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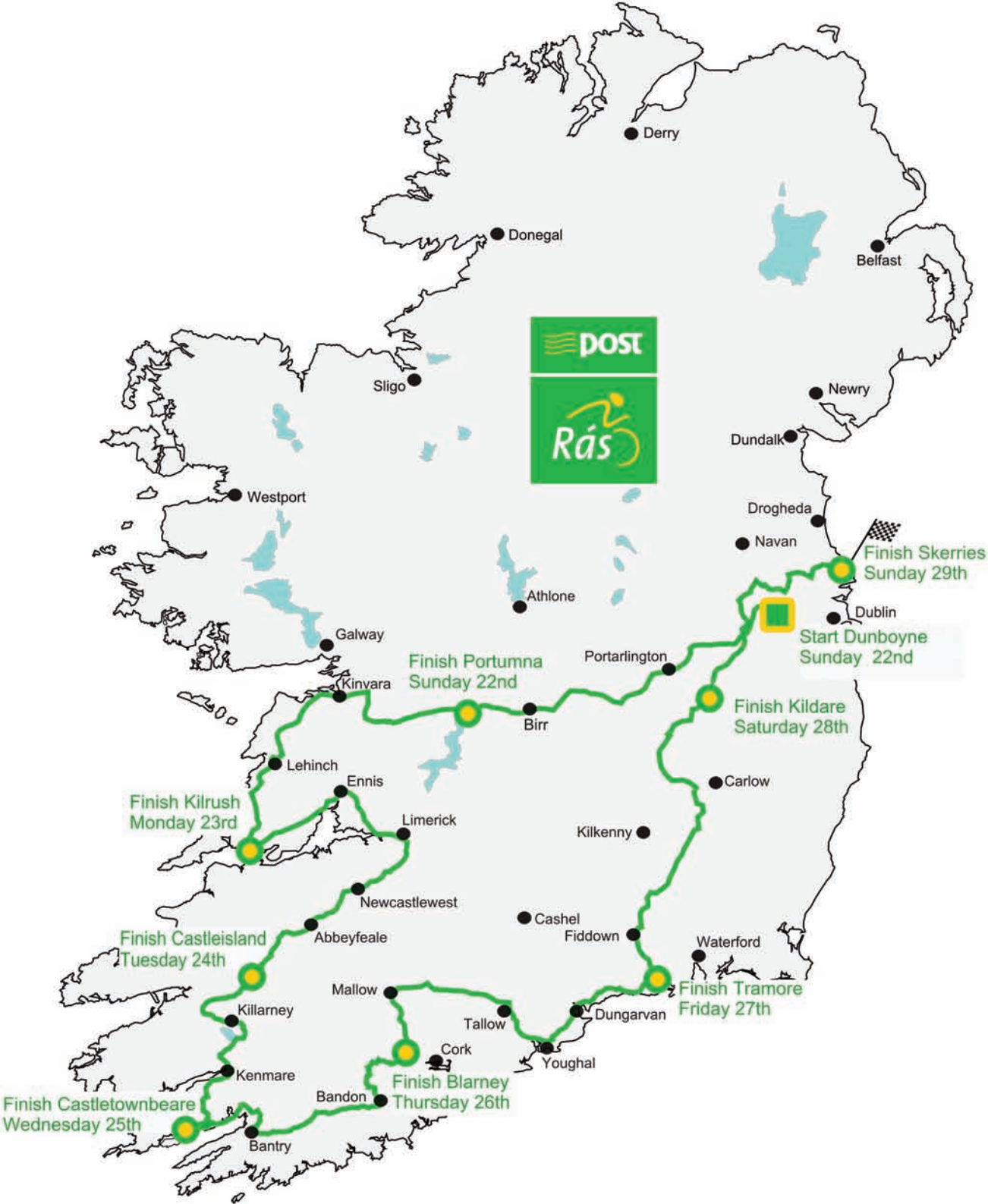
Rás

2011 Race Technical Guide

8 Day International Cycle Race | 22nd May – 29th May

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Race Director	Dermot Dignam
UCI Commissaire President	Xabier Bilbao Zabala
Commissaires	Paul Watson
	Phil O'Brien
	Gary McIlroy
	Gary Sheehan
Accommodation Officer	Edward Dawson
Route Director	Tony Campbell
Timekeeper	Tom Keenan
Recorder	Alice Sherratt
Chief Judge	Michael Twomey
Asst. Chief Judge	Michael Campbell
Motorcycle Judges	Ciaran McKenna, Eddie Keogh
Blackboard Timekeepers	Pat Dowd, Therese Dowd
IT Consultant	Seamus Shortall
Race Publications	Eimear Dignam
Chief Marshal	Martin Reilly
Team Liaison	Bróna O'Sullivan
PA Announcer	Ray Kennedy
Race Doctor	Dr. Conor McGrane
Ambulance Service	Irish Red Cross Society
Radio Tour	Susan O'Mara
Health & Safety Officer	Kieran McIntyre
Radio Technical Officer	Paddy Fitzsimons
Press Liaison Officer	Conor Lally
Accommodation Secretary	Cathy Mansfield
Lead Cars	Paddy Fitzsimons, Pat Clarke, Sean O Hanlon, Myles Gallagher,
Neutral Service Crews	Paul Nolan, Russell Treacy, Gabriel Howard, Sean Coakley,
	Neil Taggart, Gerry Beggs
Race Command & Control Unit	Aiden Harper
Stage Finish Co-Coordinator	Seamus Domegan
Photo-Finish Operator	Frank Gibson
Chief Motorcycle Marshal	John Galvin
Motorcycle Marshals	Noel Candon, Gerry Barry, Stephen Whelan, Shane Bonner,
TV/Photo motorcycles	Pat Shaughnessy, Paul Davies, Paul Burke.
An Post Rás Prime Crews.	Oliver McKenna, Rory Wyley, Paul Lonergan, Robert Kennedy,
Routing Crew	Gerard Campbell, Noel Clarke, Vincent Clarke, Liam Harte.
Stage Finish Crew	Noel Kelly, Joe Maguire, Ken Clarke, Andy O'Brien, Denis Craven,
Advance Publicity	Vincent Cronin, John Beatty, Ted Crowley
Anti-Litter Crew	Tony Keogh, Richard Waters.
Commissaire Drivers & Transport	Karl Fullerton, John Moore, Pat Moss, Brendan Quigley,
	Mark Kavanagh, Sean McIlroy.
Broom Wagon	Michael Lawless

Saturday 21st May

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

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.

Team managers will 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 patches advertisement.
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

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

The Medical Data Request Form 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.

ALL TEAM & RACE DRIVERS are required to attend a briefing meeting in the Dunboyne Castle Hotel on Saturday 21st May at 8pm. The purpose of the meeting is to explain the relevant road traffic regulations which apply to driving in Ireland. A senior Garda (police) officer will address the meeting.

Team managers are required to attend briefing meeting in Dunboyne Castle Hotel at 21:30hrs. The meeting will be opened by the Race Organiser and addressed by the Commissaire President. Also in attendance will be Commissaires, Timekeepers, Chief Judge, Chief Motorcycle Marshal and other race officials as required. Draw for team car positions on Stage 1 will take place at this meeting.

Sunday 22nd 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.

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

The attention of riders and all race personnel is drawn to Race Rules - Infractions 1;

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

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 at 12:30.

Depart Dunboyne for 1 lap of 3.6kms circuit to pass through Dunboyne.

Following the Ceremonial Start the race is neutralised for 4.8kms.

Stage 1 Hot Spot Time Bonus Primes at;

36.4kms Allenwood.

80.2kms Mountmellick

94.6kms Clonaslee

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

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 over a short distance may be indicated by a steward at the first traffic island. However, time gaps between groups may make it impossible for stewards to be 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 be in a position to exercise all due caution.

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.

The race takes place on roads that vary from well-surfaced dual carriageways to poorly surfaced winding narrow roads. Riders are advised that after a particularly harsh winter many potholes and distressed surfaces throughout the race route will not be repaired by the time the race takes place.

Neutral Service

Teams will equip race neutral service vehicles. Equipment received from race neutral service cars 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 equipment lost or damaged.

Medical Services

Includes a Race Doctor, 2 Irish Red Cross Ambulances and 4 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.

Stage 1 Dunboyne- Portumna

Name	Phone	Coordinates	
Navan General (Our Lady's)	046 21210	53°39'2.49"N;	6°41'56.97"W.
Blanchardstown (James Connolly)	01 821 3844	53°23'19.52"N;	6°22'9.18"W
Beaumont Hospital	01 8093000	53°23'27.83"N;	6°13'22.16"W
Midlands Hospital Mullingar	044 934 0221	53°32'4.14"N;	7°20'58.03"W
Galway University Hospital	091 524 222	53°16'34.85"N;	9° 3'56.38"W

Stage 2 Portumna- Kilrush

Name	Phone	Coordinates	
Galway University Hospital	091 524 222	53°16'34.85"N;	9° 3'56.38"W
Limerick Regional Hospital	061 842 219	52°38'5.06"N;	8°39'12.04"W

Stage 3 Kilrush - Castleisland

Name	Phone	Coordinates	
Limerick Regional Hospital	061 842219	52°38'5.06"N	8°39'12.04"W

Stage 4 Castleisland - Castletownbere

Name	Phone	Coordinates	
Tralee General Hospital	066 718 4000	52°15'55.53"N	9°41'20.04"W
Bantry General Hospital	027 50133	51°40'34.23"N	9°27'2.48"W
Cork General Hospital	021 492 7821	51°53'35.45"N	8°27'53.88"W
Cork University Hospital	021 454 6400	51°52'59.94"N	8°30'38.80"W

Stage 5 Castletownbere - Blarney

Name	Phone	Coordinates	
Bantry General Hospital	027 50133	51°40'34.23"N	9°27'2.48"W
Cork General Hospital	021 492 7821	51°53'35.45"N	8°27'53.88"W
Cork University Hospital	021 454 6400	51°52'59.94"N	8°30'38.80"W

Stage 6 Blarney - Tramore

Name	Phone	Coordinates	
Cork General Hospital	021 492 7821	51°53'35.45"N	8°27'53.88"W
Cork University Hospital	021 454 6400	51°52'59.94"N	8°30'38.80"W
Waterford Regional Hospital (Ardkeen)	051 848 000	52°14'56.43"N	7° 4'44.64"W

Stage 7 Tramore - Kildare

Name	Phone	Coordinates	
Waterford Regional Hospital (Ardkeen)	051 848 000	52°14'56.43"N	7° 4'44.64"W
St Luke's General Kilkenny	056 778 5000	52°40'1.69"N	7° 15'47.80"W
Portlaoise Regional General Hospital	057 862 1364	53° 2'18.14"N	7°16'30.79"W
Naas General Hospital	045 849500	53°12'43.87"N	6°39'42.70"W

Stage 8 Kildare - Skerries

Name	Phone	Coordinates	
Naas General Hospital	045 849500	53°12'43.87"N	6°39'42.70"W
Tallaght General Hospital	01 414 2000	53°17'22.34"N	6°22'45.49"W
Blanchardstown (James Connolly)	01 821 3844	53°23'19.52"N	6°22'9.18"W
Beaumont Hospital	01 809 3000	53°23'27.83"N	6°13'22.16"W

DÉ SATHAIRN 21ú BEALTAINÉ. Saturday 21st May.

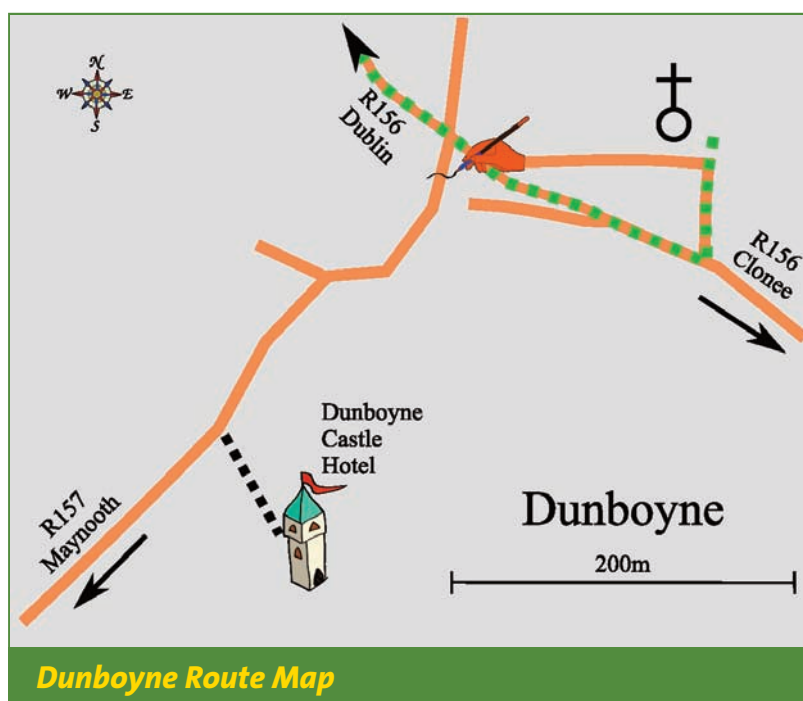
Saturday 21st May:

Team Managers to register teams and sign-on in Race HQ, Dunboyne Castle Hotel, Dunboyne, Co. Meath, from 18:30 to 21:00hrs. Managers to present team race clothing for inspection to Commissaire President, provide team vehicle registration numbers, list of team accommodation locations and names & details of team mechanic and soigneur.

Meeting for team managers, attended by the College of Commissaires and the race technical staff, will take place in Race HQ at 21:30hrs.

Draw for team car positions in the cavalcade on Stage 1 will take place at this meeting.

All team drivers are required to attend a briefing meeting on road traffic regulations in Ireland in Race HQ at 8pm. The meeting will be addressed by a Garda (Police) Officer.



STAGE 1, DÉ DOMHNAIG 22ú BEALTAINÉ Sunday 22nd May DUNBOYNE - PORTUMNA 148 KMS

Riders and Team Officials sign-on will take place on the Sign-On Podium situated in the centre of Dunboyne.			10.30 - 11.30
Team Vehicles to vacate hotel car park at 10am. Park in designated area in village centre.			
Team support vehicles to depart at 11:45hrs.			
Team cars to depart at 12oc and park roadside after first roundabout. As the riders pass by on the neutralised lap team cars should take up their correct cavalcade position.			
Assembly in team formation in Dunboyne centre.			12.10
CEREMONIAL START - Dunboyne			12.30
Neutralised for 4.8kms.			
		Estimated Time of Arrival at Kilometres per Hour.	48
Kms	Mls	Location	Back wind
0.0	0.0	Ceremonial Start Dunboyne.	12:30
		Depart on R156, dir Summerhill, for 1 lap of Paul Healion Memorial Circuit	
0.9	0.6	Roundabout, 1st exit, dir Maynooth.	12:31
2.3	1.4	Roundabout, 1st exit, dir Dunboyne.	12:32
2.6	1.6	Dunboyne	12:33
3.6	2.2	Left at traffic lights in centre to R156	12.34
		On R156	
4.6	2.9	Roundabout, 1st exit, dir Maynooth	
		On R157	
4.8	3.0	End of Neutral Zone	12:36
0.0	0.0	Start of Racing	12:36
0.8	0.5	Roundabout, 2nd exit, dir Maynooth.	
8.5	5.3	Roundabout, 1st exit dir Maynooth	
9.3	5.8	Right at T-junction, dir Maynooth 1K on R148	12:47
9.7	6.0	Maynooth	12:48
		Roundabout, 2nd exit. Left at traffic lights on Main Street, dir Naas.	
		On R406	
12.4	7.7	Roundabout at Maynooth Business Campus, 2nd exit, dir Naas,etc.	
17.3	10.8	Barberstown Roundabout, 3rd exit dir Clane	12:57
23.0	14.3	Clane Roundabout, 2nd exit, dir Clane on R403 Bear left at complex junction& right at traffic lights on Main St., dir Prosperous. CAUTION - multiple ramps.	13:04
		On R403	
28.7	17.8	Prosperous CAUTION - ramp	13:11
36.2	22.5	Allenwood 50 signs	13:21
36.5	22.7	Allenwood Post Office Hot Spot Sprint	
36.5	22.7	CAUTION - 2 ramps.	
		On R414	
37.5	23.3	Shee Bridge - left to cross bridge, dir Rathangan	13:22
40.3	25.0	CAUTION - rail track	
43.5	27.0	CAUTION - rail track	
47.1	29.3	Right at T-junction, unsigned	13:34
50.1	31.1	Rathangan - Right at T-junction to Main St, dir. Edenderry. Left at unsigned Y-junction. CAUTION - 2 ramps	13:38
		On R419	

