

# RÁS TAILTEANN 2026



RÁS  
TAILTEANN  
2026



## 2026 RACE TECHNICAL GUIDE

5 Day International Cycle Race

20th – 25th May 2026



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## 2026 RACE OFFICIALS

Race Director	Gerard Campbell
Stage Finish Coordinator	Seamus Domegan
Commissaire President	John Breen
Commissaire 2	Henry Whitson
Commissaire 3	Aaron Wallace
Moto Commissaire 1	James McLaughlin
Moto Commissaire 2	Benner Maguire
Timekeepers	Alice Sherratt, Tom Keenan
Chief/Finish Judge	Mick Twomey
Asst Judge	Pat Moss
Accommodation Officer	Angela Topping
IT Manager	Seamus Shortall
IT Results	Brian Carolan
Race Doctor	Dr Conor McGrane
Chief Marshal	John Galvin
Chief Marshal Driver	Tommy Lynch
Chief Motorcycle Marshal	Richie McNamara
Lead Car 1	Barry Hughes
Lead Car 2	Mick Reidy
Lead Car 3	Cathal Clarke
Lead Car 4	George Devin
Radio Technical Manager	Paddy Fitzsimons
Advance Publicity	Angela Topping, Niamh Meade
Timing Chips	David Mullin
Race Director Driver	Stephen Carroll
Digital Communications & Marketing Partner	Sean Meade
Social Media Updates	Daragh Campbell

Radio Tour	Gary McIlroy
Doctor Driver	Martin Gilbert
Commissaire drivers	Colm Rigley, Sean McIlroy, David Maguire
Public Address Announcer	Cian Lynch
Neutral Service	Neil Teggart, Russell Tracey, Noel Mulroy, Trevor Costelloe
Press & Team Liasion	Gearóid Campbell
Motorcycle Judge	Joe Hahessy
Blackboard Time Keeper	Con O'Leary, Andrew Ryan
Motorcycle Marshals	Cammi Motorcycle Group
Press/Photo Motorcyclist	Pat O'Shaughnessy
Photo Finish Equipment	Ronnie Brannigan
Route Markers	Noel Clarke, Declan Brannigan, Liam Harte,
Stage Crew	Matt Nolan, Martin Clarke, Larry mc Grane, Christopher Gorman, Pdraig Browne, Paddy Dyas, Richy Becton
Ambulance Service	St John Ambulance, Drogheda
Logistics	Brendan Quigley, Damien McMahon
Broom Wagon	Jim Gorman
Transport	Gerry Smith, Jake Smith, Gareth McGrane
Official Photographer	Lorraine O'Sullivan
Media Car	Ray Staunton
Sound Engineer	Patrick Leddy
Safety Officer	Lenny McManus

## TEAM REGISTRATION & SIGN-ON

### Pre-Race meeting Tuesday 19th May 2026

Team Registration will take place on Tuesday 19th May from 17:30hrs to 19:30hrs and located at the following address: Laois County Council offices, James Fintan Lalor Avenue, Portlaoise. R32 EHP9

Team managers to present the following to Commissaire President and/or Race Organiser for approval and information purposes

1. A current UCI affiliated federation license.
2. Team officials' names & UCI affiliated federation license.
3. Team racing clothing.
4. Team sponsors' jersey advertisement patches.
5. Team vehicles registration numbers.
6. County team's stage-end accommodation addresses.
7. Equipment for Neutral Service.
8. Team manager's mobile phone number.

#### Team managers will receive

1. Riders' race numbers and frame numbers.
2. Race radio, subject to fee & deposit.
3. Riders Declaration of Awareness.
4. Riders Medical Data Request Form

Team managers and all Race Drivers are required to attend briefing meeting in Laois County Council offices, James Fintan Lalor Avenue, Portlaoise. R32 EHP9 at 20:00hrs. The meeting will be opened by the Race Organiser and addressed by the Commissaire President, Garda Moto 1. Race Technical Staff will also be in attendance.

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

All team & race drivers are also required to attend this meeting which will include a briefing on the relevant road traffic regulations which apply to driving in Ireland. A Garda (police) officer will address the meeting.

#### Race radios

A rental fee of €30 and a deposit of €100 are required for radios issued to team managers. The deposit will be refunded on return of the radio, undamaged.

#### The Declaration of Awareness

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

#### The Medical Data Request Form

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

#### Prize Money

To enable prize money to be electronically transferred to visiting teams, team managers are requested to provide the following information; Receivers Name, Receivers IBAN, Receivers Bank SWIFT address/BIC.

This information should be supplied to the Race Organiser at the team managers meeting following Team Registration

## RESPONSIBILITIES ON BEHALF OF RÁS TAILTEANN

### ACCOMMODATION

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

### TRANSPORT

1. All vehicles supplied by the Race Director shall be used only for the purpose of the event as authorised by the Race Director. Drivers of such vehicles are responsible for immediately reporting any damage to the vehicle in their charge and should check their vehicle before assuming responsibility and then, on each morning of the race.
2. Race officials using their own vehicles do so entirely at their own risk. The Race Director is not liable for any damage caused to, or by, such a vehicle.
3. No one, unless authorised by the Race Director, may enter or drive any transport provided by the Race Director.

### RACE RULES – INFRINGEMENTS AFFECTING PUBLIC IMAGE

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

Riders and officials shall exercise extreme care regarding toilet requirements and use Portaloos provided or other appropriate locations. Failure to comply with this instruction will incur sanctions depending on the seriousness of the offence.

Should any outside vehicle or motorcycle interfere with the running of the race in any way and be identified as having a connection with a rider or team in the race, that rider or team may be penalized at their own risk

## LOGISTICAL INFORMATION – STAGE 1 Wednesday 22nd May

### Sign-On

Riders will Sign-On at the Sign-On Podium in O'Moore Park, Fr Browne Avenue, Portlaoise, R32 X9X4. from 9:00am to 11:00am Team support vehicles to depart car park at 11:15am.

### Neutral Service

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

### General Race Information

Riders, team drivers and race officials are advised that roads for RÁS TAILTEANN are not closed to other traffic. Due care should be exercised and responsibility rests with riders and all race drivers to observe the Road Traffic Acts at all times. Where possible, stewards will be in position at relevant road junctions, center road traffic islands and other road hazards. A series of traffic islands may be indicated by a steward at the first traffic island only. As time gaps develop between groups it will not be possible for stewards to remain in position for the passage of all groups. The function of race stewards at road junctions is to indicate direction; responsibility rests with the rider/ driver to decide whether the movement is safe.

Please note the distance for each stage was completed by motor car speedometer and not GPS.

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

#### Medical Services

Race Medical Services consists of a Race Doctor, two St John's Ambulances Drogheda branch 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 1 Assembly

Assembly of riders at 11:20am at O'Moore Park carpark departure at 11:30am for parade to Laois Council offices. 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 11.52am from Laois Council offices. Following the Ceremonial Start the race is neutralized for 3.3km. **The race will not be stopping at the 0km.**

### Bonus Times

Stage 1 Hot Spot Time Bonus Primes at;

18.6k - Ballacoola

58.7k - Borrisoleigh

142.5k - Hospital

Stage Finish: Kilmallock

See Race Regulations, Art. 7, Bonuses.

### Control Flags

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

## Special Race Regulations

### Article 1 Organisation

RÁS TAILTEANN is organized by CAIRDE RÁS TAILTEANN, Donore Road, Donore, Co Meath, under the regulations Cycling Ireland and the International Cycling Union (UCI). It is to be held from 20th to 24th May 2026.

The Race Director will under no circumstances hold themselves responsible in any way for cycling, motorcycling, motoring or other civil offences.

Responsibility rests with competitors, team and race officials to comply with the Road Traffic Acts. Blatant transgressions of the Road Traffic Acts amounting to dangerous riding/driving by riders and/or race personnel will not be tolerated by the race organisation. Such transgressions may incur penalties including expulsion from the race.

### Article 2 Type of Event

The event is open to riders of the Men Elite and Men Under 23 categories. The event is entered on the Cycling Ireland National Calendar and attracts Cycling Ireland ranking points only in accordance with T3,1 (L).

All participants should be aware that the roads used by RÁS TAILTEANN are NOT CLOSED to other traffic. All riders are required to read and sign the Declaration of Awareness accepting they are fully conversant with the race safety requirements. The Declaration will be issued to team managers at team registration and returned, signed, by the rider at Sign-On for Stage 1

### Article 3 Participation

The event is open to the following teams: Irish registered and invited neighboring UCI Continental Teams, National Teams, Regional Teams, Club Teams and Irish County Teams.

Teams must be formed of 5 riders with a minimum of 4 riders starting.

