€300	€250	€250	€280	€300	€300
3	€300	€1,200	€80	€200	€150	€150	€150	€200	€200
4	€150	€1,000	€70			€100	€100		
5	€120	€900	€60			€70	€90		
6	€100	€800	€50			€50	€70		
7	€90	€700							
8	€80	€600		One4All KOM Primes:					
9	€70	€500		Category 1, €100 X 5					
10	€60	€400		Category 2, €50 X 5					
11	€40	€300		Category 3, €35 X 27					
12	€40	€250		Post Office Hot Spot Primes €60 X 3					
13	€40	€220		Post Office Primes €50 X 6					
14	€40	€200		Daily County Rider Award* €50 x 8					
15	€40	€180							
16	€30	€160		GC & Stage prizes subject to 2% UCI Levy					
17	€30	€140							
18	€30	€130		*Confined to Cycling Ireland Riders					
19	€30	€120							
20	€30	€100							
TOTAL PRIZE FUND €42,715									



## TEAMS

### BRITAIN

Velosure Giordana Racing UCI Continental Team

- 1 Marcin Bialoblocki
- 2 Nathan Edmondson
- 3 Steve Lampier
- 4 James Moss
- 5 Robert Partridge

**Manager:** Bill Nickson

### IRELAND

An Post Chain Reaction UCI Continental Team

- 6 Ryan Mullen
- 7 Owain Doull
- 8 Jack Wilson
- 9 Sean Downey
- 10 Conor Dunne

**Manager:** Kurt Bogaerts

### CANADA

National Team

- 11 Rémi Pelletier-Roy
- 12 Nic Hamilton
- 13 Ben Perry
- 14 Ed Veal
- 15 Sean McKinnon

**Manager:** Luc Arseneau

### GREAT BRITAIN

National Team

- 16 Jonathan Dibben
- 17 Christopher Latham
- 18 Oliver Wood
- 19 Germain Burton
- 20 Jacob Ragan

**Manager:** Keith Lambert

### NEW ZEALAND

National Team

- 21 Dylan Kennett
- 22 Pieter Bulling
- 23 Marc Ryan
- 24 Cameron Karwowski
- 25 Hamish Schreurs

**Manager:** Dirk Van Hove

### AUSTRIA

Tirol Cycling Team UCI Continental Team

- 26 Josef Benetseder
- 27 Clemens Fankhauser
- 28 Gregor Mühlberger
- 29 Lukas Pöstlberger
- 30 Martin Weiss

**Manager:** Srecko Glivar

### AUSTRALIA

Team Subaru-Albion

- 31 Keegan Aitchinson
- 32 Anthony Murray
- 33 Darcy Ellerm-Norton
- 34 Joshus Aldridge
- 35 Tirian McManus

**Manager:** Frank Conceicao

### AZERBAIJAN

Synergy Baku Cycling Project UCI Continental Team

- 36 Connor McConvey
- 37 Matthew Brammeier
- 38 Markus Elbegger
- 39 Jan Sokol
- 40 Christoph Schweizer

**Manager:** Arvis Piziks

### FRANCE

Bretagne Velotec

- 41 David Chopin
- 42 Erwan Brenterch
- 43 Nicolas David
- 44 Charles Prendergast
- 45 Aurelien Daniel

**Manager:** Cedric Le NY

### GERMANY

Team Kuota UCI Continental Team

- 46 Philipp Becker
- 47 Andre Benoit
- 48 Jan Deutschmann
- 49 Micha Glowatzki
- 50 Joachin Tolles

**Manager:** Peter Becker

**ITALY**

Team IDEA 2010 ASD UCI Continental Team

- 51 Riccardo Pichetta
- 52 Mirko Tedeschi
- 53 Matteo Collodel
- 54 Christian Delle Stelle
- 55 Alessandro Pettiti

**Manager:** Omar Piscina**NETHERLANDS**

Parkhotel Valkenburg UCI Continental Team

- 56 Gert Jan Bosman
- 57 Remco Broers
- 58 Brian Bulgac
- 59 Bram Nolten
- 60 Kai Reus

**Manager:** Paul Tabak**NORWAY**

Motiv3 Cycling Team UCI Continental Team

- 61 Sondre L. Hurum
- 62 Niklas Åkvik
- 63 Sivert Fandrem
- 64 Anders Kristoffersen
- 65 Marius Ness Haave

**Manager:** Lars Junker**USA**

Team SmartStop

- 66 Jure Kocjan
- 67 Zach Bell
- 68 Rob Britton
- 69 Michael Torkler
- 70 Adam Myerson

**Manager:** Michael Creed**BRITAIN**

Madison Genesis UCI Continental Team

- 71 Peter Hawkins
- 72 Dominic Jeffs
- 73 Liam Holohon
- 74 Tom Stewart
- 75 Tom Scully