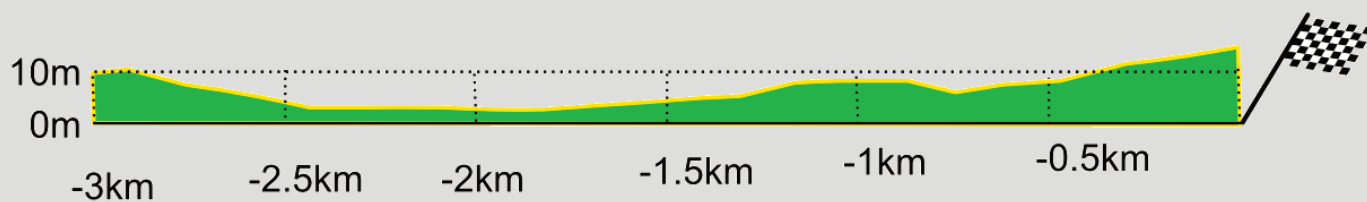
58.6 59.0	36.4 36.7	Brocknagh Left at T-junction dir Portarlinton on R419. CAUTION - bridge	13:49
66.0	41.0	CAUTION for rail track.	13:58
67.1	41.7	Portarlinton. Roundabout, 1st exit, dir Local Traffic. Right at T-junction, dir Mountmellick. Right at roundabout, dir Tullamore.	13:59
		On R423	
78.3	48.7	Mountmellick 50 signs Right at Stop sign at T-junction, dir. Mountmellick Right at roundabout, dir. Tullamore	14:13
80.2	49.8	Mountmellick Post Office Hot Spot Sprint	14.16
80.4	50.0	1st exit at mini-roundabout, dir. Clonaslee on R422	14.16
		On R422	
85.9	53.4	Rosenallis	14:23
93.5	58.1	Clonaslee 50 signs	14:32
94.6	58.8	Clonaslee Post Office Hot Spot Sprint	14:34
		CAUTION - ramp at pedestrian crossing.	
95.8	59.5	Feed Zone at sign for Kilcormac for 200m.	
96.0	59.7	End Feed Zone	
		On R421	
104.6	65.0	Cadamstown	14:46
109.5	68.0	Kinnitty	14:52
		On R440	
121.9	75.7	Birr Right at roundabout at T-junction, dir Birr, 1st exit at mini-roundabout, dir Roscrea 3rd exit at Roundabout, dir Portumna 24K. 2nd exit at roundabout, dir Portumna.	15:08
		On N52	
125.4	77.9	Riverstown CAUTION - narrow bridge	15:12
125.9	78.2	Right at Y-junction, dir Portumna 22K	15:13
		On R489	
145.2	90.2	Right at stop sign at T-junction, dir Portumna 3K.	15:37
145.9	90.7	CAUTION - Road reduced to one lane, uneven surface due to road repairs	
		On N65	
146.6	91.1	Portumna 50 signs	15:39
147.1	91.4	Team Cars divert left to Dominick Street and proceed to on-street parking on Castle Avenue 50m after finish line.	
		Team Support Vehicles to park in designated parking area in car-park at Race HQ, Shannon Oaks Hotel, 80m after finish line.	
147.6	91.7	CAUTION - road narrows 150m before finish line.	
147.8	91.8	Finish Line on Main Street.	15:40
		Service Crew Accommodation; Race HQ.	
		Race HQ; Shannon Oaks Hotel, Tel. 090 9741777	
		Anti-Doping Control Location; Race HQ	



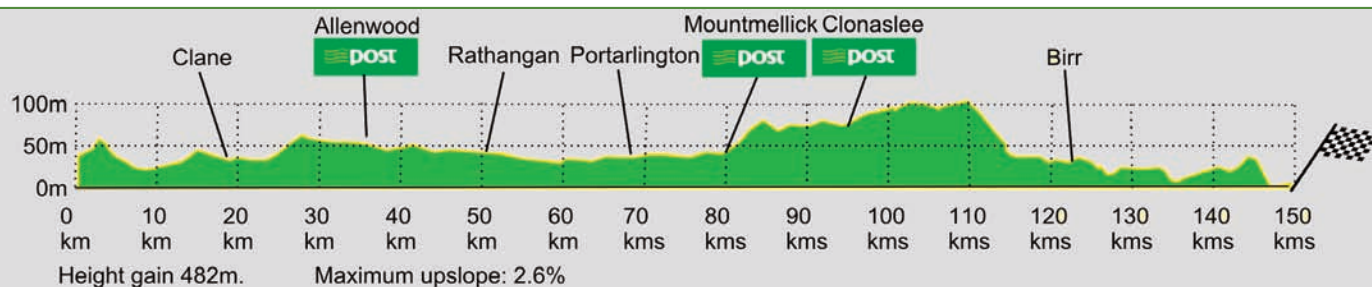
Stage 1 - Portumna



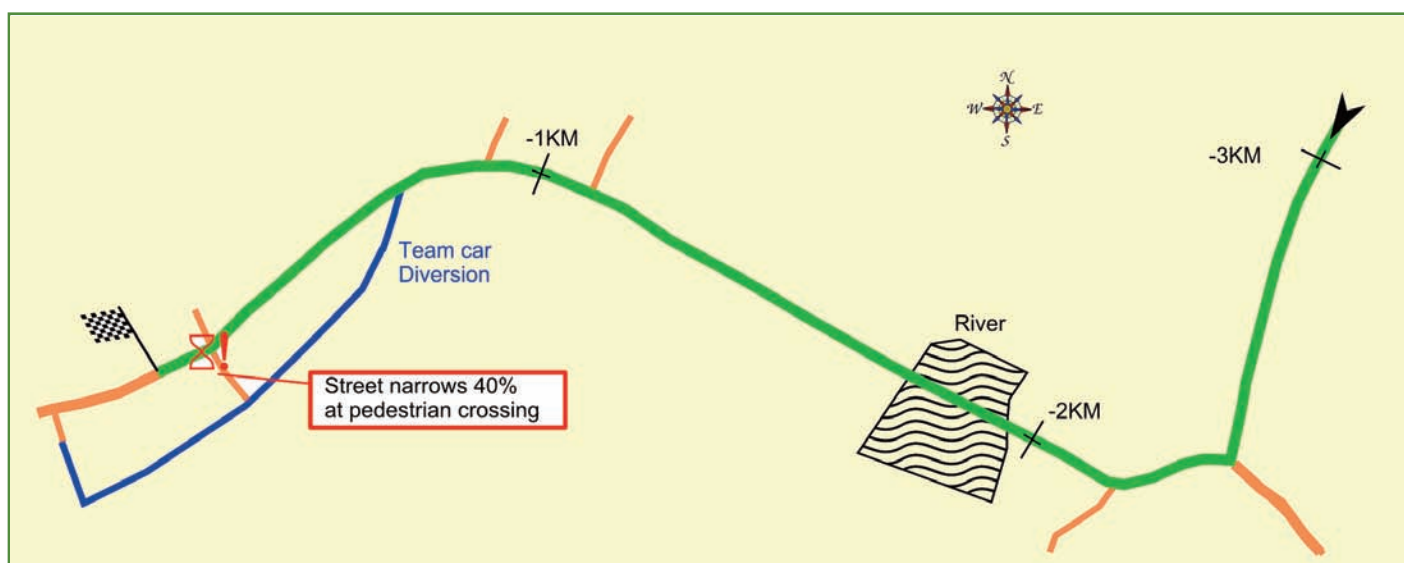
Stage 1 - Route Map



Stage 1 - 3km Profile



Stage 1 - Stage Profile

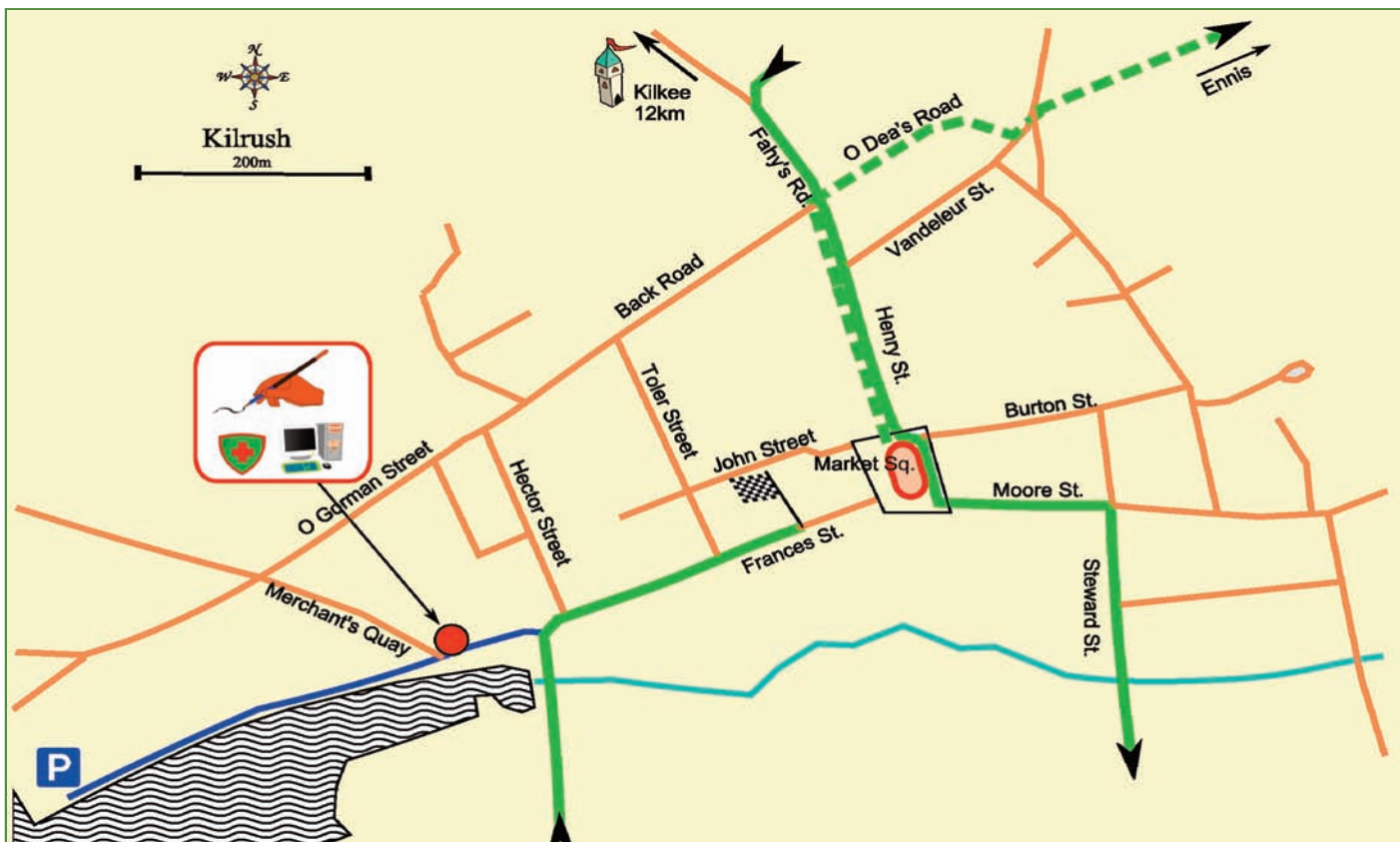


Stage 1 - 3km map

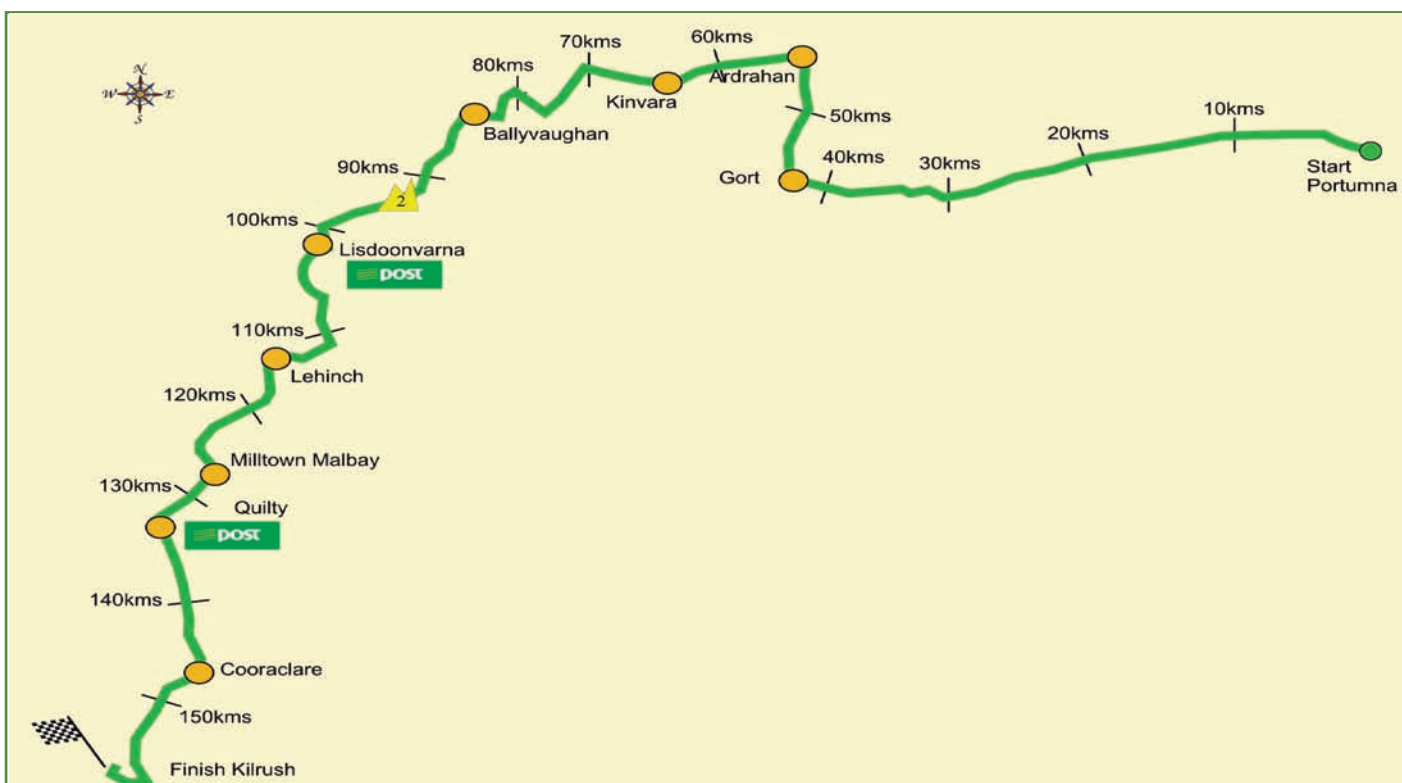
STAGE 2, DÉ LUAIN 23ú BEALTAINÉ Monday 23rd May. PORTUMNA - KILRUSH 164 KMS.