An Irish county team may have a maximum of one non Cycling Ireland license holder as a guest

UCI contracted riders are not permitted to compete independently of their UCI registered team if entered in the event.

If a UCI registered team is not entered in the event, UCI contracted riders' participation will be limited to National and Provincial Team selection.

### Article 4 Race Headquarters

At the start the Race Headquarters shall be open on Tuesday 19th May from 17:30hrs to 19:30hrs and located at the following address: Laois County Council offices, James Fintan Lalor Avenue, Portlaoise. R32 EHP9

Team representatives are requested to confirm their starters and collect their race numbers at the Race Headquarters from 17:30hrs to 19:30hrs on Tuesday 21st May 2026.

The team managers' meeting in the presence of the Members of the Commissaries' Panel, is scheduled for 20:00hrs on Tuesday 21st May at Laois County Council offices, James Fintan Lalor Avenue, Portlaoise. R32 EHP9

Please see the technical guide for the locations and opening hours of Race Headquarters for each stage.

### Article 5 Radio Tour

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

### Article 6 Neutral Technical Support

The technical support service is handled by vehicles appointed by the Organisation. The neutral support is taken care of by means of: 2 clearly identifiable neutral race service vehicles.

Teams wishing to avail of the service will equip these vehicles. Such equipment must be in good mechanical order. Riders receiving equipment will be responsible for returning or replacing it. Wheels shall be clearly marked with the team name. Equipment must be returned undamaged or compensation paid to cover the cost of a similar replacement. It is the responsibility of the team manager to return equipment obtained from neutral or team service vehicle immediately after the stage finishes.

In the event of a puncture or other mechanical fault riders must stop on the left side of the road. Riders shall be serviced only from the rear of any group.

### **Article 7 Bonuses**

In accordance with Cycling Ireland Regulation T7, Art 3.1 Hot Spot Sprints and the Stage Finish **for ALL Stages**. Bonuses will be awarded for the Hot Spot Sprints on the following scale: 1st to 3rd placing, 3, 2 and 1 seconds respectively.

Bonuses will be awarded for the stage finish on the following scale: 1st to 3rd placing, 10, 6 and 4 seconds respectively.

### **Article 8 Finishing Time Limits**

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

The time limit may be increased, in exceptional circumstances, by the Panel of Commissaries in agreement with the Race Director according to Article 2.6.03

### **Article 9 Classifications**

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

#### **Individual General Classification**

Established by adding up the times recorded for the stages taking into account bonuses and penalties – Article 2.6.014. In the event of a tie in the Individual General Classification, the tie will be resolved in accordance with Cycling Ireland regulation T7 Art 3A.

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

#### **Individual Points Classification**

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

In the event of a tie in the Individual Points Classification, the tie will be resolved in accordance with Cycling Ireland regulation T7 Art 3B.

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

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

KOM points will be awarded as follows:

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

In the event of a tie in the King of the Mountains Classification, the tie will be resolved in accordance with Cycling Ireland regulation T7 Art 3C.

The leader of the King of the Mountains Classification will wear the Irish Independent purple jersey.

#### **U23 General Classification**

Open to riders born in 2004 / 2005 / 2006 / 2007.

In the event of a tie in the U23 General Classification, the tie will be resolved in accordance with Cycling Ireland regulation T7 Art 3A.

The leader of the U23 General Classification will wear the Spin 11 white jersey.

## County Individual General Classification

Open to riders entered on Irish County and Provincial Teams with a Cycling Ireland C1, and C2 license.

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

In the event of a tie in the County Individual General Classification, the tie will be resolved in accordance with Cycling Ireland regulation T7 Art 3A.

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

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

The priority of Classification Jerseys is as follows

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

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

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

## Stage Winners Jersey

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

## Team General Classification

There will be two separate Team Classifications. One based on Irish County Teams (to include those registered on UCI registered teams) and the other based on all other teams.

The team classification for the day shall be calculated in accordance with article 2.6.016 of the UCI regulations.

In the event of a tie in the Team General Classification, the tie will be resolved in accordance with Cycling Ireland regulation T7 Art 3E.

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

## Article 10 Prizes

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

A grand total of €24,900 will be awarded in prize money at the event.

RÁS TAILTEANN will remit all monies won by teams and riders after receipt of the Anti-Doping tests results.

## Article 11 Anti-doping

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

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

### Article 12 Awards Ceremony

In accordance with article 1.2.112 of the UCI rules, the following riders must attend the official awards ceremony:

First 3 riders on the stage

The leaders of the following classifications– Individual General Classification, Points Classification, King of the Mountains Classification, U23 General Classification, Irish County General Classification

The winner of the Stage Jersey

1st Irish County Rider over the line, with the exception of those registered on UCI registered teams.

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

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

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

### Article 13 Penalties

The Cycling Ireland penalty scale is the only one applicable

### Article 14 Mishap in the final 3km

The organisation elect to respect the provisions of UCI regulation 2.6.027 regarding the management of a mishap in the final 3km rather than as outlined in Cycling Ireland Regulations (mishap in the final 1km). **FINAL 3K RULE WILL NOT APPLY ON STAGE 3.**

### Article 15 Finishing circuit, Stage 5, Dunboyne

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.

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

## RACE HQ HOTELS

PRE RACE	Laois Council offices	James Fintan Lalor Avenue Portlaoise R32 EHP9	
Stage 1	Charleville Park Hotel	Limerick Road, Charleville, County Cork P56 V268	063 33700
Stage 2	Charleville Park Hotel	Limerick Road, Charleville, County Cork P56 V268	063 33700
Stage 3	Woodford Dolmen Hotel	Kilkenny Road, County Carlow R93 N207	059 9142002
Stage 4	Woodford Dolmen Hotel	Kilkenny Road, County Carlow R93 N207	059 9142002
Stage 5	Slevins Bar	Maynooth Road, Dunboyne, County Meath.	01 694 1140

## LOCAL HOSPITAL COORDINATES

Stage 1 – Portlaoise - Kilmallock	Telephone	eircode
Midland Regional Hospital, Portlaoise, Co Laois	057 8621364	R32 RW61
University Hospital Limerick, Saint Nessan's Road, Limerick	061 301 111	V94 F858
Mallow General Hospital, Kilnockin, Mallow, Co Cork	022 21251	P51 N288
Stage 2 – Rathmore - Banteer		
Killarney Community Hospital, St Margaret's Road, Killarney.	064 663 1018	V93 EH42
Bon Secours Hospital, College Road, Cork	021 454 2807	T12 DV56
Mallow General Hospital, Kilnockin, Mallow, Co Cork	022 21251	P51 N288
Stage 3 – Mitchelstown – Enniscorthy		
South Tipperary General Hospital, Western Rd, Clonmel	052 6177144	E91 VY40
St Luke's General Hospital Kilkenny, Freshford Rd, Kilkenny	056 778 5000	R95 FY71
Wexford General Hospital, Newtown Rd, Wexford	053 915 3000	Y35 Y17D
Stage 4 – Carlow - Baltinglass		
Carlow District Hospital, Athy Road, Carlow	059 913 6458	R93 Y2V0
Gorey District Hospital, Gorey, Co Wexford	053 942 1102	Y25 KX86
General Hospital, Naas, Co. Kildare	045 849500	W91 AE76
Stage 5 – Carlow – Dunboyne		
Carlow District Hospital, Athy Road, Carlow	059 913 6458	R93 Y2V0
General Hospital, Naas, Co. Kildare	045 849500	W91 AE76
Our Lady's Hospital, Moathill, Navan, Co. Meath	046 9078500	C15 RK7Y

**Stage 1: Portlaoise to Kilmallock (161.6 KM)  
Wednesday, May 20th 2026**

**Pre Stage Details**

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the beginning of the 71st edition of this very special event. Stage 1 brings us from Portlaoise to Kilmallock over a distance of 161.6km. There are three hot spot sprints: Ballacolla (18.6km), Borrisoleigh (58.7km) and Hospital (142.8km). There are three King of the Mountains climbs: Dolla (Category 3) at 82.8km, followed shortly by Bollingbrook (Category 3) at 86.9km and Old Pallas (Category 3) at 128.3km.

**Sign-on:** O'Moore Park, Father Browne Avenue, Portlaoise, Co Laois, R32X9X4 from 09:45am to 11:00am. Advance vehicles must have departed by 11:20am or otherwise wait until after the riders have left.

**Rider assembly:** All riders must assemble at the gates of O'Moore Park at 11:30am, departing at 11:35am to proceed to Laois County Council offices for a ceremonial ceremony. Riders will depart Council offices at 11:53am to head to 0.0km signs.

**Directions from sign on to ceremonial start:** Riders will exit O'Moore Park, turning right onto the main road, continue to Fr. Browne Avenue roundabout, taking the 2nd exit (straight through), then at the O'Moore roundabout take the 1st exit (left, Dir: Town Centre). The Council offices are located on the left-hand side with entry via the second entrance opposite Lidl.