**Manager:** Roger Hammond**BRITAIN**

NFTO Pro Cycling UCI Continental Team

- 76 Joshua Hunt
- 77 James Lowsley-Williams
- 78 Dean Downing
- 79 Dale Appleby
- 80 Hugh Wilson

**Manager:** Sean Yates**BRITAIN**

Champion System-Club Roost

- 81 Dillon Byrne
- 82 Jordan Hargreaves
- 83 Ben Kellett
- 84 Sebastian Baylis
- 85 John Rigby

**Manager:** Chris Truett**ANTRIM**

Traction-McConvey Cycles

- 86 Alex Donald
- 87 Mike Millar
- 88 Fergus Rooney
- 89 Brian Stewart
- 90 Daniel Stewart

**Manager:** Cormac McCann**CORK**

City Aquablue

- 91 Sean Lacey
- 92 Olan Barrett
- 93 Damien Shaw
- 94 Byran McCrystal
- 95 Keith Gator

**Manager:** Tim Barry**CORK**

Midleton Velo Revolution Works

- 96 Michael Fitzgerald
- 97 Anthony Doyle
- 98 Aidan Crowley
- 99 Stephen Halpin
- 100 Hugh McMahon

**Manager:** Derick Whyte

## TEAMS continued

### DONEGAL

Inishowen Gateway Hotel – McCafe

- 101 Ronan McLaughlin
- 102 Conor McIlwaine
- 103 Mark Buchanan
- 104 Rory Devlin
- 105 Damien Lagan

**Manager:** Chris McCann

### DOWN

Chain Reaction Flagship Store Boucher Road

- 106 Matty Blayney
- 107 David T Watson
- 108 Paul Ferguson
- 109 James McMaster
- 110 Connor Hanna

**Manager:** David S Watson

### DUBLIN

Central UCD Arrow

- 111 Art McManus
- 112 Sean McKenna
- 113 Ian Richardson
- 114 Anthony Walsh
- 115 Eoin Morton

**Manager:** Jason O'Callaghan

### DUBLIN

South Alimay

- 116 James Davenport
- 117 Noel Moloney
- 118 Brendan Moloney
- 119 John - Paul Lyons
- 120 Dave Reilly

**Manager:** Kenny Bucke

### DUBLIN NORTH

Team 39 Spin 11

- 121 Stephen O'Sullivan
- 122 Eugene Moriarty
- 123 Andrew Meehan
- 124 John Mason
- 125 Will McCabe

**Manager:** Graham Thomas

### KERRY

Aherns Opel/BMW

- 126 John Mannix
- 127 Matt Slattery
- 128 Michael Lucey
- 129 Brendan Cassidy
- 130 Cathal Moynihan

**Manager:** Brendan Cassidy

### KILDARE

Murphy Surveys Apex Construction

- 131 John Lynch
- 132 John Gargan
- 133 Liam Browne
- 134 Alan Burke
- 135 Richard McDonagh

**Manager:** Liam Walker

### LOUTH

North

- 136 Cormac Clarke
- 137 Ray O'Shaughnessey
- 138 Liam Dolan
- 139 Des Woods
- 140 Roger Aiken

**Manager:** Dominic O'Brannigan

### LOUTH

South

- 141 Gary Shiels
- 142 Niall Clarke
- 143 Sean Loughrane
- 144 Alan Grey
- 145 Michael Barry

**Manager:** Kevin Dolan

### MAYO

South Centra

- 146 Pdraig Marrey
- 147 Derek Joyce
- 148 Sean McInervey
- 149 David Brady
- 150 Keith Fox

**Manager:** Pat Coyle

## MAYO

Ballina Fitscience

- 151 Patrick Clarke
- 152 Christopher Reilly
- 153 Mike Storan
- 154 Gareth McCormack
- 155 Eddie Barry

**Manager:** Derek Bowyer

## MEATH

Dunboyne DID

- 156 Javan Nulty
- 157 Mark Dowling
- 158 Tim O'Regan
- 159 Ciaran Hallinan
- 160 Fraser Duncan

**Manager:** John Wall

## MEATH

Navan Avonmore

- 161 Declan Byrne
- 162 Niall Doggett
- 163 John Kenny
- 164 John Murray
- 165 Stephen Byrne

**Manager:** PJ Nolan  
Reserve Riders

## TIPPERARY

North Visit Nenagh.ie

- 166 Michael Butler
- 167 Mehall Fitzgerald
- 168 Stephen Butler
- 169 Mark Shannon
- 170 Chris Jeuken

**Manager:** Rene van Dam

## TIPPERARY

South

- 171 Shane Scully
- 172 Gary Scully
- 173 Alan Loftus
- 174 Bob Murray
- 175 Simon Ryan

**Manager:** Peter Bane

## WATERFORD

Comeragh Race the Rás

- 176 Ciaran Power
- 177 Michael McNena
- 178 Andrew Roche
- 179 David McCann
- 180 Robin Kelly

**Manager:** Michael Smyth







#### Race Director

**Tony Campbell**

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