Riders Sign-On; Shannon Oaks Hotel			09.30 - 10.30
Team support vehicles depart at 10:20hrs.			
Team support vehicles to depart at 11:45hrs.			
Team cars to take up cavalcade position behind riders for neutral circuit of town before departure.			
Assembly; Shannon Oaks Hotel			10:40
CEREMONIAL START - Stage 1 Finish Line			11:00
Neutralised for 0.6kms.			
		Estimated Time of Arrival at Kilometres per Hour	48
Kms	Mls	Location	Back wind
0.0	0.0	Ceremonial Start at Stage 1 Finish Line	11:00
0.6	0.4	End of Neutral Zone.	11:00
0.0	0.0	Start of Racing	
		On R353	
10.8	6.7	Abbey	11:13
11.1	6.9	Left at Y-junction, dir Gort.	
11.5	7.1	Right at Y-junction at Holohan's Bar	11:14
13.9	8.6	Right at T-junction and immediately left, dir Gort	11:17
16.0	9.9	Ballinakill	11:20
39.0	24.2	Kilbecanty	11:48
41.4	25.7	Left at Stop sign at 4rds cross dir Gort	11:51
41.5	25.8	Gort. Right at T-junction to Main Street, dir Galway	11:51
		On N18	
44.5	27.7	Roundabout 3rd exit, dir Galway on N18	11:55
		On N18	
47.6	29.6	CAUTION - Level Crossing	11:59
54.4	33.8	Ardrahan. Left at Ardrahan Post Office, dir Kinvara on R347	12:08
		On R347	
55.4	34.4	CAUTION - hump bridge.	
57.5	35.7	Straight at Stop sign at 4rdsX, dir Kinvara 6K.	12:11
63.2	39.3	Dunguaire Castle	12:19
		Left at Stop sign at T-junction	
		On N67	
63.5	39.5	Kinvara	12:19
77.5	48.2	Bell Harbour	12:36
84.2	52.3	Ballyvaughan. Left at T-junction, dir Lisdoonvarna 16K	12:45
89.7	55.7	Start KOM Climb.	
92.7	57.6	Corkscrew Hill Category 2 KOM	12:55
100.1	62.2	Lisdoonvarna. Right, at Square, dir Ennistymon 12K	13:05
		On N67	
106.8	66.4	Kilshanny	13:13
112.2	69.7	Ennistymon	13:20
		Right from Main Street, dir Lehinch, etc. CAUTION - low wall on left on turn.	
113.9	70.8	Feeding Zone start 1K after Ennistymon for 300m to green barn on right.	
116.0	72.1	Lehinch 50 signs	13:25
116.7	72.5	Lehinch Post Office Prime	
128.0	79.5	Milltown Malbay	13:40
		Right at 4rdsX to Main St, dir Kilrush. Right at complex junction, dir Spanish Point.	
134.1	83.3	Quilty 50 signs	13:47
134.5	83.6	Quilty Post Office Prime	

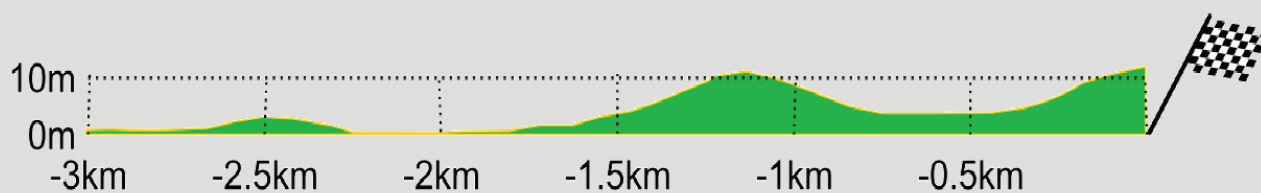
137.9	85.7	Straight, dir Kilrush on R483	13:52
		On R483	
142.2	88.4	Creagh	13:57
147.1	91.4	Cooraclare	14:03
155.3	96.5	Kilrush 50 signs.	14:14
155.8	96.8	Right at Y-Junction, dir Town Centre	
156.2	97.1	Left at T-Junction to Fahy's Road, dir Town Centre.	
156.5	97.2	Left to Market Square & immediately right & immediately left to Moore Street	
156.7	97.4	Right to Stewart Street, dir Killimor.	
		CAUTION - ramp at Fire Station	
		On N67	
158.5	98.5	Right at 4rdsX, dir Farrells Holiday Park (no advance signage).	
159.3	99.0	Cappa	14:19
161.7	100.5	Kilrush 50 signs	14:22
161.8	100.5	CAUTION - left curve at narrow bridge.	
162.0	100.7	CAUTION - ramp.	
162.1	100.7	CAUTION - ramp	
163.3	101.5	Team cars divert left to Marina Car-park	
163.4	101.5	Right curve to Francis Street	
163.7	101.7	KILRUSH	14.24
Service crew accommodation; Marine Hotel, Kilkee. Tel. 065 905 6722			
Race Adm; Merchants Quay Business Centre for 2 hours after stage finish.			
Thereafter Kilkee Bay Hotel. Tel. 065 9060091			
Anti-Doping Control Location; Merchants Quay Business Centre			



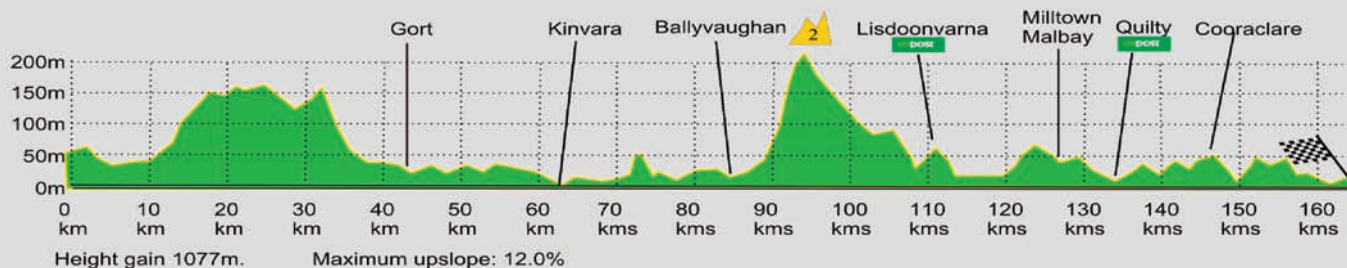
Stage 2 - Kilrush



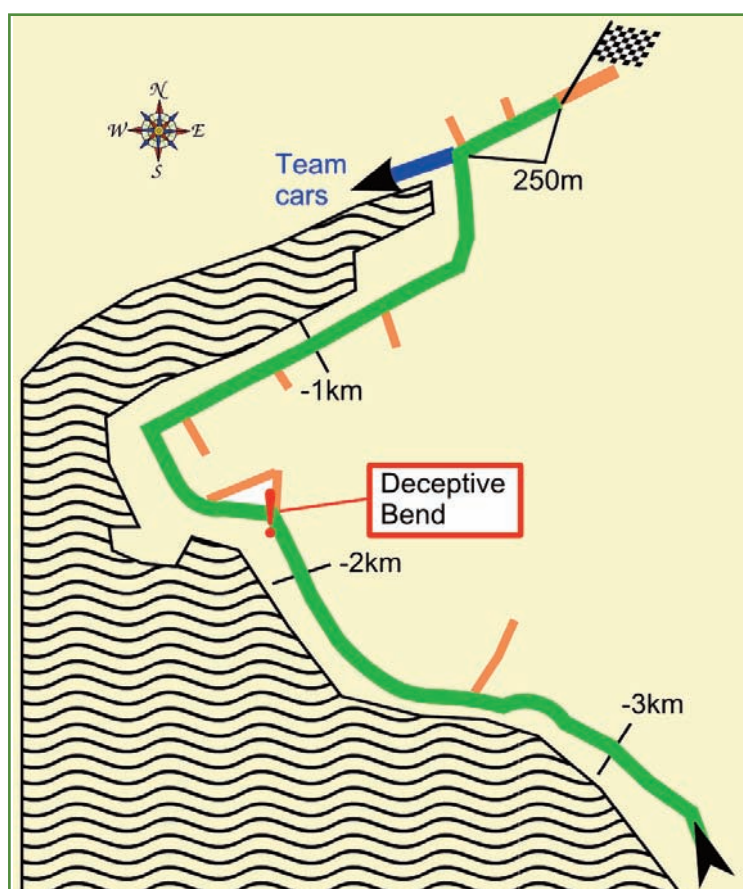
Stage 2 - Route Map



Stage 2 - 3km Profile



Stage 2 - Stage Profile



Stage 2 - 3km map

STAGE 3, DÉ MÁIRT 24ú BEALTAINÉ. Tuesday 24th May. KILRUSH - CASTLEISLAND 175 KMS.

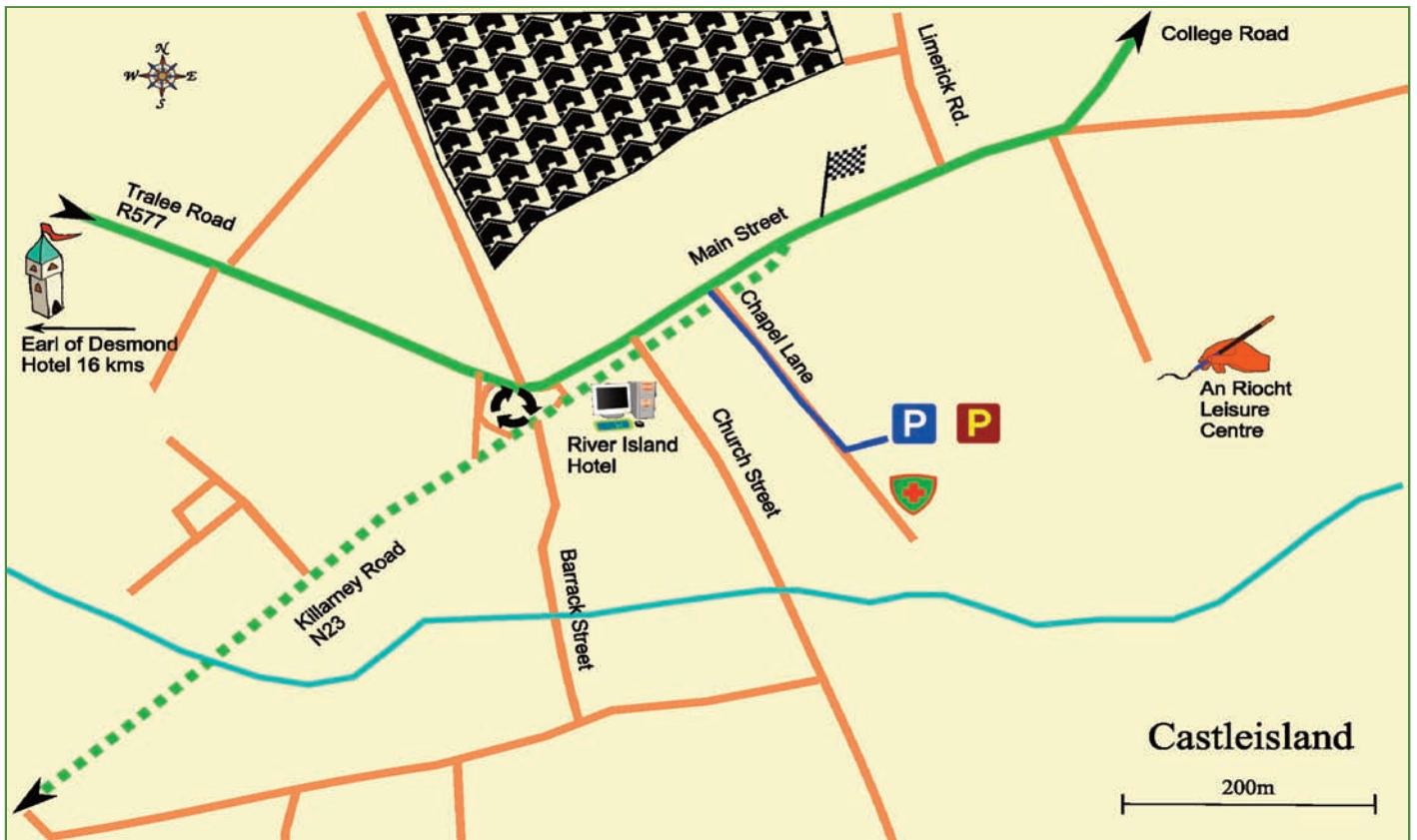
Riders Sign-On ; Merchants Quay Business Centre.			09.30 - 10:30
Team support vehicles depart 10:20hrs			
Team cars depart in cavalcade position behind riders.			
Assembly; Marina			10:45
Ceremonial Start; Market Square.			11:00
Neutralised to 100 signs on N68.			
		Estimated Time of Arrival at Kilometres per Hour	48
Kms	Mls	Location	Back wind
0.0	0.0	Ceremonial Start, Market Square	11:00
1.2	0.7	End of Neutral Zone.	11:01
0.0	0.0	Start of Racing.	
		On N68	
24.9	15.5	Lissycasey 50 signs	11:31
26.1	16.2	Lissycasey Post Office Prime	11:32
38.4	23.9	Ennis	11:48
39.4	24.5	Kilrush Road roundabout, 3rd exit dir Limerick	11:49
39.8	24.7	Rocky Road Roundabout, 1st exit, dir Limerick	11:49
40.9	25.4	Clareabbey Roundabout, exit dir Clarecastle on R458	11:51
42.2	26.2	Clarecastle	11:52
47.4	29.5	Dromoland West Roundabout, 2nd exit, dir Dromoland.	11:59
47.5	29.5	Dromoland East Roundabout, 2nd exit dir Newmarket-on-Fergus.	11:59
		On R458	
50.3	31.3	Newmarket-on-Fergus	12:02
51.9	32.3	Newmarket-on-Fergus Roundabout, 1st exit dir Drumline.	12:04
58.6	36.4	Right at T-Junction, dir Limerick	12:13
58.9	36.6	Right, dir Limerick	12:13
59.3	36.8	Merge with N18	12:14
68.7	42.7	Exit N18 at Exit 4, dir Limerick, Caherdavin on R445	12:25
		On R445	
		Limerick	
69.6	43.2	Cratloemoyle Roundabout, 2nd exit dir Limerick.	12:27
70.0	43.5	Limerick 60 signs	12:27
70.7	43.9	Meelick Roundabout, 2nd exit.	12:28
71.8	44.6	Clondrinagh Roundabout, 2nd exit dir Limerick	12:29
72.4	45.0	Coonagh Roundabout, 3rd exit, dir Cork, Tralee.	12:30
73.5	45.7	Clonmacken Roundabout, 2nd exit, dir City Centre	12:31
		On R527	
76.5	47.5	Shannon Bridge Roundabout, 3rd exit to Dock Road, dir Killarney, etc.	12:35
		On N69 West.	
78.4	48.7	Green Park Roundabout, 2nd exit, dir Tralee, etc.	12:38
79.5	49.4	Dock Rd East Roundabout, 2nd exit, dir Listowel.	12:39
79.6	49.5	Dock Rd West Roundabout, exit, dir Raheen, Regional Hospital, on R510.	12:39
79.7	49.5	CAUTION - rail track.	12:39
80.3	49.9	Temple Mungret Roundabout, straight.	12:40
80.7	50.1	Quinns Cross Roundabout, 2nd exit, Tralee, Cork.	12:40
81.7	50.8	Raheen Roundabout, 3rd exit, dir Patrickswell on R526	12:42
		On R526	

82.7	51.4	Loughmore Roundabout, 2nd exit dir Patrickswell	12:43
86.1	53.5	Roundabout, 2nd exit dir Patrickswell.	12:47
86.2	53.6	Patrickswell 50 signs.	12:47
86.7	53.9	Patrickswell Post Office Prime	
87.3	54.2	Right at Y-junction, dir Adare	12:49
90.4	56.2	Right, dir Adare.	12:53
91.2	56.7	Left at T-junction, dir Tralee N21 and Killarney.	12:54
		On N21	
91.9	57.1	Roundabout, 2nd exit dir Tralee.	12:54
93.3	58.0	Adare	12:56
96.6	60.0	Start of Feed Zone from signpost for Cappagh	13:00
97.3	60.5	End of Feed Zone at black/yellow sign for junction left.	
116.7	72.5	Newcastlewest	13:25
		On N21	
121.3	75.4	Start KOM Climb.	
12.5	77.4	Barnagh Gap Category 3 KOM.	13:35
128.9	80.1	Templeglantine	13:41
136.6	84.9	Abbeyfeale CAUTION - multiple traffic islands	13:50
148.3	92.2	Start KOM Climb.	
153.6	95.4	Ahaneboy Category 3 KOM	14:12
153.7	95.5	Point of entry to Castleisland circuit, riders may be delayed by a Commissaire should entry to circuit interfere with riders already on circuit.	14:12
157.2	97.7	Roundabout, 2nd exit, dir Castleisland	
160.6	99.8	Roundabout, 1st exit, dir Castleisland on R577	
		On R577	
161.7	100.5	Castleisland 50 signs.	14:22
162.1	100.7	CAUTION - road narrowing & sharp left curve.	
162.3	100.9	Team cars divert right on first passage, to cross Main Street to Mart Car-park. (Except those team cars directed by a commissaire to accompany the race on the circuit.)	
162.5	101.0	First passage through Finish Line om Main Street.	14:23
162.6	101.0	Straight at traffic lights at Limerick road junction	
162.7	101.1	Left at Y to College Road, dir Crag Cave	
163.6	101.7	Start KOM Climb.	14:29
167.2	103.9	Crag Cave Category 1 KOM	
167.3	104.0	Left at T-junction to N21 (point of entry to circuit)	14:29
		On N21	
170.0	105.6	Roundabout, 2nd exit, dir Castleisland	14:32
173.4	107.8	Roundabout, 1st exit, dir Castleisland on R577	14:36
		On R577	
174.5	108.4	Castleisland 50 signs.	14:38
174.9	108.7	CAUTION - road narrowing & sharp left curve.	
175.1	108.8	Remaining team cars & neutral service vehicles divert to car-park.	
175.3	108.9	Final passage through Finish Line.	14:39

Service crew accomodation; Earl of Desmond Hotel, Tralee. Tel. 066 712 1299

Race Adm; Riocht Leisure Centre, Upper Main Street for 2 hours after stage finish, thereafter Race HQ; Earl of Desmond Hotel, Tralee. Tel. 066 7121299

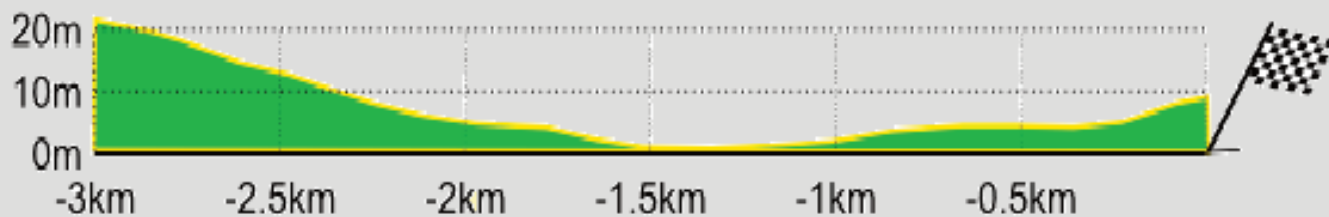
Anti-Doping Control Location; Day Care Centre, Old Chapel Lane, Castleisland.