**Lead car parking:** Lead cars and service cars are to enter the Council offices via the second entrance opposite Lidl and park immediately on the right-hand side after entry.

**Team cars:** Team cars are to leave O'Moore Park only after the riders have departed for the Council offices, turn right onto main road, proceed to Fr. Browne Avenue roundabout and take the 3rd exit to the right. Team cars are to park on the hard shoulder on the LHS between the motorway roundabout and the 0.0km signs.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

It is also important that teams, officials and spectators park considerately and tightly within designated areas to ensure space for everyone.

Be safe, enjoy it (if that's possible!) — five stages lie ahead.

Thank you all very much and best of luck!

Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	<b>Ceremonial start at Laois County Council Offices</b>				
0.0	0.0	Turn left onto road				
0.2	0.1	Abbeyleix Road Roundabout: 1st exit - left (Dir: Cork, Dublin)				
0.4	0.2	<b>Caution: Pedestrian crossing</b>				
0.7	0.4	Fr Browne Avenue roundabout: 2nd exit - straight (Dir: Abbeyleix N77)				
1.1	0.7	Caution: Pedestrian crossing (at Emo Service Station)				
2.3	1.4	Roundabout over motorway: 2nd exit - straight (Dir: Durrow N77)				
3.3	2.1	<b>OKM signs at green sign on LHS for Durrow N77 &amp; sign below for Clonad (on N77)</b>				
Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	<b>OKM signs at green sign on LHS for Durrow N77 &amp; sign below for Clonad (on N77)</b>	12:00	12:00	12:00	
9.9	6.2	Caution: Series of islands entering Abbeyleix	12:16	12:14	12:12	
10.5	6.5	<b>Abbeyleix, Co Laois 50km/h signs</b>	12:17	12:15	12:13	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
10.6	6.6	Straight through traffic lights in Abbeyleix (at antiques shop on LHS)	12:17	12:15	12:13	
11.2	7.0	Right turn at tower monument (Dir: Rathdowney R433)	12:18	12:16	12:14	
11.5	7.1	<b>Caution: Series of ramps after right turn</b>	12:19	12:16	12:14	
18.5	11.5	<b>Ballacoola, Co Laois 50km/h signs</b>	12:30	12:26	12:23	Caution Required
18.6	26.4	<b>'Ballacoola' Hot Spot Sprint: At dis-used pub on RHS</b>	12:31	12:26	12:23	
18.7	11.6	Straight through traffic lights in Ballacoola	12:31	12:26	12:23	Caution Required
21.8	13.5	Roundabout: 2nd exit - straight (Dir: Rathdowney R433)	12:36	12:31	12:27	<b>Caution Essential</b>
22.0	13.7	Roundabout: 2nd exit - straight (Dir: Rathdowney R433)	12:36	12:31	12:27	
27.9	17.3	<b>Rathdowney, Co Laois 50 km/h signs</b>	12:46	12:39	12:34	
28.0	17.4	<b>Caution: Bridge entering Rathdowney</b>	12:46	12:40	12:35	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
28.5	17.7	<b>Caution: Ramps in Rathdowney outside school on LHS</b>	12:47	12:40	12:35	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
29.0	18.0	<b>Caution: Ramp followed by narrow bridge in Rathdowney centre</b>	12:48	12:41	12:36	
30.0	18.6	<b>30KM completed at pedestrian traffic lights/ramp after 'Emo Filling Station' on LHS</b>	12:50	12:42	12:37	
35.3	21.9	<b>Errill, Co Laois 50km/h signs</b>	12:58	12:50	12:44	
35.5	22.1	<b>Caution: Ramps in Errill</b>	12:59	12:50	12:44	
39.0	24.2	<b>Caution: Bridge over railway</b>	13:05	12:55	12:48	Caution Required
42.0	26.1	<b>Clonmore, Co Tipperary 50km/h signs</b>	13:10	13:00	12:52	
46.4	28.8	<b>Caution: Narrow bridge &amp; dangerous bends</b>	13:17	13:06	12:58	<b>Caution Essential</b>
47.6	29.6	<b>Templemore, Co Tipperary 50km/h signs</b>	13:19	13:08	12:59	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
48.3	30.0	Turn left at T-Junction (Dir: Borrisoleigh R501)	13:20	13:09	13:00	
57.5	35.7	<b>Borrisoleigh, Co Tipperary 50km/h signs</b>	13:35	13:22	13:11	
58.3	36.2	Turn right at T-Junction onto Borrisoleigh Main Street (onto R498)	13:37	13:23	13:12	<b>Caution Essential</b>
58.7	36.5	<b>'Borrisoleigh' Hot Spot Sprint: Outside Gala Shop on LHS</b>	13:37	13:23	13:13	
62.6	38.9	<b>Feed Zone: Starts at sign on LHS 'Kilcommon 16KM'</b>	13:44	13:29	13:18	
62.8	39.0	<b>Feed Zone: Finishes at entrance on left to green industrial building</b>	13:44	13:29	13:18	
72.6	45.1	Turn left (Dir: Silvermines R499, Dolla) <b>Caution: Sharp turn - easily missed</b>	14:01	13:43	13:30	<b>Sharp junction Several markings needed</b>
80.2	49.8	<b>Dolla, Co Tipperary 50km/h signs</b>	14:13	13:54	13:40	<b>Caution Essential</b>
80.3	49.9	Turn left (Dir: Tipperary R497) across from 'The Eagle's Nest' Pub <b>Caution: Sharp turn - easily missed</b>	14:13	13:54	13:40	<b>Sharp junction Several markings needed</b>
80.3	49.9	<b>'Dolla' CAT 3 KOH: Starts immediately following left turn</b>	14:13	13:54	13:40	
82.8	51.4	<b>'Dolla' CAT 3 KOH: Finishes at farm buildings in field on RHS (Buildings are below road in field)</b>	14:18	13:58	13:43	
83.2	51.7	Turn right at Y-Junction (Dir: Tipperary)	14:18	13:58	13:44	Caution Required
83.2	51.7	<b>'Bollingbrook' CAT 3 KOH: Starts immediately following Y-Junction</b>	14:18	13:58	13:44	
86.9	54.0	<b>'Bollingbrook' CAT 3 KOH: Finishes 100m after twin barn on RHS</b>	14:24	14:04	13:48	
87.6	54.4	Keep right at Y-Junction to follow road	14:26	14:05	13:49	
96.7	60.1	Turn right at T-Junction (Dir: Limerick 29KM, Newport 19KM)	14:41	14:18	14:00	Caution Required
99.0	61.5	Turn left at signs on RHS Limerick 38KM, Newport 24KM <b>Caution: Extremely narrow road for next 13KM</b>	14:45	14:21	14:03	<b>Extremely narrow road Marshals/Gardaí well ahead</b>
106.4	66.1	<b>Caution: Narrow bridge followed by immediate right bend</b>	14:57	14:32	14:13	
109.4	68.0	Keep left at Y-Junction	15:02	14:36	14:16	

111.8	69.5	<b>Doon, Co Limerick 50km/h signs</b>	15:06	14:39	14:19	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
112.2	69.7	Turn right at T-junction at Centra (Dir: Limerick 27km) onto R505	15:07	14:40	14:20	
112.4	69.8	Left turn at 'Whelan's Bar' leaving Doon onto R507 <b>Caution: Sharp junction - easily missed</b>	15:07	14:40	14:20	
117.0	72.7	<b>Caution: Right over narrow bridge</b>	15:15	14:47	14:26	Caution Required
120.7	75.0	Turn right at crossroads onto N24 (Dir: Limerick, Pallasgreen)	15:21	14:52	14:30	<b>Turning onto major road Marshals/Gardaí well ahead</b>
125.6	78.0	<b>Pallasgreen, Co Limerick 50km/h signs</b>	15:29	14:59	14:37	<b>Caution Essential</b>
125.7	78.1	Turn left immediately after E. O'Dwyer Bar on LHS <b>Caution: Unsigned junction - easily missed</b>	15:29	14:59	14:37	
126.4	78.5	'Old Pallas' CAT 3 KOH: Starts at school sign on LHS	15:30	15:00	14:38	Caution Required
128.3	79.7	'Old Pallas' CAT 3 KOH: Finishes at 'Old Pallas' sign on LHS	15:33	15:03	14:40	
129.2	80.3	Turn right at Y-Junction (Dir: Herbertstown 7km)	15:35	15:04	14:41	
133.9	83.2	Right at Y-Junction <b>Caution: Unsigned junction</b>	15:43	15:11	14:47	Caution Required
136.6	84.9	<b>25KM remaining at blue bungalow titled 'Acorn Cottage' on LHS</b>	15:47	15:15	14:50	Caution Required
136.9	85.1	<b>Herbertstown, Co Limerick 50km/h signs</b>	15:48	15:15	14:51	
137.1	85.2	Straight through traffic lights <b>Caution: Pedestrian crossing at traffic lights</b>	15:48	15:15	14:51	
137.4	85.4	Turn left at T-Junction (Dir: Hospital 6km) onto R513	15:49	15:16	14:51	<b>Caution Essential</b>
141.6	88.0	<b>20KM remaining at cream dormer bungalow on LHS with cream garage to rear</b>	15:56	15:22	14:57	Caution Essential
142.5	88.5	'Hospital' Hot Spot Sprint: At school signs on both LHS & RHS entering village <b>Caution: Large ramp on descent into village outside school</b>	15:57	15:23	14:58	
142.8	88.7	<b>Hospital, Co Limerick 50km/h signs</b>	15:58	15:24	14:58	
143.0	88.9	<b>Hospital, Co Limerick 50km/h signs</b>	15:58	15:24	14:58	Caution Essential
143.7	89.3	Turn right at the second O'Sullivan's Centra in Hospital on LHS (Dir: Bruff) onto R516	15:59	15:25	14:59	
151.6	94.1	<b>Bruff, Co Limerick 50km/h signs</b>	16:12	15:36	15:09	
151.6	94.2	<b>10KM remaining at 50km/h signs</b>	16:12	15:36	15:09	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
152.3	94.6	Turn left at T-Junction at Meany's Decorators (Dir: Kilmallock R512)	16:13	15:37	15:10	
152.8	94.9	<b>Caution: Bridge leaving Bruff</b>	16:14	15:38	15:11	
156.6	97.3	<b>5KM remaining at 'R.J. McAuliffe' store on RHS</b>	16:21	15:43	15:15	Caution Required
157.6	97.9	<b>4KM remaining at stone front bungalow on LHS at entrance to LS1209</b>	16:22	15:45	15:17	
158.6	98.5	<b>3KM remaining at 'T.M. Deady Veterinary Surgeon' on LHS</b>	16:24	15:46	15:18	
159.6	99.2	<b>2KM remaining at twin stone pillars &amp; red brick entrance on RHS</b>	16:26	15:48	15:19	Caution Required
160.6	99.8	<b>1KM remaining at sign on LHS (Dir: Kildorrery etc) at end of bridge entering Kilmallock</b>	16:27	15:49	15:20	
161.0	100.0	<b>Kilmallock, Co Limerick</b>	16:28	15:50	15:21	
161.1	100.1	<b>500M remaining at Kilmallock Castle</b>	16:28	15:50	15:21	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
161.6	100.4	<b>Finish at Spar Shop on LHS (Podium on LHS)</b>	16:29	15:50	15:22	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
<b>Post Stage Details</b>						
<b>TEAM CAR DEVIATION:</b> Cars must turn right 400M before the finish line into council carpark at Gammell's Car Sales (immediately after castle on RHS).						
<b>VERY IMPORTANT:</b> Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.						



# RÁS TAILTEANN

## Stage 1 - 161.6km Wednesday 20th May 2026

Sign-On & Parking: O'Moore Park  
N 53°1'36.7", W 7°18'14.2"

KEY	
	Neutralised Start
	Race Start
	Hot Spot Sprint
	KOH - Cat 3
	Feed Zone
	Finish
	Neutralised Route
	Race Route

**DOLLA 3**

**BOLLINGBROOK 3**

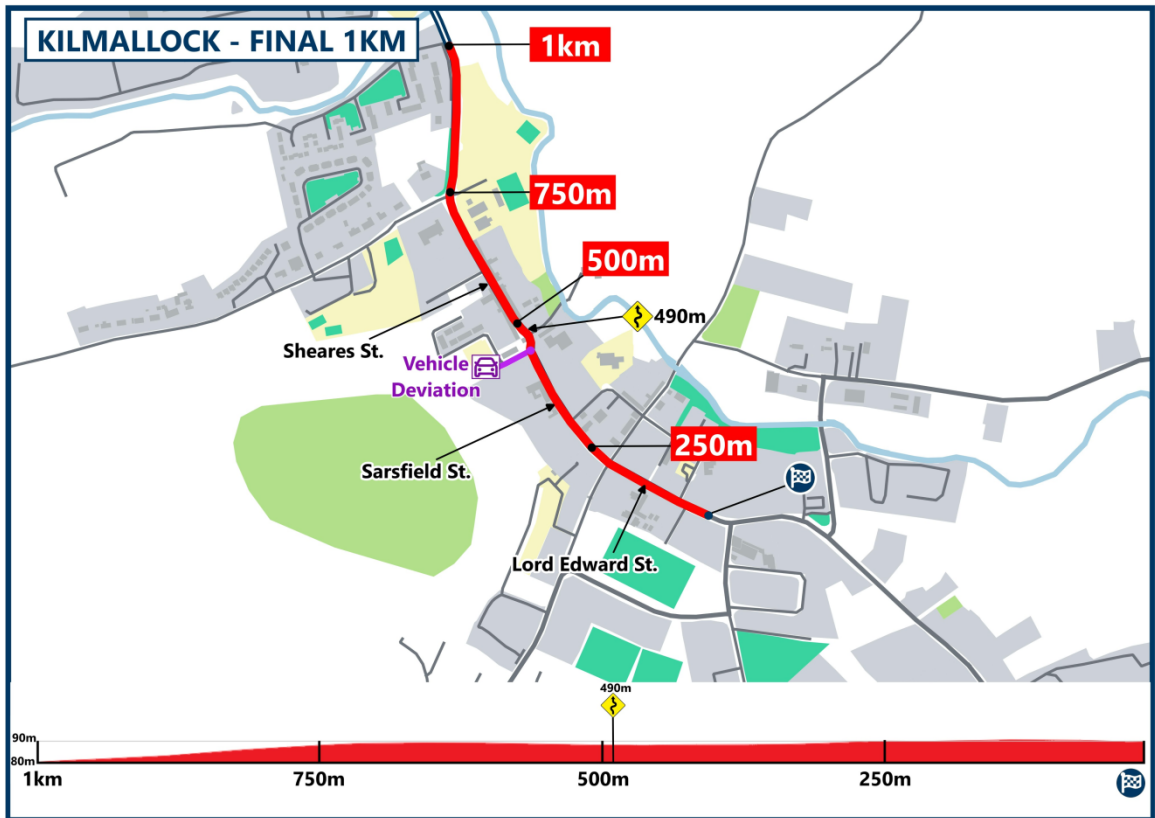
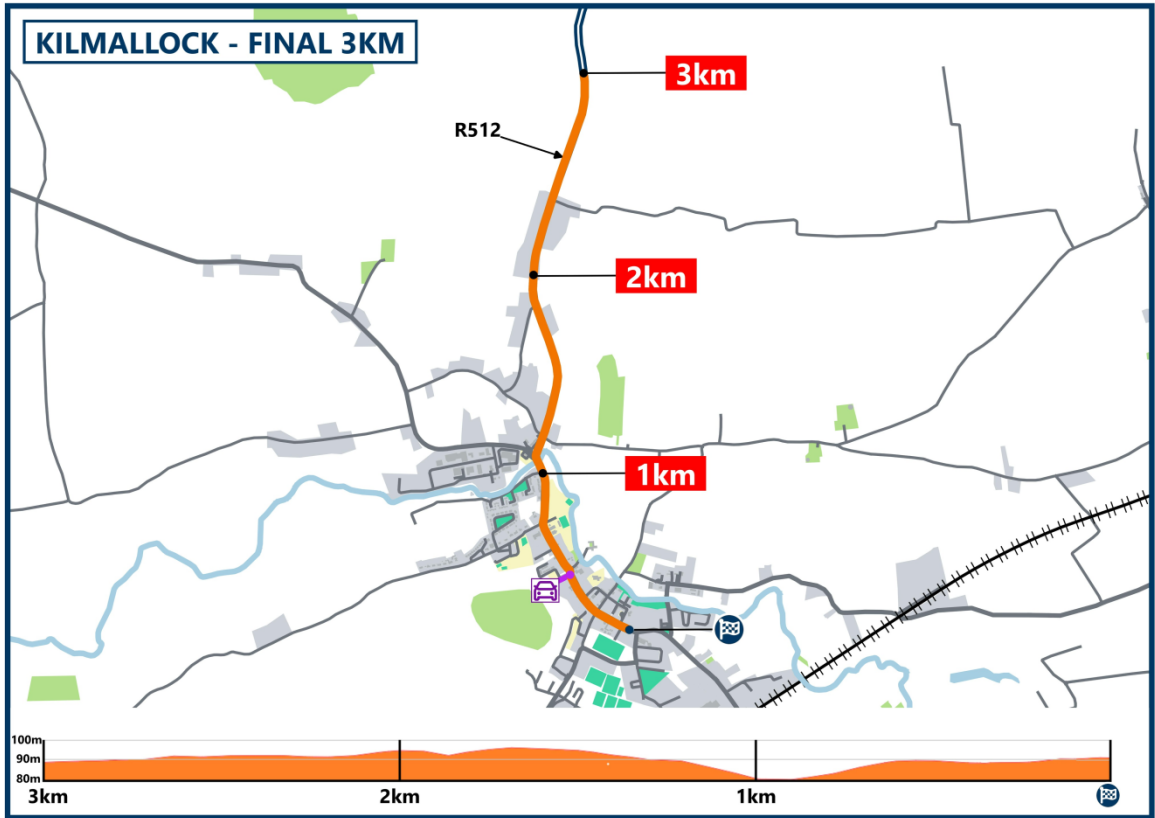
**OLD PALLAS 3**