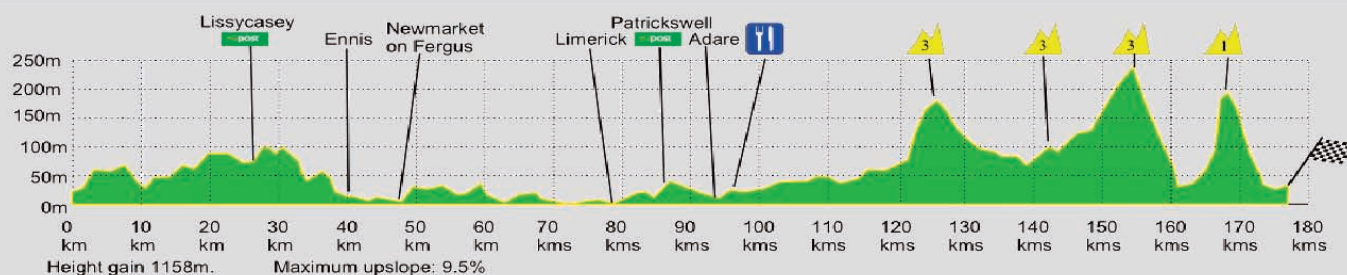
Stage 3 - Castleisland



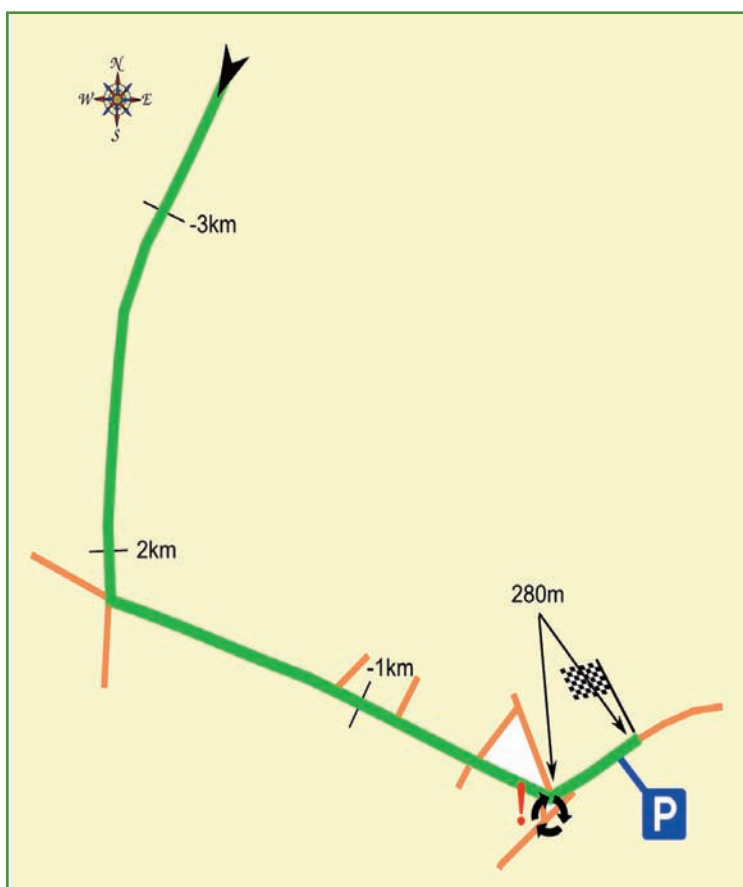
Stage 2 - Route Map



Stage 3 - 3km Profile



Stage 3 - Stage Profile

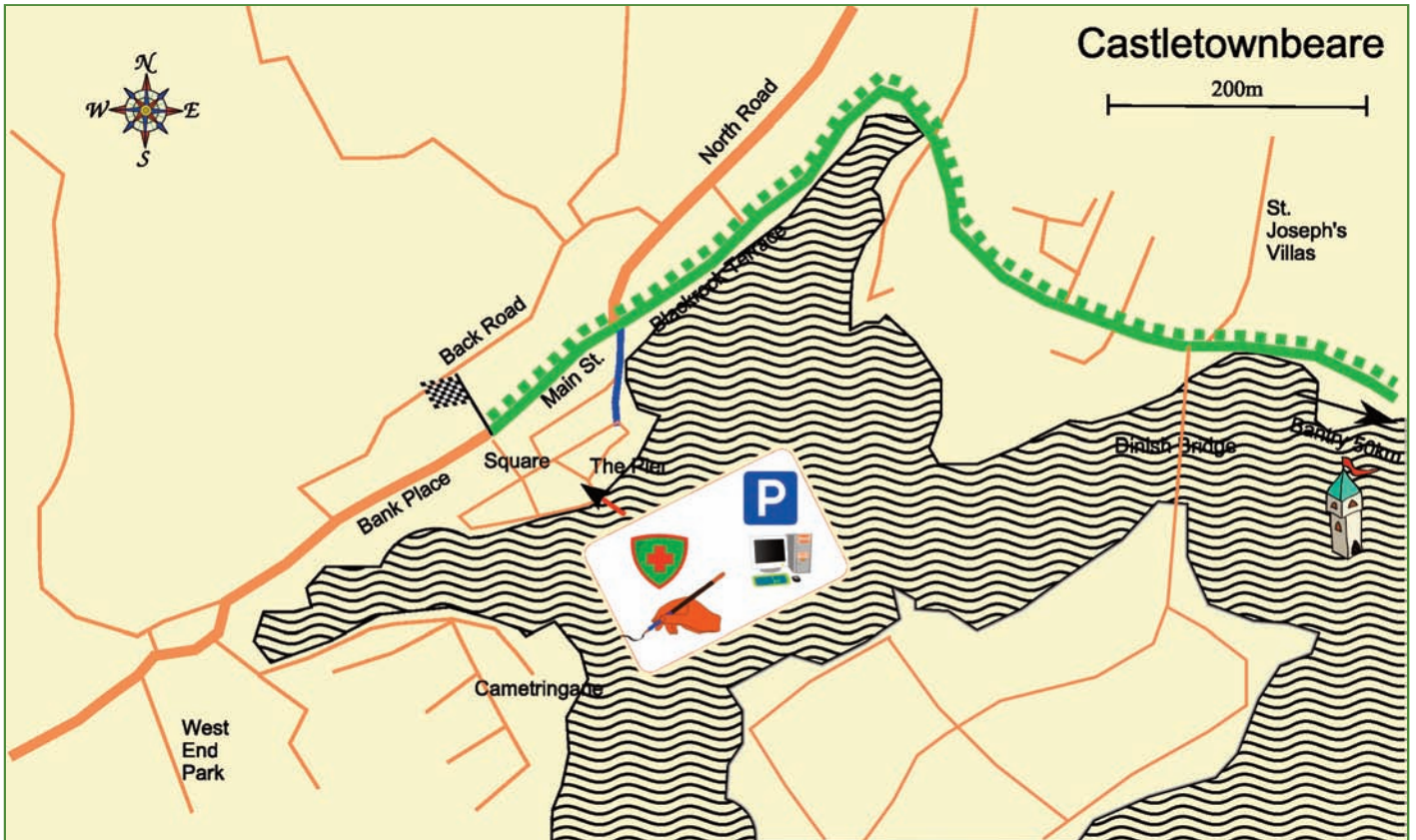


Stage 3 - 3km map

STAGE 4, DÉ CÉADAOIN 25ú BEALTAINÉ. Wednesday 25th May. CASTLEISLAND - CASTLETOWNBERE 142 KMS.

Riders Sign-On; Riocht Leisure Centre			09.30 - 10:30
Team support vehicles depart at 10:20hrs.			
Team cars depart in cavalcade position behind riders.			
Assembly; Riocht Leisure Centre			10.40
Ceremonial Start; Main Street.			10.55
Neutralised for 0.5kms			
		Estimated Time of Arrival at Kilometres per Hour	48
Kms	Mls	Location	Back wind
0.0	0.0	Ceremonial Start, Main Street	11:00
0.5	0.3	End of Neutral Zone	
0.0	0.0	Start of Racing	11.00
0.6	0.4	Roundabout, 1st exit, dir Killarney, Farranfore	11:00
		On N23	
2.7	1.7	Left, dir Currow 2K.	
4.8	3.0	Currow CAUTION - narrow bridge	11:06
6.2	3.9	Right at Stop sign at T-junction, dir Farranfore 4kms.	
9.6	6.0	Farranfore Straight at 4rdsX in centre, dir Killorglin on R561	11:12
		On R561	
10.6	6.6	CAUTION - Level Crossing	11:13
13.8	8.6	Firies - CAUTION Traffic Island	11:17
		On N72	
24.0	14.9	Milltown Left at T & immediately right, dir Killorglin	11:30
30.0	18.6	Killorglin 50 signs	11:37
30.5	15.0	Roundabout, straight, dir Killarney	
45.7	28.4	Fossa	11:57
48.7	30.3	Killarney	12:00
50.3	31.3	Ballydowney Roundabout, 1st exit, dir Tralee, etc.	12:02
50.6	31.4	Cleeney Roundabout, 1st exit dir Cork N22.	12:03
51.3	31.9	CAUTION - multiple traffic islands	12:04
52.9	32.9	Michael O'Shea Roundabout, 2nd exit, dir Mallow.	12:06
53.1	33.0	Park Rd Roundabout, 2nd exit, dir Cork N22	12:06
53.8	33.4	Right, to Woodlawn Road, dir Ballycasheen, Woodlawn and White Bridge Caravan Site	12:07
56.6	35.2	Left at traffic lights at T-junction at Glenna House to N71.	12:10
		On N71	
69.9	43.4	Start KOM Climb.	
73.4	45.6	Ladies View Category 2 KOM	12:31
77.9	48.4	Left at T-junction at Avoca Shop.	12:37
74.4	46.2	Start KOM Climb.	
78.1	48.5	Molls Gap Category 2 KOM	12:37
86.9	54.0	Kenmare Right at T-junction from Main Street to Shelbourne Street Left at T at the Post Office, dir Glengarrif	12:48
89.2	55.4	Right, after bridge, dir Castletownbere	
		On R571	

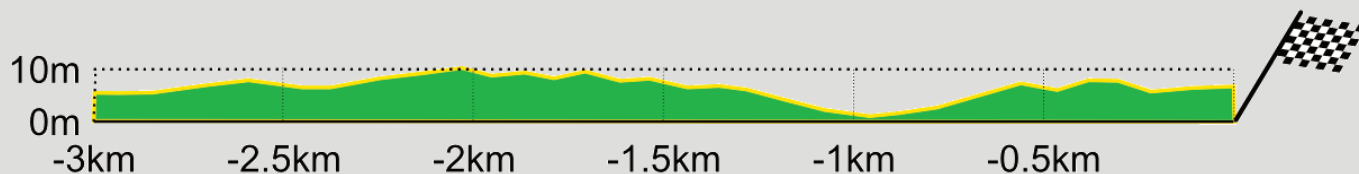
96.1 101.9	59.7 63.3	Start KOM Climb. Tousist Category 3 KOM	13:07
104.3 107.7	64.8 66.9	Start KOM Climb. Knockanoughanish Category 2 KOM	13:14
112.4	69.8	Lauragh Left 100m after church, dir Healy Pass 7K, Left at the Sibhin Pub, dir Healy Pass.	13:20
112.4 118.9	69.8 73.9	Start KOM Climb. Healy Pass Category 1 KOM	13:28
125.2	77.8	Adrigole Right at, dir Castletownbere 16K.	13:36
142.1	88.3	CAUTION Road Narrows 160M before Finish Line Team cars divert left to car-park on harbour.	
142.3	88.4	Castletownbere	13:57
Service crew accommodation; Mary Barry, Cottage Heights, C/bere. Tel. 027 771 743			
Race Adm; Bord Iascaigh Mhara (BIM) Centre, The Pier thereafter Race HQ; Westlodge Hotel, Bantry, Tel. 027 50360			
Anti-Doping Control Location; BIM Centre, The Pier.			