**BORRISOLEIGH**  
Feed Zone: R498  
N 52°45'17.1", W 8°0'15.5"

**HOSPITAL**

Finish Team Parking: Council Car Park  
N 52°24'3.5", W 8°34'38.3"





**Stage 2: Rathmore to Banteer (192.7 KM)**  
**Thursday, May 21st 2026**

Pre Stage Details

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the 71st edition of this very special event. Stage 2 brings us from Rathmore to Banteer over a distance of 192.7km. There are six King of the Mountains climbs: Morley's Bridge (Category 3) at 25.1km, Caha Pass (Category 2) at 59.2km, Glengarriff (Category 3) at 71.8km, Cougane Gap (Category 2) at 93.8km, Cuan Mhuire (Category 3) at 134.5km and Lyre (Category 3) at 169.7km.

**Sign-on:** Knocknagree GAA Club, Scrahan, Knocknagree, Co. Cork, P51 EF66 from 08:45am to 10:00am. Advance vehicles must have departed by 10:20am or otherwise wait until after the riders have left.

**Rider assembly:** All riders must assemble at the gates of Knocknagree GAA Club at 10:30am, departing at 10:35am to proceed to Rathmore Community Centre for a ceremonial ceremony. Riders will depart Rathmore Community Centre at 10:53am to head to 0.0km signs.

**Directions from sign on to ceremonial start:** Riders will exit Knocknagree GAA Club, turning left onto the road, continue along the R582 for 4.6km through Knocknagree village, then at the crossroads turn left. Continue to the crossroads in the middle of Rathmore, turning right (at the Renault Garage) with the Community Centre located on the RHS.

**Team cars:** Follow riders as above.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

It is also important that teams, officials and spectators park considerably and tightly within designated areas to ensure space for everyone.

Be safe, enjoy it (if that's possible!) — four stages lie ahead.

Thank you all very much and best of luck!

Km	Mile	Location				Notes
0.0	0.0	Ceremonial start at Rathmore Community Centre				
3.8	2.4	OKM signs at Reen's Peugeot Garage on RHS				
Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	OKM signs at Reen's Peugeot Garage on RHS	11:00	11:00	11:00	
2.8	1.7	Caution: Right hand bend over bridge	11:04	11:04	11:03	Caution Required
5.1	3.2	Barraduff, Co Kerry 50km/h signs	11:08	11:07	11:06	Caution Required
5.2	3.2	Left turn (Dir: Glenflesk 6KM, Headford 2KM) immediately before Murphy Autos on R570 <b>Caution: Sharp junction - easily missed</b>	11:08	11:07	11:06	<b>Sharp junction Several markings needed</b>
7.3	4.5	Keep right at Y-Junction	11:12	11:10	11:09	Caution Required
7.7	4.8	<b>Caution: Sharp left under bridge followed by immediate right</b>	11:12	11:11	11:09	<b>Caution Essential</b>
11.0	6.8	<b>Caution: Narrow bridge</b>	11:18	11:15	11:13	Caution Required
11.1	6.9	Left turn at T-Junction at Swift Filling Station (Dir: Macroom 34KM) on N22	11:18	11:15	11:13	<b>Turning onto major road Marshals/Gardaí well ahead</b>
16.2	10.1	Right turn off N22 (Dir: Kenmare R569, Kilgarvan 14KM) onto R569	11:27	11:23	11:20	<b>Caution Essential</b>
22.6	14.0	'Morley's Bridge' CAT 3 KOH: Starts at sign for Rossacroo Forest on LHS	11:37	11:32	11:28	
25.1	15.6	'Morley's Bridge' CAT 3 KOH: Finishes at small green shed on LHS	11:41	11:35	11:31	
30.0	18.6	30KM completed at 60km/h signs on both LHS and RHS entering Kilgarvan	11:50	11:42	11:37	
30.4	18.9	Kilgarvan, Co Kerry 50km/h signs	11:50	11:43	11:38	Caution Required
40.3	25.0	Kenmare, Co Kerry 50km/h signs	12:07	11:57	11:50	
41.1	25.5	Mini roundabout at 'The Lansdowne': Straight through (Dir: N71 All Routes)	12:08	11:58	11:51	<b>Caution Essential</b>
41.4	25.7	Mini roundabout at 'Morgans Hair Salon': 1st exit - left (Dir: Castletownbere N71)	12:09	11:59	11:51	
50.4	31.3	Bonane, Co Kerry 50km/h signs	12:24	12:12	12:03	Caution Required
54.1	33.6	<b>Caution: Bridge over Baurearagh River</b>	12:30	12:17	12:07	Caution Required
54.1	33.6	'Caha Pass Tunnel Road' CAT 2 KOH: Starts at bridge	12:30	12:17	12:07	
58.0	36.0	<b>Caution: First tunnel</b>	12:36	12:22	12:12	
58.2	36.2	<b>Caution: Second tunnel (split into two)</b>	12:37	12:23	12:12	<b>Caution Essential</b>
59.0	36.7	<b>Caution: Third tunnel</b>	12:38	12:24	12:13	
59.2	36.8	'Caha Pass Tunnel Road' CAT 2 KOH: Finishes at 80km/h sign immediately after the 3rd tunnel	12:38	12:24	12:14	
67.7	42.1	Glengarriff, Co Cork 50km/h signs	12:52	12:36	12:24	<b>Caution Essential</b>
68.9	42.8	'Glengarriff' CAT 3 KOH: Starts at 'Eccles Hotel' on LHS	12:54	12:38	12:26	
68.9	42.8	Feed Zone: Starts at 'Eccles Hotel' on LHS	12:54	12:38	12:26	
69.6	43.2	Feed Zone: Finishes at Bay View Guest House on RHS	12:56	12:39	12:27	
71.8	44.6	'Glengarriff' CAT 3 KOH: Finishes 100M before school signs on both LHS & RHS	12:59	12:42	12:29	
78.8	49.0	Ballylickey, Co Cork 50km/h signs	13:11	12:52	12:38	
79.7	49.5	Straight at complex junction (Dir: Macroom R584, Crookstown R585)	13:12	12:53	12:39	
81.5	50.6	Pearson's Bridge, Co Cork	13:15	12:56	12:41	Caution Required
84.0	52.2	Kealkill, Co Cork 50km/h signs	13:20	13:00	12:45	
84.4	52.4	Turn right off R584 at Y-Junction at 'Burke's Foodstore' (Dir: Crookstown 45KM, Coppeen 30KM) onto R585	13:20	13:00	12:45	
84.4	52.4	'Cougane Gap' CAT 2 KOH: Starts immediately after right turn	13:20	13:00	12:45	
93.8	58.3	'Cougane Gap' CAT 2 KOH: Finishes at layby and sign on LHS for 'Cougane Gap'	13:36	13:14	12:57	

108.7	67.5	Turn left at T-Junction (Dir: Crookstown R585)	14:01	13:35	13:15	
110.1	68.4	Turn right at Y-Junction (Dir: Crookstown)	14:03	13:37	13:17	
114.7	71.3	<b>Coppeen, Co Cork</b>	14:11	13:43	13:23	
125.4	77.9	<b>Béal na Bláth, Co Cork</b>	14:29	13:59	13:36	Caution Required
128.4	79.8	<b>Crookstown, Co Cork 50km/h signs</b>	14:34	14:03	13:40	
128.7	80.0	Turn right at T-Junction at 'Clifford's Bar' in Crookstown	14:34	14:03	13:40	
131.0	81.4	Turn right at T-Junction onto N22 (Dir: Cork, Ballincollig 16KM)	14:38	14:07	13:43	Turning onto major road Marshals/Gardaí well ahead
131.9	82.0	Turn left off N22 (Dir: Coachford, Farnanes R619) onto R616	14:39	14:08	13:44	Caution Required
132.2	82.1	Turn left at Y-Junction at 'The Castlemore Arms' (Dir: Coachford 9KM R619)	14:40	14:08	13:45	
132.3	82.2	'Cuan Mhuire' CAT 3 KOH: Starts immediately following junction	14:40	14:09	13:45	
134.5	83.6	Cuan Mhuire' CAT 3 KOH: Finishes at pole with transformer on LHS immediately before sharp right-hand bend	14:44	14:12	13:48	
135.8	84.4	Turn left to follow road (Dir: Coachford)	14:46	14:14	13:49	
137.4	85.4	Turn right at Y-Junction to follow road	14:49	14:16	13:51	Caution Required
139.4	86.6	<b>Caution: Bridge entering Coachford</b>	14:52	14:19	13:54	
140.1	87.1	<b>Coachford, Co Cork 50km/h signs</b>	14:53	14:20	13:55	Caution Essential
140.7	87.4	<b>Caution: Ramps in Coachford</b>	14:54	14:21	13:55	
141.0	87.6	Turn right at crossroads at 'Murphy's Bar' in Coachford centre on R618	14:55	14:21	13:56	
144.4	89.7	<b>Dripsey, Co Cork 50km/h signs</b>	15:00	14:26	14:00	
144.5	89.8	Right over bridge entering Dripsey	15:00	14:26	14:00	
144.7	89.9	Turn left at 'The Weigh Inn Pub' (Dir: Model Village)	15:01	14:26	14:00	
147.3	91.5	<b>Caution: Left over narrow bridge and immediate right</b>	15:05	14:30	14:04	Caution Required
148.0	92.0	Turn right at T-Junction at stop sign (Dir: Donoughmore 8KM) on R619	15:06	14:31	14:05	
149.5	92.9	Turn left at Y-Junction (Dir: Donoughmore)	15:09	14:33	14:06	
153.4	95.3	Turn left at Crean's crossroads (Dir: Kanturk, Nad) onto R579	15:15	14:39	14:11	
167.7	104.2	<b>25KM remaining at sign on LHS entering Nad for Kanturk, Lombardstown</b>	15:39	14:59	14:29	
167.8	104.3	<b>Nad, Co Cork 50km/h signs</b>	15:39	14:59	14:29	
167.9	104.3	Left at Y-Junction immediately after 'Nadd Pub' (Dir: Lyre 3KM)	15:39	14:59	14:29	Caution Required
168.0	104.4	'Lyre' CAT 3 KOH: Starts at 60km/h sign on LHS	15:40	15:00	14:30	
169.7	105.4	'Lyre' CAT 3 KOH: Finishes at slow through village sign on LHS	15:42	15:02	14:32	
169.7	105.4	<b>Lyre, Co Cork</b>	15:42	15:02	14:32	
169.9	105.6	<b>Caution: Serious of ramps through Lyre</b>	15:43	15:02	14:32	Caution Required
172.1	106.9	Right at Y-Junction (unsigned) to leave main road (sign on LHS for Lyre 2KM)	15:46	15:05	14:35	Sharp junction Several markings needed
172.7	107.3	<b>20KM remaining on descent with sign 'Sunday Well Mass Rock'</b>	15:47	15:06	14:35	
173.8	108.0	Left at T-Junction (Dir: Banteer 4KM R579)	15:49	15:08	14:37	Caution Required
175.3	108.9	Turn right (Dir: Mount Hillary Trail Head 3.5KM)	15:52	15:10	14:39	Sharp junction Several markings needed
175.4	109.0	<b>Caution: Bridge</b>	15:52	15:10	14:39	
179.6	111.6	<b>Caution: 2 x narrow bridges</b>	15:59	15:16	14:44	Caution Essential
180.2	112.0	Straight at stop sign through crossroads	16:00	15:17	14:45	
182.7	113.5	<b>10KM remaining at forestry entrance on RHS</b>	16:04	15:21	14:48	
183.2	113.8	Sharp left turn at acute bend at junction (immediately before Crowley's)	16:05	15:21	14:49	
184.4	114.6	Left at T-Junction (unsigned) after railway bridge	16:07	15:23	14:50	Caution Essential
185.7	115.4	Keep right at Y-Junction (unsigned)	16:09	15:25	14:52	
187.1	116.3	Left at T-Junction (Dir: Banteer 5KM)	16:11	15:27	14:53	
187.7	116.6	<b>5KM remaining at double green gates on RHS</b>	16:12	15:28	14:54	
188.7	117.3	<b>4KM remaining at large double transformers on LHS</b>	16:14	15:29	14:55	
189.7	117.9	<b>3KM remaining at large house on RHS 'Murphy's New Homes'</b>	16:16	15:31	14:57	
190.7	118.5	<b>2KM remaining at cemetery on RHS behind wall</b>	16:17	15:32	14:58	
191.7	119.1	<b>1KM remaining at black 'Welcome to Banteer' sign on LHS</b>	16:19	15:33	14:59	
191.8	119.2	<b>Banteer, Co Cork</b>	16:19	15:34	14:59	
192.2	119.4	<b>500M remaining at signs on LHS for school ahead &amp; 50km/h signs</b>	16:20	15:34	15:00	
192.2	119.4	<b>Caution: Ramps x 2</b>	16:20	15:34	15:00	
192.5	119.6	Straight through crossroads in Banteer <b>Caution: Crossroads slightly staggered</b>	16:20	15:35	15:00	Extreme Caution Essential Marshals/Gardaí well ahead
192.7	119.7	Finish at house number 3 on RHS directly across from gap to the right of stone two storey house (Podium on RH	16:21	15:35	15:00	Extreme Caution Essential Marshals/Gardaí well ahead
<b>Post Stage Details</b>						
<b>TEAM CAR DEVIATION:</b> All team cars are to deviate by turning right at the crossroads at 192.5KM and follow signage into Banteer Sports Centre. Note you will be crossing a railway line so prepare to stop if necessary and please proceed with full caution when approaching & crossing the railway line.						
<b>VERY IMPORTANT:</b> Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.						