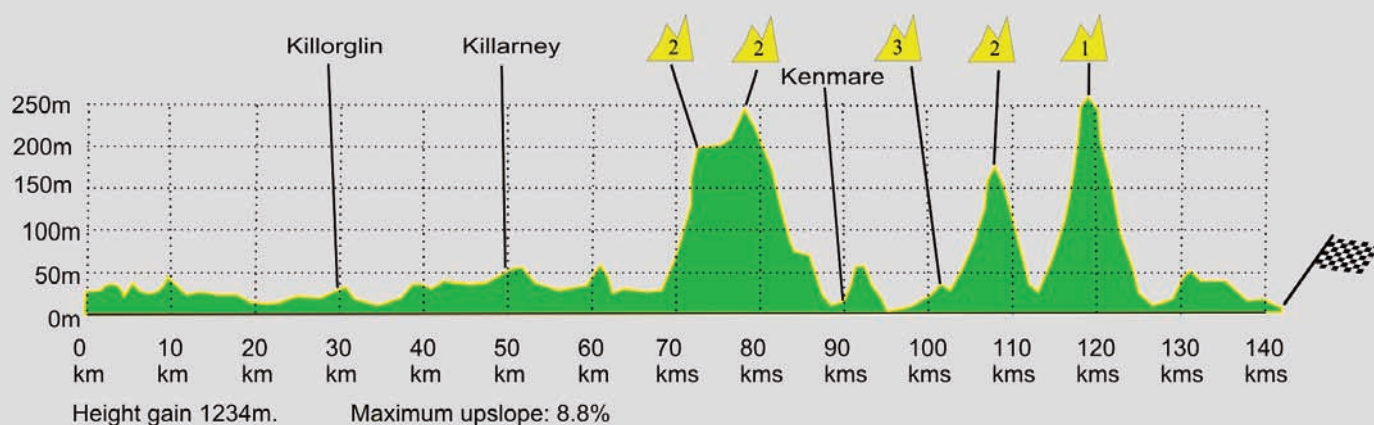
Stage 4 - Castletownbere



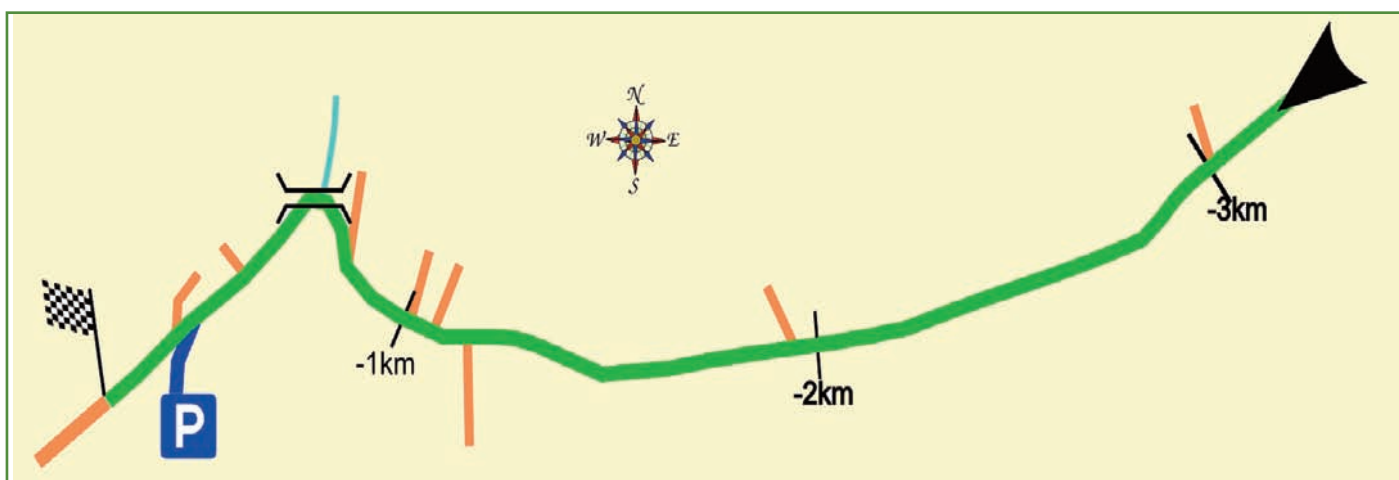
Stage 4 - Route Map



Stage 4 - 3km Profile



Stage 4 - Stage Profile



Stage 4 - 3km map

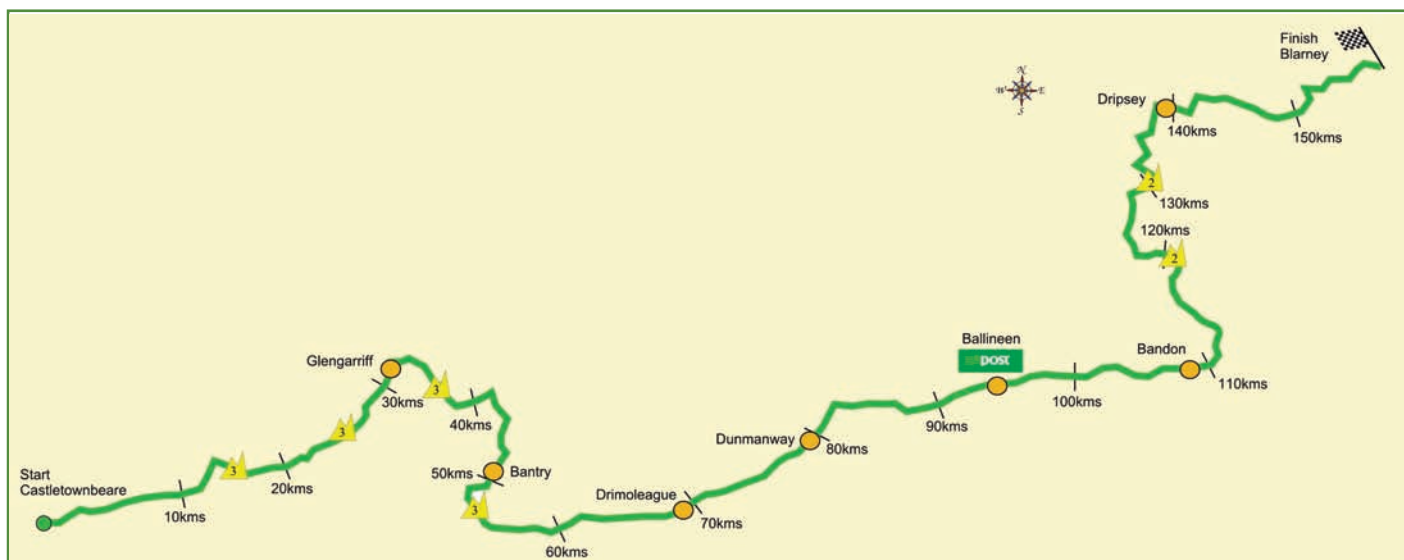
STAGE 5, DÉARDAOIN 26ú BEALTAINE. Thursday 26th May. CASTLETOWNBERE - BLARNEY 156 KMS

Riders Sign-On; BIM Centre, The Pier.			09.30 - 10:30
Team support vehicles depart at 10:20hrs.			
Team cars depart in cavalcade position behind riders.			
Assembly; BIM Centre.			10.45
Ceremonial Start, Stage 4 Finish Line -			11.00
Neutralised for 1k TO Community Hospital			
		Estimated Time of Arrival at Kilometres per Hour	48
Kms	Mls	Location	Back wind
0.0	0.0	Ceremonial Start - Market Square	11:00
1.0	0.6	End of Neutral Zone.	11:01
0.0	0.0	OKms signs for Start of Racing	
		On R572	
14.8	9.2	Adrigole	11:18
14.8	9.2	Start KOM Climb.	
16.8	10.5	Traflask Category 3 KOM	11:21
22.5	14.0	Start KOM Climb.	
25.0	15.5	Loughavaul Category 3 KOM	11:31
31.8	19.8	Glengarrif. Right at T, dir Bantry on N71	11:39
		On N71	
33.2	20.6	Start KOM Climb.	
36.8	22.9	Derrycreha Category 3 KOM	11:45
43.1	26.8	Ballylickey	11:53
48.6	30.2	Bantry	12:00
51.2	31.8	Start KOM Climb.	
53.0	33.0	Ardyhoulihane Category 3 KOM	12:06
		On R586	
68.8	42.8	Drimoleague 50 signs	12:26
80.6	50.1	Dunmanway. Left at Dohenys Bar (disregard sign pointing right for Bandon) Left at T-junction at AIB, dir Cork. Right at Market Square, dir Bandon.	12:40
92.0	57.2	Feeding zone signs for 300m from Milk Products premises.	12:55
93.6	58.2	Ballineen 50 signs	12:57
94.0	58.4	Ballineen Post Office Prime	12:57
94.8	58.9	Enniskean	12:58
96.0	59.7	CAUTION Major Roadworks	
109.1	67.8	Bandon 50 signs	13:16
109.3	67.9	Left at the pedestrian crossing to Kilbrogan Hill.	13:16
		On R589	
109.5	68.0	Right at Y-junction, dir Macroom 29K	13:16
115.8	72.0	Left at Y-junction dir Crookstown on R590	13:24
		On R590	
117.0	72.7	Start KOM Climb.	
117.8	73.2	Right at Y-junction dir Crookstown 9K	
120.2	74.7	Moskeagh Category 2 KOM	13:30
125.3	77.9	Right at T-junction (before Crookstown) dir Coachford	13:36
		On R585	

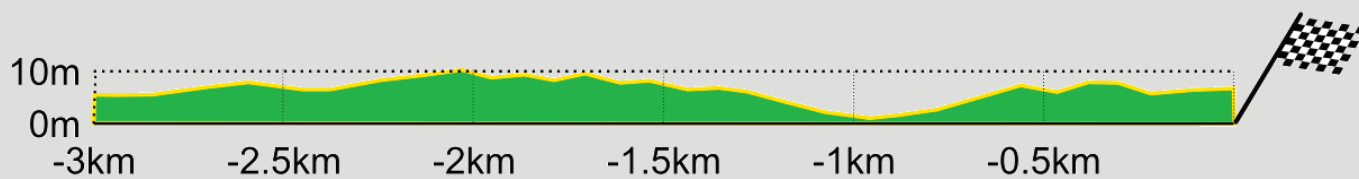
127.2	79.0	Right at T-junction to N22, dir Cork	13:39
		On N22	
128.0	79.5	Left, dir Farnanes & Coachford on R619	13:40
		On R619	
128.3	79.7	Left at Y-Junction, dir Coachford 9K on R619	13:40
128.3	79.7	Start KOM Climb.	
130.7	81.2	Windy Gap Category 2 KOM	13:43
132.9	82.6	Left at complex junction, dir Coachford 5K	
133.6	83.0	Right, at curve at Y-junction, advance signage for Coachford.	13:47
136.3	84.7	Coachford. Right at staggered 4rdsX in centre, dir Blarney	13:50
		On R618	
140.6	87.4	Dripsey	13:55
147.9	91.9	Inniscarra	14:04
148.3	92.2	Left to R622, dir Blarney & Tower	
		On R622	
150.4	93.5	Right at staggered 4rdsX/T-junction, dir Blarney	14:08
151.7	94.3	Left, dir Blarney on R617, Canons Cross	14:09
		On R617	
		<i>Team cars divert left to Limerick/Cork road, right at 300m and left at 600m to car-park at Blarney Woollen Mills Hotel.</i>	
156.0	96.9	Blarney	14:15
Service crew accommodation; Muskerry Arms, Blarney. Tel. 021 4385 200			
Race HQ; Blarney Woollen Mills Hotel. Tel. 021 4385011			
Anti-Doping Control Location; Race HQ			



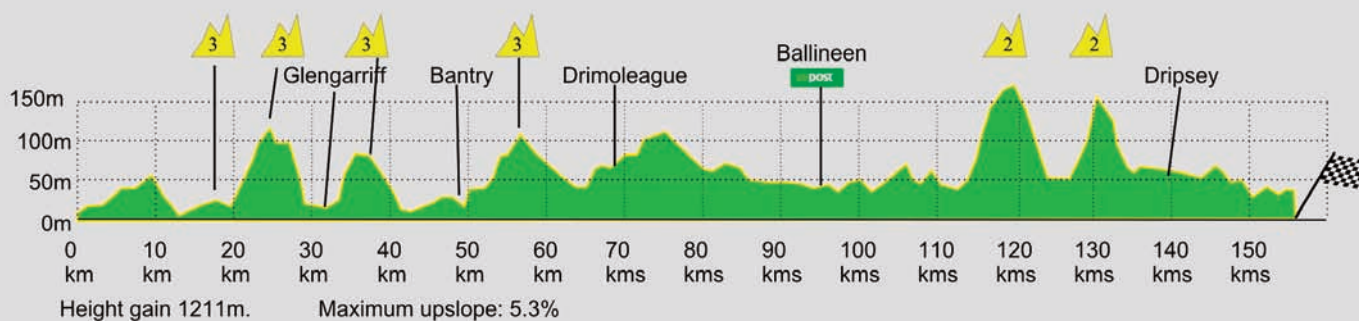
Stage 5 - Blarney



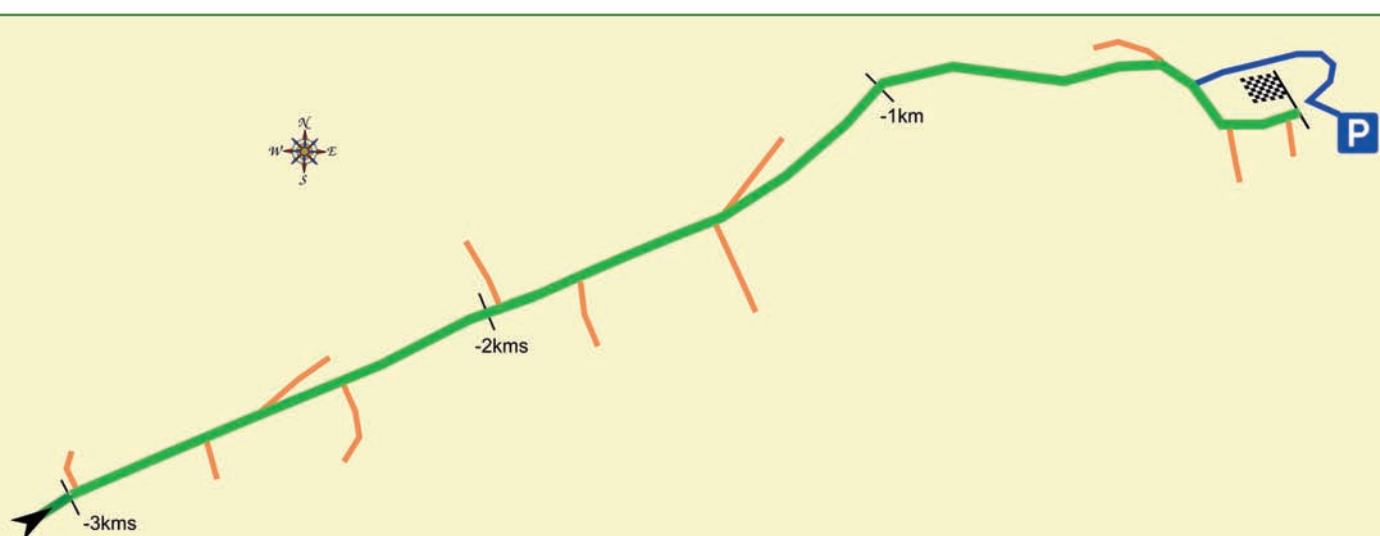
Stage 5 - Route Map



Stage 5 - 3km Profile



Stage 5 - Stage Profile



Stage 5 - 3km map

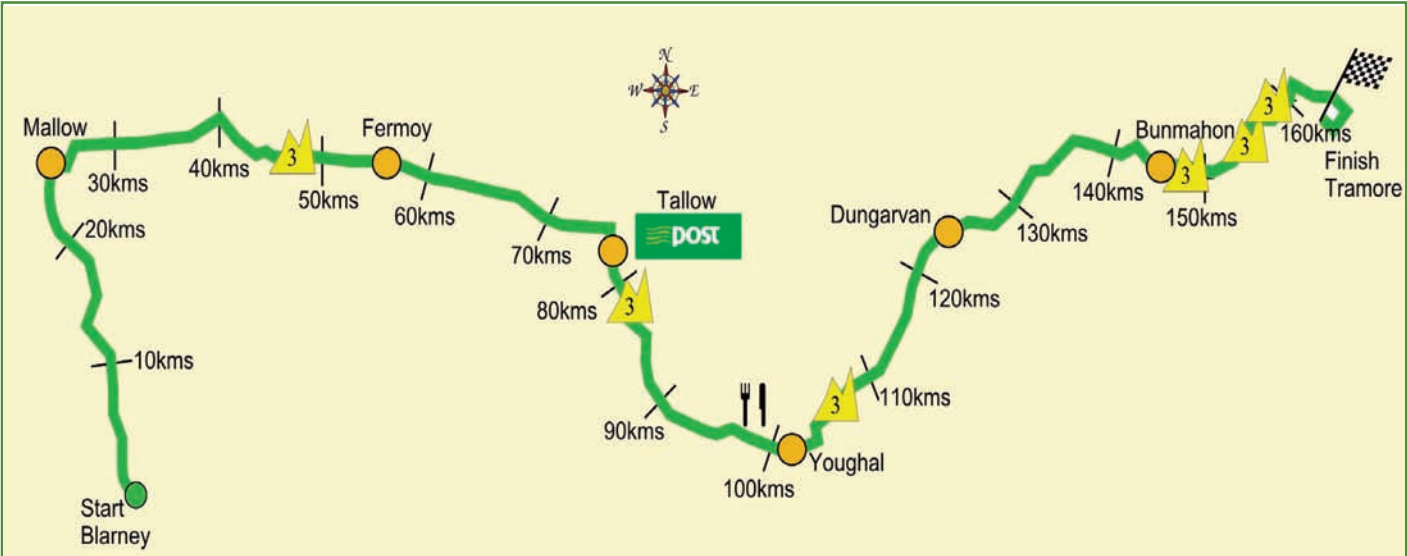
STAGE 6, DÉ hAOINE 27ú BEALTAINE. Friday 27th May. BLARNEY - TRAMORE 172 KMS.