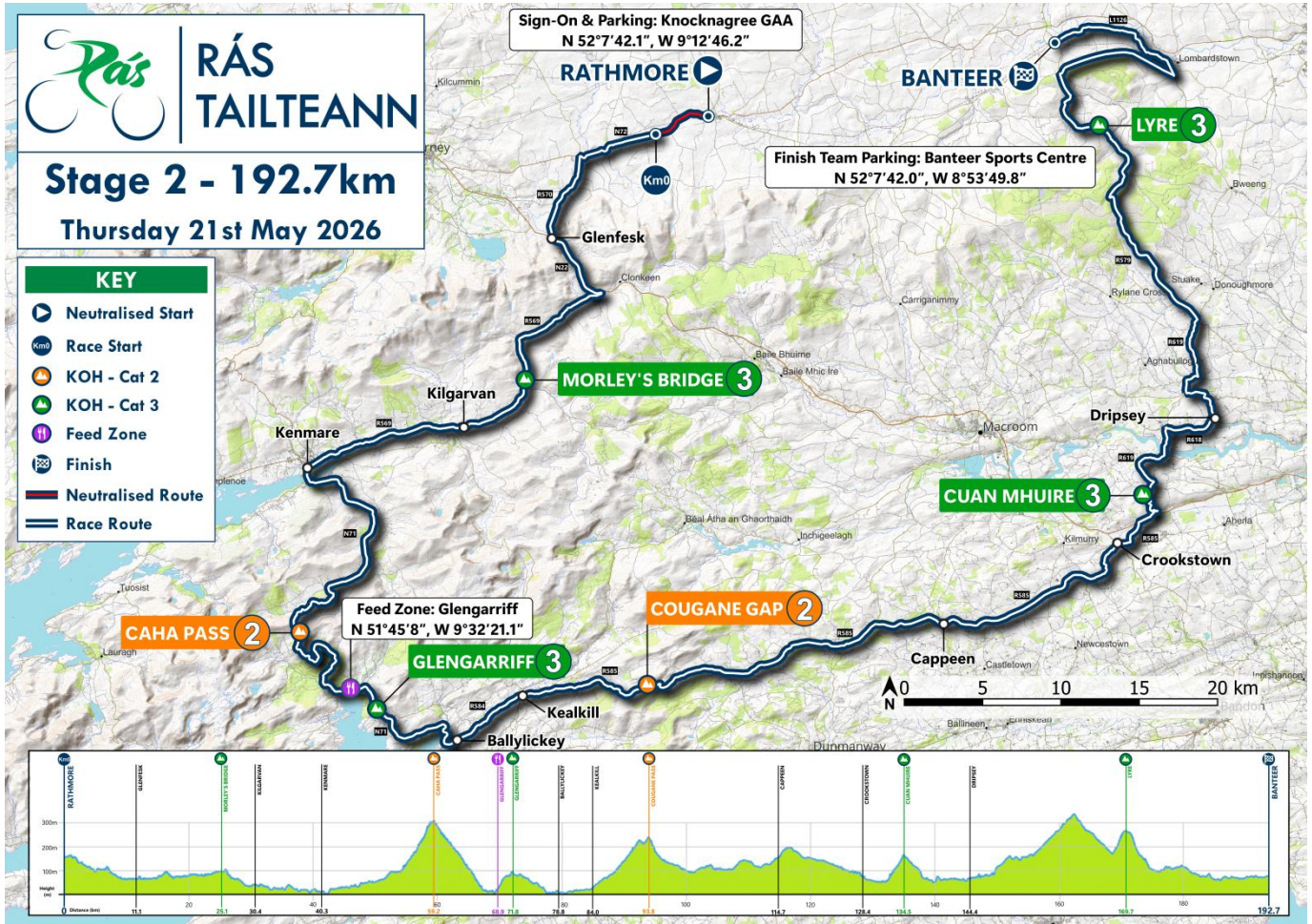
# RÁS TAILTEANN

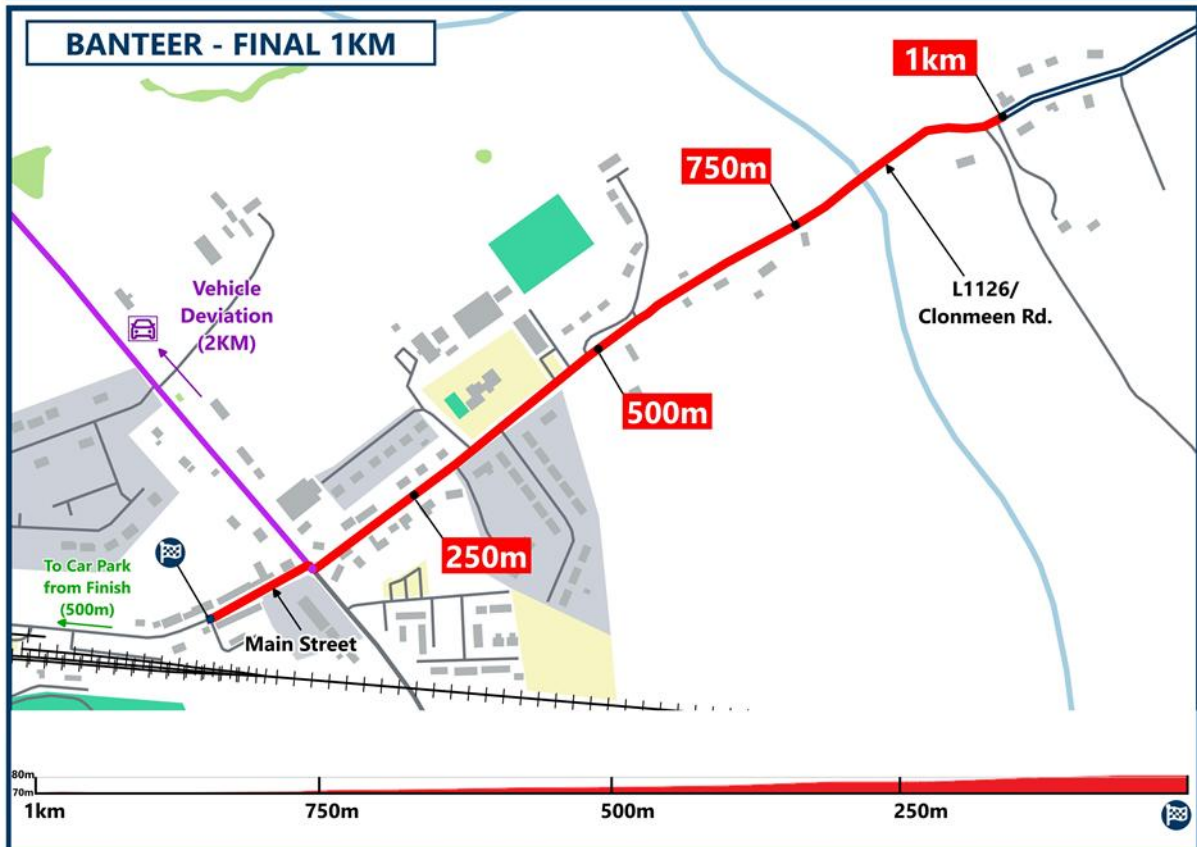
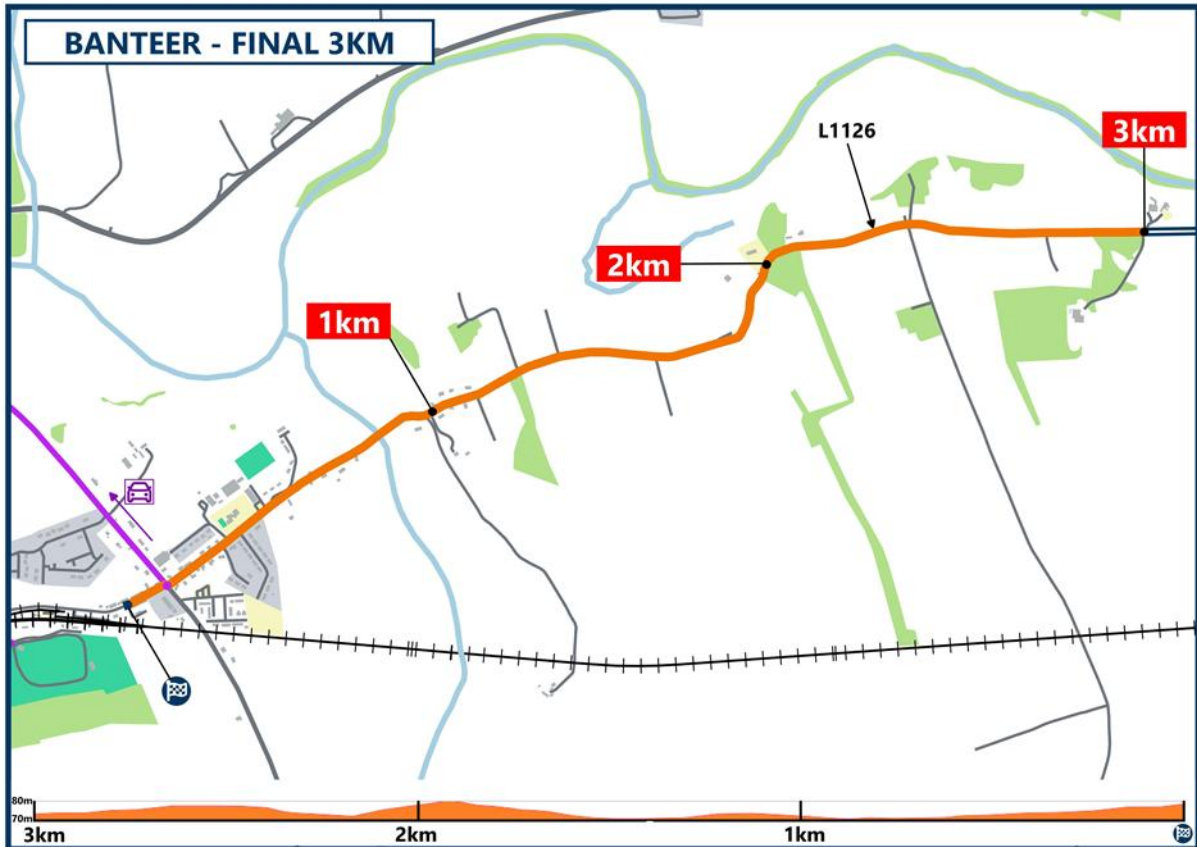
## Stage 2 - 192.7km

Thursday 21st May 2026

### KEY

- Neutralised Start
- Race Start
- KOH - Cat 2
- KOH - Cat 3
- Feed Zone
- Finish
- Neutralised Route
- Race Route





### Stage 3: Mitchelstown to Enniscorthy (155.6 KM)

Friday, May 22nd 2026

Pre Stage Details

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the 71st edition of this very special event. Stage 3 brings us from Mitchelstown to Enniscorthy over a distance of 155.6km. There are three King of the Mountains climbs: Mill Street (Category 3) at 101.3km, Kilfane Glen (Category 3) at 107.1km and Ross (Category 3) at the finish line.

**Sign-on:** Mitchelstown GAA Club, Limerick Road, Mitchelstown, Co. Cork, P67 CC03 from 08:45am to 10:00am. Advance vehicles must have departed by 10:20am or otherwise wait until after the riders have left.