Sign-On; Blarney Woollen Mills Hotel			09.30 - 10:30
Team support vehicles depart at 10:20hrs.			
Team cars depart in cavalcade position behind riders.			
Assembly; Blarney Castle			10.45
Ceremonial Start; Village Green.			11.00
Neutralised for 3.7kms to Donal Crowley Memorial			
		Estimated Time of Arrival at Kilometres per Hour	48
Kms	Mls	Location	Back wind
0.0	0.0	Ceremonial Start - Village Green Depart Blarney, dir Cloghroe	11:00
0.2	0.1	Right to Cork Limerick road.	
1.6	1.0	Exit left to N20 dir Mallow	11:02
2.0	1.2	Merge with M20	
3.7	2.3	End of Neutral Zone opposite Donal Crowley Memorial.	11:04
0.0	0.0	Start of Racing	
		On N20	
8.5	5.3	Rathduff	11:10
24.4	15.2	Mallow. Roundabout 3rd exit dir Town Centre. Left at the Clocktower, dir Fermoy	11:30
		On N72	
39.7	24.7	Castletownroche	11:49
46.8	29.1	Ballyhooly	11:58
47.5	29.5	Start KOM Climb.	
49.6	30.8	Killathy Category 3 KOM	12:02
55.6	34.5	Fermoy. Right at T-junction to St. James Place. Left at T-junction to Patrick Street, dir Waterford on N72	12:09
76.5	47.5	Tallow Bridge. Right to cross bridge.	12:35
77.0	47.8	Tallow 50 signs	12:36
77.7	48.3	Tallow Post Office Prime	12:37
		On R634	
		CAUTION Road surface from Tallow to Ringcrew Roundabout is badly potholed & distressed	
78.6	48.8	Start KOM Climb.	
80.0	49.7	Kilmore Category 3 KOM	12.40
96.6	60.0	Ringcrew Roundabout, 1st exit, dir Waterford etc on N25	13:00
		On N25	
98.9	61.5	Start of Feed Zone at sign Dungarvan 24K, on right.	13:03
99.7	62.0	End of Feed Zone at 4rdsX	
99.9	62.1	Start KOM Climb.	
104.8	65.1	Grange Category 3 KOM	13:11
121.3	75.4	Dungarvan 60 signs	
121.6	75.6	Youghal Road Roundabout, 2nd exit dir Town Centre	13:36
122.7	76.2	Right at T-junction after Garda station.	13:38
122.8	76.3	Left at painted roundabout at the church to St. Marys St.	
123.9	77.0	Roundabout, 2nd exit, dir Tramore 40kms on R675	13:39
125.5	78.0	Roundabout, 2nd exit dir Tramore	13:41
		On R675	

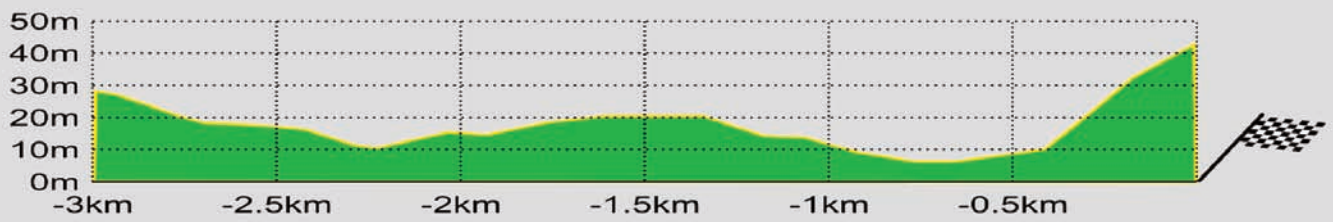
127.2	79.0	Roundabout, 2nd exit dir Tramore	13:43
145.7	90.5	Bunmahon 50 signs	14:06
147.1	91.4	Right at Y-junction dir Tramore, Coastal Drive	14:08
147.1	91.4	Start KOM Climb.	14:08
148.3	92.2	Tankardstown Category 3 Kom	14:10
150.3	93.4	Start KOM Climb.	
151.1	93.9	Benvoy Category 3 KOM	14:13
151.5	94.1	Dunbrattin & Boatstrand	14:14
154.1	95.8	Annestown	14:17
154.7	96.1	Start KOM Climb.	
156.4	97.2	Ballygarran Category 3 KOM	14:20
158.2	98.3	Fenor	14:22
158.8	98.7	Straight at Y-junction at the church, dir Fenor Bog (disregard right for Tramore)	
160.2	99.5	Left at Y-junction, unsigned, to very narrow road	14:24
162.0	100.7	Carrigavantry Reservoir	14:27
164.3	102.1	Right at Stop sign at T-junction, unsigned.	14:30
166.9	103.7	Straight, dir Dunmore East (disregard right turn for Tramore)	14:33
169.0	105.0	Tramore 50 signs	14:35
169.2	105.1	Roundabout, 1st exit, dir All Routes	
169.3	105.2	Roundabout, 3rd exit, dir The Strand & Town Centre	14:36
170.4	105.9	The Boat Roundabout, 2nd exit	14:37
170.8	106.1	Race HQ, Majestic Hotel, on right.	
171.3	106.4	Right at Stop sign (350m from finish) to Main Street Team cars divert straight to Gallweys Hill, left at curve/T-junction, at 0.6 right to Priests Road, 0.8 car-park on left, 200m from Finish Line.	14:38
171.7	106.7	TRAMORE.	14:39
Service crew accommodation; O'Shea's Hotel, Tramore. Tel. 051 381 246			
Race HQ; Majestic Hotel. Tel. 051 381761			
Anti-Doping Control Location; Dr. Dates Surgery, Supervalu shopping centre.			



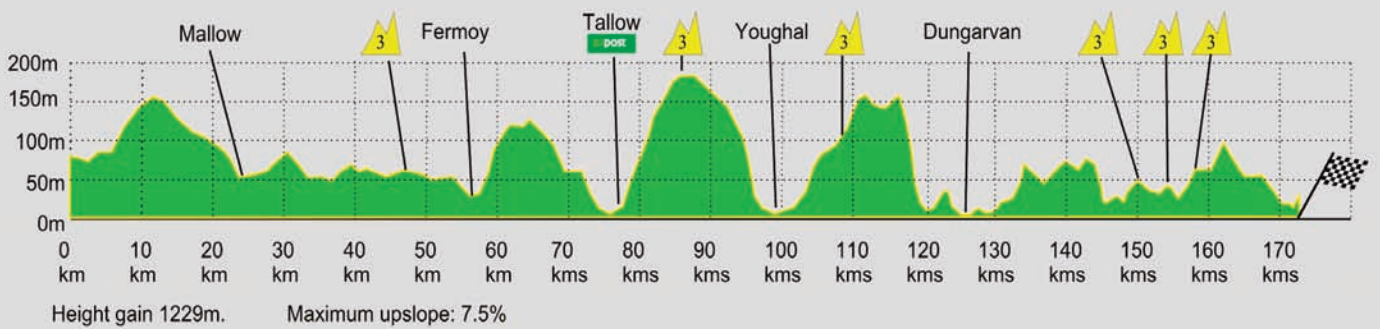
Stage 6 - Tramore



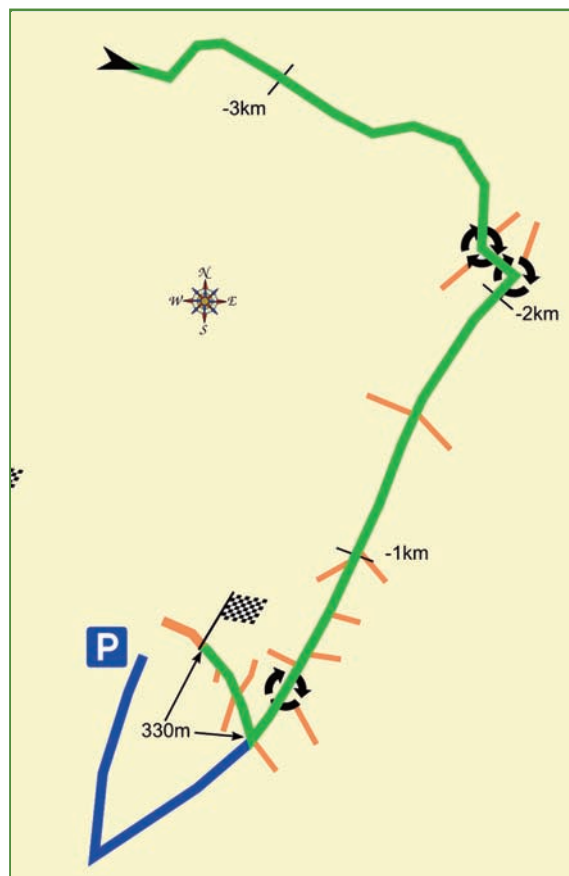
Stage 6 - Route Map



Stage 6 - 3km Profile



Stage 6 - Stage Profile



Stage 6 - 3km map

STAGE 7, DÉ SATHAIRN 28ú BEALTAINÉ. Saturday 28th May. TRAMORE - KILDARE 161 KMS.

Sign-On; Credit Union Office at S6 team car-park.			09.30 - 10:30
Team support vehicles depart at 10:20hrs.			
Team cars depart in cavalcade position behind riders.			
Assembly; Team Car-park			10.45
Ceremonial Start; Main Street			11.00
Neutralised for 3.8kms			
		Estimated Time of Arrival at Kilometres per Hour	48
Kms	MI's	Location	Back wind
0.0	0.0	Ceremonial Start Stage 6 Finish Line	11:00
1.3	0.8	Steward pedestrian crossing	
1.4	0.9	Boat Roundabout, 2nd exit to Waterford Road.	
2.0	1.2	Roundabout 1st exit	
2.1	1.3	Roundabout, 2nd exit Dungarvan on R685	
3.8	2.4	End of Neutral Zone	11:04
0.0	0.0	Start of Racing	
0.9	0.6	Left at T-junction after 80 signs, dir Dungarvan on R682	
		On R682	
7.7	4.8	Left at Stop sign at 4rdsX, dir Kilmeadon on R680	11:09
		On R680	
9.9	6.2	Kilmeadon	11:12
10.0	6.2	CAUTION - multiple traffic islands	
11.6	7.2	Kilmeadon Village Roundabout, 2nd exit dir Cork	11:14
12.2	7.6	Carrick Road Roundabout, 2nd exit dir Carrick-on-Suir,etc on R680	11:15
		On R680	
23.6	14.7	Right, dir Limerick, Waterford, etc	11:29
24.0	14.9	Fiddown. Left at Stop sign at T-junction dir Limerick, C-on-S to N24	11:30
		On N24	
24.3	15.1	Fiddown	11:30
		CAUTION - Level Crossing	
		On R698	
26.5	16.5	Piltown. Right, at supermarket, dir Mullinavat 16kms, etc.	11:33
28.7	17.8	Straight, dir Templeorem 3kms	11:35
30.6	19.0	Start KOM Climb.	
32.4	20.1	Templeorem	11:40
34.2	21.3	Brown Mountain Category 2 KOM	11:42
43.1	26.8	Left at Stop sign at T-junction, unsigned.	11:53
		On R701	
44.4	27.6	Newmarket	11:55
46.3	28.8	On R699	
46.9	29.1	Roundabout, 2nd exit, dir Knocktopher 2k	11:58
47.0	29.2	Roundabout, exit, dir Knocktopher 2k	11:58
48.4	30.1	Knocktopher 50 signs. Straight at painted roundabout, dir Thomastown on R699	12:00
48.6	30.2	Straight at 2nd painted roundabout, dir Thomastown 8kms on R699	12:00
		On R699	
50.0	31.1	Left at Stop signs at 4rdsX to N9, dir Thomastown 7kms	12:02
		On N9	
55.8	34.7	Thomastown	12:09
		Right at T-junction to Pipe Street, dir. Dublin, Left to Ladywell, dir Dublin on N9.	
		Right at painted roundabout at Texaco Garage, dir all other routes.	11:00
		Left at T-junction, dir Gowran 12Kms. CAUTION - multiple traffic islands	

64.6	40.1	Dungarvan. Left, at church, dir. Dublin	12:20
69.7	43.3	Gowran 60 signs	12:27
70.2	43.6	Gowran Post Office Prime	12:27
76.3	47.4	Roundabout, 2nd exit dir Paulstown, on R448	12:35
		On R448	
76.8	47.7	Paulstown CAUTION - multiple traffic islands	12:36
77.4	48.1	Right at Stop sign at T-junction to N9, dir Dublin.	
		On N9	
81.0	50.3	Start Feed Zone at green distance sign - Dublin 95K, Carlow 15K.	
81.8	50.8	End Feed Zone at sign for junction left No Overtaking 25m.	
89.5	55.6	Roundabout, 2nd exit, dir Carlow on R448	
89.7	55.7	Roundabout, 1st exit dir Carlow	
91.2	56.7	Left, dir Ballinabranagh (no advance sign)	12:54
92.2	57.3	CAUTION - 2 hump bridges.	
92.6	57.5	CAUTION for left curve over bridge	12:55
92.7	57.6	Right at T-junction, dir Ballinabranna & Carlow.	
92.9	57.7	Left, dir Ballinabranna & Bilboa	12:56
93.7	58.2	Ballinabranna CAUTION - 2 traffic ramps.	12:57
93.7	58.2	Start KOM Climb.	
98.8	61.4	Clogrennane Category 1 KOM	13:03
		Left at Y-junction after KOM line.	
104.4	64.9	Right at T-junction, unsigned	13:10
		On R431	
105.0	65.2	Left, dir Abbeyleix	13:11
		On R430	
108.1	67.2	Newtown	13:15
108.2	67.2	Left at staggered 4rdsX and immediately right, dir The Swan 5kms, etc, on R430	
112.2	69.7	The Swan	13:20
113.4	70.5	Right at Y-junction, dir Timahoe 10kms, etc on R426	13:21
		On R426	
122.2	75.9	Timahoe	13:32
122.4	76.1	Right at 4rdsX at the Post Office, dir Stradbally	
129.9	80.7	Stradbally. Left at Stop sign at T-junction, dir Portlaoise. Right, dir Vicarstown on R427	13:42
		On R427	
136.7	84.9	Vicarstown	13:50
136.9	85.1	Right at Stop sign at T-junction, dir Kildangan 9kms.	
137.0	85.1	CAUTION - hump bridge.	
141.9	88.2	Left at stop sign at T-junction, unsigned.	
		On R417	
145.7	90.5	Kildangan 50 signs	14:02
145.9	90.7	Paddy Flanagan Memorial Prime	
150.0	93.2	Monasterevin 50 signs	14:07
150.8	93.7	Right at T-junction, dir Kildare on R445	
		On R445	
160.0	99.4	Kildare 50 signs	14:20
160.5	99.7	Team cars & support vehicles divert right to Academy Street - at 200m team cars turn left into De La Salle School car-park, support vehicles to proceed to park at Aras Bhride on Bride Street.	
160.8	99.9	KILDARE.	14:21

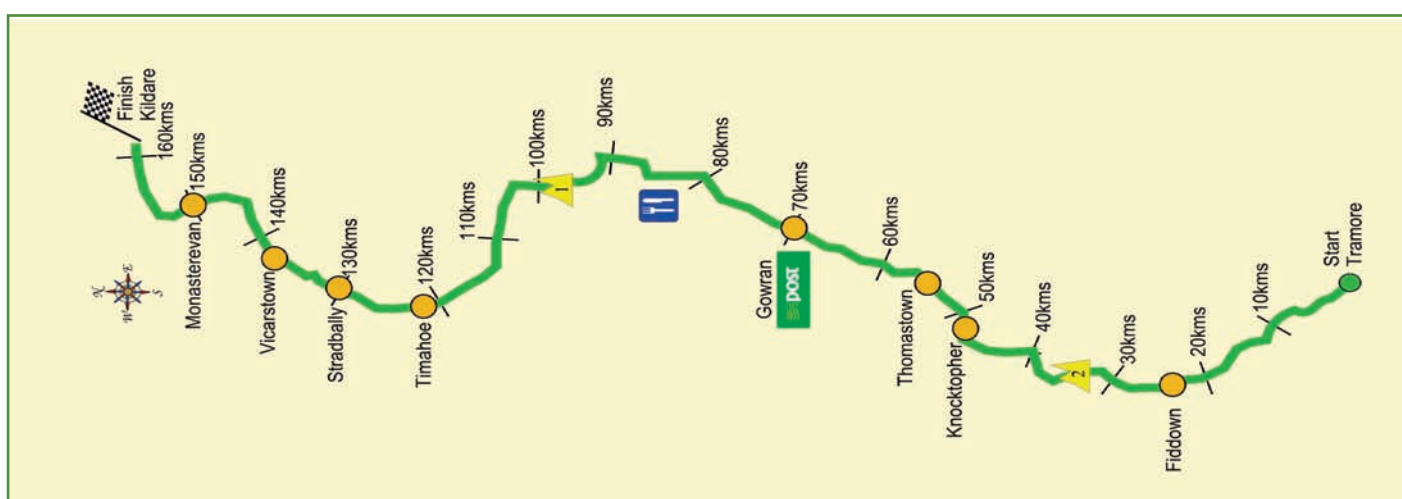
Service crew accommodation; Green Isle Hotel, Naas Rd., Dublin. Tel. 01 459 3406

Race HQ; Áras Bríde Parish Hall, Bride St. Kildare, for 2 hrs after stage finish, thereafter Green Isle Hotel.

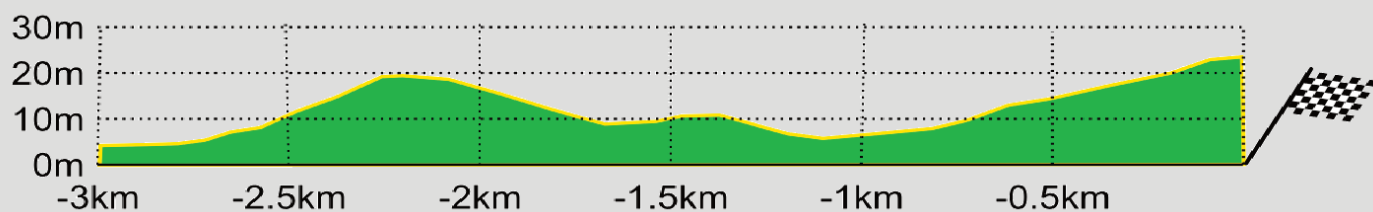
Anti-Doping Control Location; Aras Bride Parish Hall.



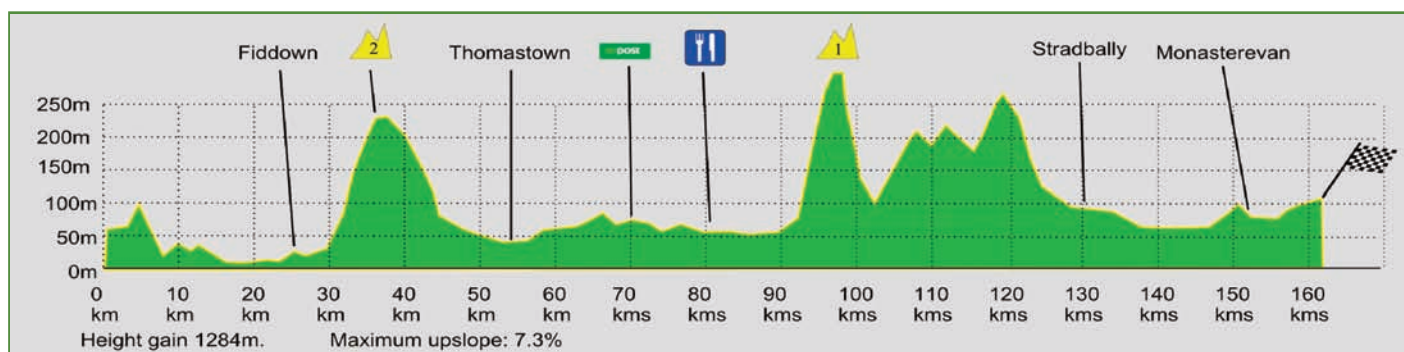
Stage 7 - Kildare



Stage 7 - Route Map



Stage 7 - 3km Profile



Stage 7 - Stage Profile



Stage 7 - 3km map

STAGE 8, DÉ DOMHNAIGH 29ú BEALTAINE.

Sunday 29th May.

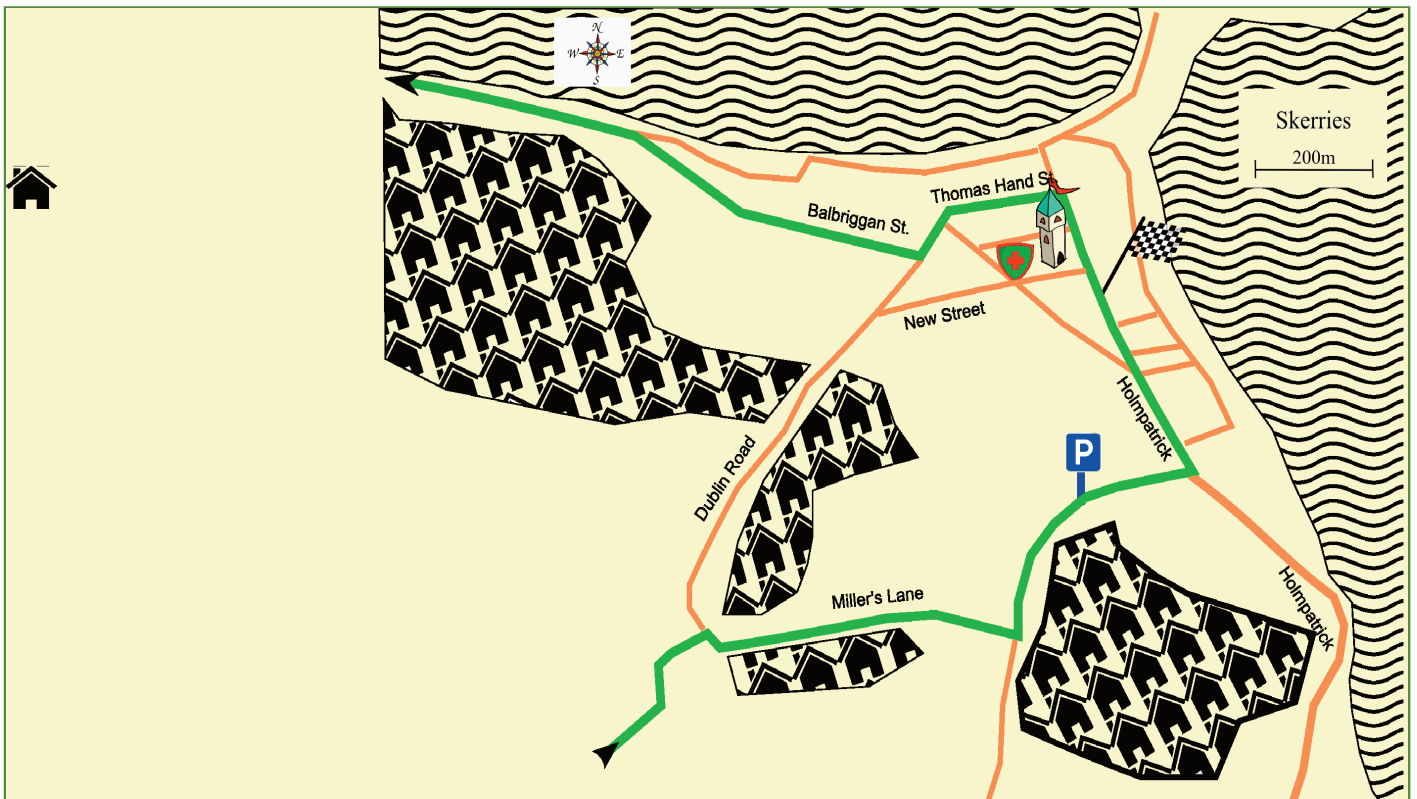
KILDARE - SKERRIES + 2 LAPS OF 13.7KMS CIRCUIT, 133 KMS.

Sign-On; CYMS Hall, Bride Street, Kildare.			10:30-11:30
Team support vehicles depart at 10:20hrs.			
Team cars depart in cavalcade position behind riders.			
Assembly; CYMS Hall.			11:45
Ceremonial Start; Main Street.			12:00
Neutralised 2kms			
		Estimated Time of Arrival at Kilometres per Hour	48
Kms	MI's	Location	Back wind
0.0	0.0	Ceremonial Start, Main Street	12:00
		On R415	
2.0	1.2	End of Neutral Zone	12:02
0.0	0.0	Start of Racing	12:02
4.0	2.5	Milltown. CAUTION - Hump bridge & multiple ramps.	12:07
5.0	3.1	Start KOM Climb.	12:11
7.2	4.5	Hill of Allen Category 3 KOM	
8.5	5.3	Allen. CAUTION - multiple ramps	
10.0	6.2	Kilmeague	12:15
14.9	9.3	CAUTION - hump bridge.	12:21
15.9	9.9	Straight at Stop sign at 4rdsX, dir Properous & Clane	12:22
		On R403	
16.7	10.4	Prosperous. Right at T-junction. Left at 4rdsX to Main Street. Right immediately after Post Office, dir Maynooth.	12:23
23.2	14.4	Left at T junction to R407, dir Kilcock 10K.	12:31
		On R407	
24.3	15.1	Painstown	12:32
30.0	18.6	CAUTION - Major roadworks, stop/go system in operation for 700m	
32.0	19.9	Kilcock	12:42
32.5	20.2	Roundabout 2nd exit, dir Kilcock on R125	
32.9	20.4	Roundabout, 1st exit dir Kilcock	
33.5	20.8	Left at T junction after bridge, dir Trim, N4,	
34.5	21.4	Right, dir Trim, Summerhill on R158	
35.4	22.0	Roundabout, 1st exit, dir Summerhill, etc.	12:45
44.0	27.3	Roundabout, 2nd exit, dir Dunboyne	12:57
44.5	27.7	Left, (Elliotts car repair garage on the right) dir Dunsany on L2210.	12:58
		On L2210	
47.3	29.4	Straight at 4rdsX at Shanks Mare pub, dir Dunsany 7K.	13:01
51.3	31.9	Straight at 4rdsX to cross R154	13:06
		On L2207	
51.7	32.1	Steward left curve for oncoming traffic	
53.2	33.1	CAUTION - hump bridge	
54.5	33.9	Dunsany 50 signs	13:10
54.6	33.9	Right, dir Dunshaughlin 7K	13:10
57.7	35.9	Right at roundabout	13:14
59.8	37.2	Roundabout, 2nd exit, dir Dunshaughlin on L2208	
60.4	37.5	Dunshaughlin. Left at O'Briens The Arch Bar & immediately straight, dir Ratoath.	13:18
		On R125	
65.7	40.8	Roundabout, 2nd exit, unsigned.	
66.1	41.1	Ratoath. Roundabout 2nd exit, unsigned. Left at 4rdsX in centre, dir Skreen on R155	13:25
70.2	43.6	Curragha	13:30
72.9	45.3	Left at traffic lights at 4rdsX to join the N2, dir Derry	13:33
		On N2	
73.6	45.7	Right at 4rdsX, dir Garristown	13:34
		On L5007	
74.9	46.5	Start KOM Climb.	
77.7	48.3	Pluckhimin Category 3 KOM	13:39

78.0	48.5	Garristown. Right at 4rdsX to Main Street and left at 80 metres.	13:40
		On R130	
82.4	51.2	Left at T, dir Naul 4K	13:45
		On R122	
87.2	54.2	Right at T, dir Naul	
87.3	54.2	Naul. Left, dir Balbriggan 8K	13:51
92.2	57.3	Roundabout, exit dir Balbriggan	
92.3	57.4	Roundabout, exit dir Balbriggan	
92.4	57.4	Right, immediately after 2nd roundabout, dir Balrothery.	
		On L1125	
94.9	59.0	Left at T to R132, dir Balbriggan 3K. Immediately right, dir Balrothery, Skerries.	14:01
95.0	59.0	Balrothery. Left at T, unsigned. Right at roundabout to School Lane.	14:01
95.3	59.2	Start KOM Climb.	
95.5	59.3	Roundabout, left, dir Black Hills, Skerries	14:01
97.0	60.3	Cross of the Cage Category 3 KOM	14:03
97.3	60.5	Point of entry to Skerries circuit	14:04
99.4	61.8	Left at T, unsigned	14:06
100.4	62.4	Left at T, dir Skerries 5K	14:08
		On R127	
104.0	64.6	Skerries. CAUTION - narrow bridge & roundabout. Roundabout, 2nd exit to Millers Lane	14:12
105.0	65.2	Left at 4rdsX.	
105.2	65.4	Left at T to Holmpatrick	14:14
105.6	65.6	First passage through Finish Line.	14:14
105.9	65.8	Left at the monument to Thomas Hand St.	14:14
106.1	65.9	Right at traffic lights to Balbriggan Street	
108.9	67.7	Left, under rail bridge, unsigned.	14:18
108.9	67.7	Start KOM Climb.	
110.2	68.5	Black Hills Category 3 KOM	14:20
110.9	68.9	Left at T, dir Lusk 4K	14:21
113.2	70.3	Left at T, unsigned	
114.1	70.9	Left at T, dir Skerries 5K	14:25
		On R127	
117.7	73.1	Skerries. CAUTION - narrow bridge & roundabout. Roundabout, 2nd exit to Millers Lane	14:29
118.3	73.5	Left at 4rdsX.	
119.0	73.9	Left at T to Holmpatrick	
119.4	74.2	Second passage through Finish Line.	14:31
119.7	74.4	Left at the monument to Thomas Hand Street	
119.9	74.5	Right at traffic lights to Balbriggan Street	
122.7	76.2	Left, under rail bridge, unsigned.	14:35
122.7	76.2	Start KOM Climb.	
124.0	77.1	Black Hills Category 3 KOM	14:37
124.7	77.5	Left at T, dir Lusk 4K	14:38
127.0	78.9	Left at T, unsigned	
127.9	79.5	Left at T, dir Skerries 5K	14:42
131.4	81.7	Skerries Second passage through Finish Line. Roundabout, 2nd exit to Millers Lane	14:46
132.0	82.0	Left at 4rdsX.	
		Team cars divert left to car-park at Skerries Mills.	
132.7	82.5	Left at T to Holmpatrick	14:48
133.0	82.6	Final passage through Finish Line.	14:48

Race Administration; Holmpatrick School for 2 hours after stage finish.

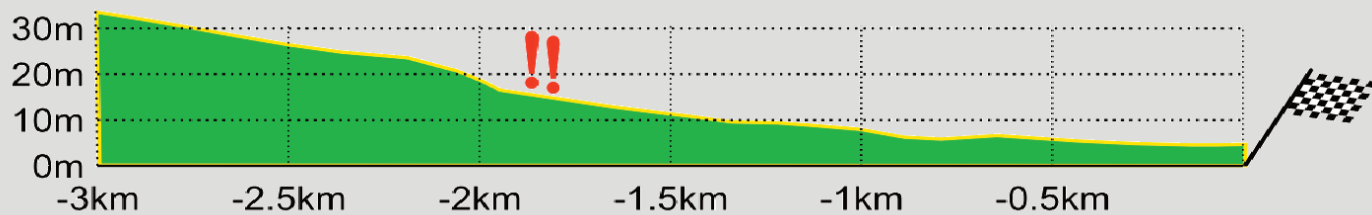
Anti-Doping Control Location; Holmpatrick School, Convent Lane, 200m after finish line.



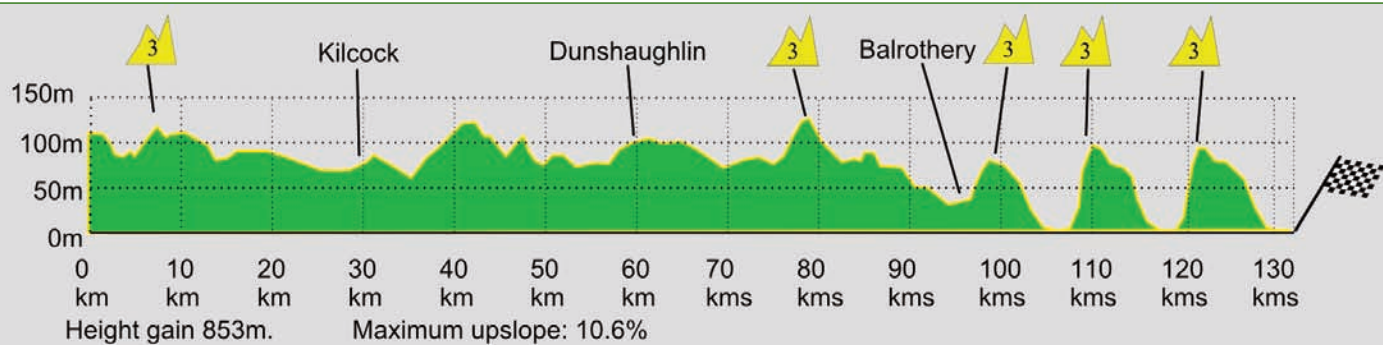
Stage 8 - Skerries



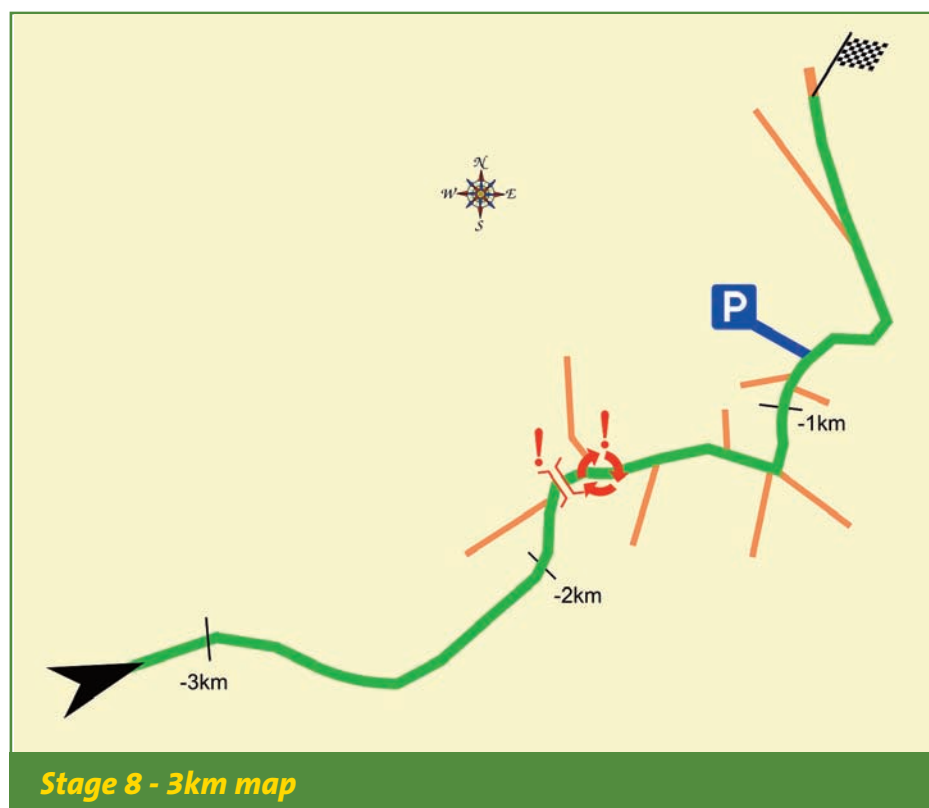
Stage 8 - Route Map



Stage 8 - 3km Profile



Stage 8 - Stage Profile



Stage 8 - 3km map

Specific Regulations

Article 1 ORGANISATION

AN POST RÁS is organized by Cumann RÁS TAILTEANN, 95 St. Brendans Avenue, Dublin 5, under the regulations of the International Cycling Union. It is to be held from 22nd to 29th May 2011.

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, Regional Teams and County 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 21st May 2011 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 21st May.

The team managers' meeting, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaries' Panel, is scheduled for 21:30hrs on Saturday 21st May 2011 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 22nd May.

ARTICLE 5 NOT APPLICABLE

ARTICLE 6 RADIO TOUR

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

ARTICLE 7 NEUTRAL TECHNICAL SUPPORT

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

The neutral support is taken care of by means of: 3 clearly identifiable Neutral Race Service Vehicles.

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 22nd May - The intermediate bonuses will be awarded at Hot Spot Primes at Allenwood (36.4kms) Mountmellick (80.2kms) Clonaslee (94.6kms).

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 25% of the stage winner's time.

The Time Limit may be extended, in extenuating circumstances, to 30% by the Panel of Commissaries in agreement with the Organiser 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.

Under 23 General Classification

Team Stage and Team General Classification (International & County)

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

para 2.6.017.

King of the Mountains Classification

para 2.6.017.

U23 General Classification

Article 2.6.014 and 2.6.015

Team Stage and Team General Classification (International & County)

paras 2.6.016

The priority of Classification Jerseys is as follows;

- General Classification by time.
- Points Classification.
- KOM Classification.
- Under 23 Classification by time

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

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

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

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

Riders must wear the 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 Manual.

A grand total of €42,265 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 tests will take place at the locations as indicated on the Stage Finish Maps and Route & Time Schedule in the Race Manual.

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 winner of the Stage Jersey

The leaders of the following classifications – Individual General Classification, Points

Classification, King of the Mountains Classification, U23 General Classification.

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

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

- International Team General Classification Winners
- County Team General Classification Winners

ARTICLE 16 PENALTIES

The UCI penalty scale is the only one applicable.

ADDITIONAL RACE REGULATIONS

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

GENERAL

1. Entry for the AN POST RÁS is by invitation only, taking into account art. 2.1.007bis of the 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. Riders who satisfy the requirements of reg. 4 below may compete on county teams. At the discretion of the Race Organiser Irish riders who are members of a foreign team may compete for their team if it is invited to compete in the event, subject to UCI art. 1.1.45
4. County team riders must satisfy one of the following criteria;
 - County of birth.
 - Their affiliated club is in the county
 - The normal residential qualification is in the county.
 - Must reside in Ireland for a period of not less than 3 months before the start of the race.

In all cases the Race Organiser retains the right to place a rider in a county team other than the county team he is eligible for under this rule. In extenuating circumstances the Race Organizer may approve the inclusion of one guest rider on a county team. In such circumstances the guest rider shall be of comparable county team standard.

5. To qualify for County Team Classification teams must conform to the ethos of county teams
6. County teams are not exempt from Racing Regulation No. 6
7. It is the responsibility of team officials and competitors to be familiar with all Race Regulations.
8. The Organisers 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.
9. 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.
10. 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
11. It is compulsory that all riders wear rigid safety headgear at all times on every stage.
12. 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).
13. Deviations for race vehicles at stage-end finishes are as indicated on the stage finish map in the Race Manual. 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 Organisers will not under any circumstance recognize or be held liable for any debts that may be incurred.

TRANSPORT

1. All vehicles supplied by the Organiser shall be used only for the purpose of the event as authorized by the Organiser. 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 Organiser is not liable for any damage caused to, or by, such a vehicle.
3. No one, unless authorized by the Race Organiser, may enter or drive any transport provided by the Organiser.

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 Organiser in the Race Schedule. 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 Organiser. 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 Organiser.
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 Organiser and Commissaire President for approval before the start of the race. Under no circumstances will pinned on advertising be permitted.
4. Where a rider is riding for a team whose sponsor(s) differs from that on the rider's license then he must have a letter of release from his normal sponsor, issued by an official of his club, except in the case of national federation selected teams. The letter of release should accompany the completed UCI Enrolment Form.

PANEL OF COMMISSAIRES

1. The Panel of Commissaires who are 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 Organiser, 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 Organiser grants permission.
9. A maximum of one vehicle may follow each full 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 penalized.
10. In addition to the driver, the approved vehicle referred to in Rule 9 must contain at least one other competent person.
11. The Commissaire President may limit the number of vehicles servicing individual riders or incomplete teams if this is deemed necessary. Riders affected may make alternative arrangements to keep them on an equal footing with other teams. The Commissaire President must approve these arrangements.
12. Team vehicles in the Race Cavalcade will follow in the order of individual classification on the basis of one vehicle per team.
13. Numbers will be provided for team vehicle showing their place in the following cavalcade on each stage. These numbers shall be positioned on the front and rear windows of the vehicle nearest the road centre. The numbers will be replaced for each stage and only the current numbers may be displayed. A draw for team vehicle placing on Stage 1 will be conducted by the Commissaire President at the team managers meeting in Dunboyne Castle Hotel on Saturday 21st 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

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

STAGE 3 – Castleisland

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

FINAL STAGE

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

RACE SERVICE

1. The first neutral service vehicle will normally be placed with the leading group; the second with a following group, and the third will remain behind the main bunch. Teams wishing to avail of the service will equip these vehicles. Such equipment must be in good mechanical order. Riders receiving equipment will be responsible for returning or replacing it. Wheels shall be clearly marked with the team name. Equipment must be returned undamaged or compensation paid to cover the cost of a similar replacement. It is the responsibility of the team manager to return equipment obtained from neutral or team service vehicle immediately after the stage finishes.
2. Team vehicles are obliged to service riders from other teams when requested to do so by a commissaire or when neutral service is not available. It is expected that this open service will be carried out in a fair and sporting manner. Where no neutral service is available the first vehicle in line must service any rider requiring service. Team vehicles of the first three riders on General Classification are exempt from this rule and the next vehicle in line must provide service.
3. In the event of a puncture or other mechanical fault riders must stop on the left side of the road. Riders shall be serviced only from the rear of any group.
4. Only officially approved team vehicles will be allowed to act as team service.
5. Race cavalcade team vehicles may not exceed 1.6 meters in height.
6. Team service vehicles are obliged to supplement race service on specific stages (or part thereof) where requested by the Commissaire President. These will be listed on the General Classification Sheet prior to the stage.

CONTROL FLAGS

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

APPENDIX 1

DECLARATION OF AWARENESS

"I am aware that:

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. *and accept, that I am, at all times during the race, bound by the Road Traffic Acts and other laws of both jurisdictions.*
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 race marshals may be unable to (not) remain in position for 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. *and accept that no liability whatsoever shall attach to the race organisation, race sponsors, consultants, Cycling Ireland, or any race official or member of Cycling Ireland in respect of any injury loss or damage suffered by me in or by reason of the race, however caused.*

SIGNED:

Race Number:

22ND May 2011

IRELAND Team Skoda

1. David O'Loughlin
2. Conor Dunne
3. Sean Downey
4. Dominic Jelfs
5. Felix English

Manager: Neil Martin

IRELAND Team Development

6. Philip Bremmer
7. Charles Prendergast
8. Steven Clancy
9. Owen Cummins
10. A.N. Other

Manager: Noel McGlynn

NEW ZEALAND

11. Aaron Gate
12. Shane Archbold
13. Marc Ryan
14. Cameron Karwowski
15. Jason Christie

Manager: Stephen Connell

ASIA (Pro) Giant Kenda Cycling Team

16. David McCann
17. Martyn Irvine
18. Alex Coutts
19. Chang Wei Kei
20. Wang Yin Chin

Manager; Daryoush Mohammedzade

AUSTRALIA (Pro) Drapac Cycling

21. Stuart Shaw
22. David Pell
23. Rhys Pollock
24. Floris Goesinnen
25. Tom Palmer

Manager: Agostino Giramondo

BELGIUM (Pro) An Post Sean Kelly

26. Sam Bennett
27. Mark Cassidy
28. Philip Lavery
29. Ronan McLaughlin
30. Pieter Ghyllbert

Manager: Kurt Bogaerts

FRANCE AVC Aix en Provence

31. Erwan Brenterch
32. Mattieu Converset
33. Nicolas Queyranne
34. Romain Ramier
35. Thomas Rostollan

Manager: Eric Drubay

GERMANY (Pro) Thuringer Energie

36. Jakob Steigmler
37. Johannes Kahra
38. Bastian Burgel
39. Tassilo Fricke
40. Marcel Barth

Manager: Jens Lang

GREECE (Pro) KTM - Murcia

41. Marcos Garcia
42. Hector Gonzalez Baeza
43. Oscar Garcia Casarubios
44. Javier Benitez Pomares
45. Jaume Rovira Pons

Manager: Inaki Urroz Sanchez

ITALY (Pro) D'Angelo & D'Antenucci - Nippo

46. Danilo Andrenacci
47. Luca Ascani
48. Fortunato Baliani
49. Simone Campagnaro
50. Manuel Fedele

Manager: Alberto Elli

UKRAINE (Pro) ISD - Lampre Continental

51. Yuriy Agarkov
52. Dmytro Graabovskyy
53. Anatoliy Pakhtusov
54. Oleksandr Sheydyk
55. Maksym Vasyliiev

Manager: Myrza Mykola

USA (Pro) Wonderful Pistachios

56. Tim Farnham
57. Neil Coleman
58. Tom Faiers
59. Victor Riquelme
60. Menso de Jong

Manager: Robert Coble

BRITAIN (Pro) Rapha Condor Sharp
61. Dean Windsor
62. Ben Greenwood
63. Casey Munro
64. Dean Downing
65. James McCallum
Manager: Mathew Southam

BRITAIN (Pro) Sigma Sport Specialized Team
66. Simon Richardson
67. Wouter Sybrandy
68. Kit Gilham
69. Russell Hampton
70. Steven Lampier
Manager: Sid Barras

BRITAIN (Pro) Motorpoint
71. Pete Williams
72. James Sampson
73. Marcin Bialblocki
74. Will Bjergfelt
75. Andrew Roche
Manager: Chris Truett

BRITAIN Forme Procyliste San Lamere
76. Robert Orr
77. Dexter Gardias
78. Jack Adams
79. Will Fox
80. Adam Rayner
Manager: Tom Kirk

BRITIAN Scienceinsport.com
81. Alistair Rutherford
82. Tim Lawson
83. Paul Oldham
84. Ian Field
85. Adam Yates
Manager: Greg Newton

ISLE OF MAN Microgaming
86. Graeme Hatcher
87. Timothy Kennaugh
88. Aaron Livsey
89. Christian Varley
90. A. N. Other
Manager: Peter Key

CARLOW Dan Morrissey Better Build
91. Sean Lacey
92. Michael O'Reilly
93. Michael Fitzgerald
94. Tim Barry
95. Joe Fenlon
Manager: Richard Cahill

CORK County
96. Bryan Long
97. Will Curtin
98. Dave Kenneally
99. Eddie Barry
100. Raymond Corbett
Manager: Gerald Long

CORK Kanturk
101. Richard Hoolon
102. Simon Ryan
103. Brian Murphy
104. Denis Lynch
105. A.N Other
Manager: Dan Curtin

DONEGAL LK Bikes
106. Sean McFadden
107. Sean Stewart
108. Rory Devlin
109. Damien Lagan
110. A. N. Other
Manager: Michael Black

Donegal Sportactive/Engraveit/An Chuiort Hotel
111. Páidí O'Brien
112. Daniel Clifford
113. Mark McKinley
114. Roger Aiken
115. Stephen Gallagher
Manager: Philip Finegan

DUBLIN Barnardos
116. Shane Hurley
117. Graham Hurley
118. Michael Barry
119. A.N. Other
120. A.N. Other
Manager: Karl Walsh

DUBLIN Eurocycles

- 121. Conor Murphy
- 122. Adam Armstrong
- 123. Thomas Martin
- 124. Urban Monks
- 125. Frazer Duncan

Manager: Urban Monks

DUBLIN South Zilcom

- 126. Michael Reddin
- 127. Tighernach Murphy
- 128. Art McManus
- 129. Richie Keddy
- 130. James Davenport

Manager: John Paul Lyons

DUBLIN Stevens Cyclelogical

- 131. Dave Cassidy
- 132. Pat Fitzpatrick
- 133. Greg Lee
- 134. Richie McCauley
- 135. Cathal Miller

Manager: Gerry Harte

DUBLIN Orwell

- 136. Brian Aherne
- 137. Stephen Surdival
- 138. Odhran Connors
- 139. John Sower
- 140. Dave McLoughlin

Manager: Ger McNamara

DUBLIN UCD

- 141. Anthony Walsh
- 142. Fiachra Rowan
- 143. Mike Brookfield
- 144. Fergus Ryan
- 145. Jason O'Callaghan

Manager: Ian Richardson

GALWAY Black Rose Racing

- 146. Aidan Reade
- 147. Eoghan Considine
- 148. Keith Fox
- 149. Kamil Pasek
- 150. Cian Hogan

Manager: Declan O'Loughlin

KILDARE Newbridge

- 151. Richard Malone
- 152. Mike Storan
- 153. Aidan Crowley
- 154. Stephen Teeling Lynch
- 155. Diarmuid Carew

Manager: John Malone

KILDARE Murphy Surveys Apex Construction Elite Electrical

- 156. John Lynch
- 157. Steve Franzoni
- 158. Ciaran Steed
- 159. Brian Geraghty
- 160. John Gargan

Manager: Liam Walker

MAYO Western Edge Medical Communications

- 161. David Brennan
- 162. Ciaran Clarke
- 163. Patrick Clarke
- 164. Chris Coyle
- 165. Bernard Twomey

Manager: John Brennan

MEATH Dectek

- 166. Stephen O'Sullivan
- 167. Neil Delahaye
- 168. Tim O'Regan
- 169. Mark Dowling
- 170. Simon Kelly

Manager: Philip Cassidy

MEATH 53 Degrees North Optimun Nutrition

- 171. John Mason
- 172. Fiachra O Muire
- 173. Michael McCarthy
- 174. Eugene Moriaty
- 175. Andrew Meehan

Manager: John Wall

MEATH Stamullen M. Donnelly

- 176. Colin Robinson
- 177. Derek Finnegan
- 178. Declan Byrne
- 179. Tony Brady
- 180. Craig Sweetman

Manager: James Gough

WATERFORD Comeragh
181. Thomas Lavery
182. Finbar Power
183. Martin Cullinane
184. Enda Donnelly
185. Damien Travers
Manager: Derek Webb

AN POST RÁS acknowledges the support of

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

	STAGE	CLASSIFICATIONS								
Pl.	Stage X 8	Overall	Fitzbikes.ie GC County Rider Award	Points	KOM	U23 GC	Cat. 2* GC	Int. Team	County Team	
1	€1,000	€ 2,000	€ 300	€ 400	€ 350	€ 350	€ 350	€ 500	€450	
2	€500	€ 1,500	€ 200	€ 300	€ 250	€ 250	€ 280	€ 300	€300	
3	€300	€ 1,200	€ 120	€ 200	€ 150	€ 150	€ 150	€ 200	€200	
4	€150	€ 1,000	€ 100			€ 100	€ 100			
5	€120	€ 900	€ 80			€ 70	€ 90			
6	€100	€ 800	€ 60			€ 50	€ 70			
7	€90	€ 700								
8	€80	€ 600								
9	€70	€ 500								
10	€60	€ 400			KOM Primes, Category 1 €60 X 3 Category 2, €40 X 7 Category 3, €30 X 18					
11	€40	€ 300								
12	€40	€ 250								
13	€40	€ 220			Post Office Hot Spot Primes €60 X 3 Post Office Primes €50 X 7					
14	€40	€ 200								
15	€40	€ 180			Paddy Flanagan Memorial Prime €60					
16	€30	€ 160		CUCHULAINN CRYSTAL Daily County Rider Award* €50 X 8						
17	€30	€ 140								
18	€30	€ 130								
19	€30	€ 120		GC & Stage prizes subject to 2% UCI Levy						
20	€30	€ 100		*Confined to Cycling Ireland Riders.						
TOTAL PRIZE FUND					€42,265					



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