**Rider assembly:** All riders must assemble at the gates of Mitchelstown GAA Club at 10:35am, departing at 10:40am to proceed to the ceremonial start. Riders will depart at 10:55am to head to 0.0km signs.

**Directions from sign on to ceremonial start:** Riders will exit Mitchelstown GAA Club, turning right onto the road, continue to Aldi roundabout at 0.4km, taking the 2nd exit straight (Dir: Mitchelstown), continue to 1.2km and turn right at traffic lights at Inver onto Baldwin Street, continue to 1.9km and turn left at traffic lights at the church, continue to 2.2km to crossroads with traffic lights and turn left (Dir: Dublin R513), continue to 2.5km where riders will be stopped at SuperValu.

**Team cars:** Team cars are to exit Mitchelstown GAA Club, turn right onto the road, then take the 1st exit left at the Aldi roundabout and park on the hard shoulder on the LHS once riders have left.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

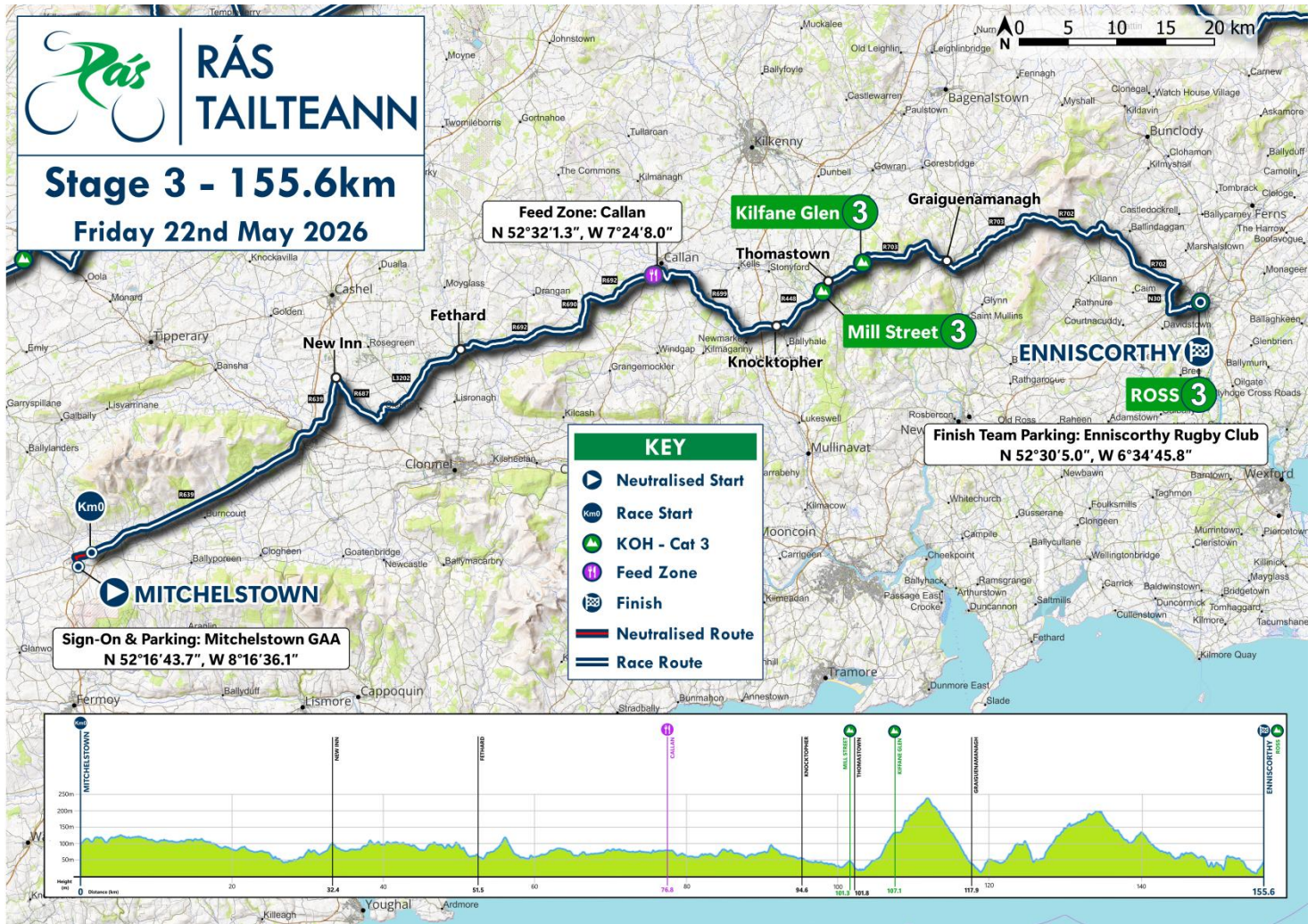
It is also important that teams, officials and spectators park considerately and tightly within designated areas to ensure space for everyone.

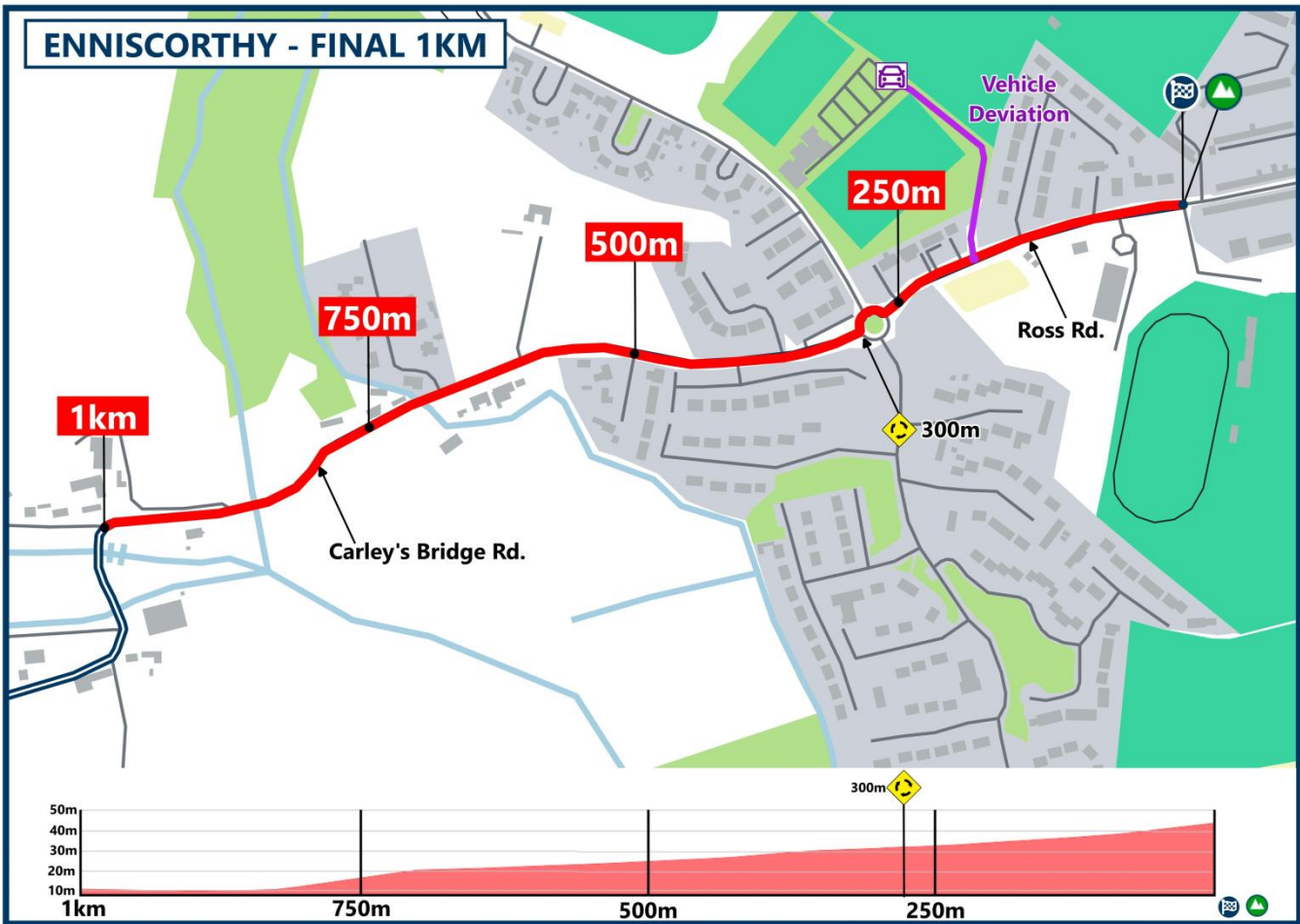
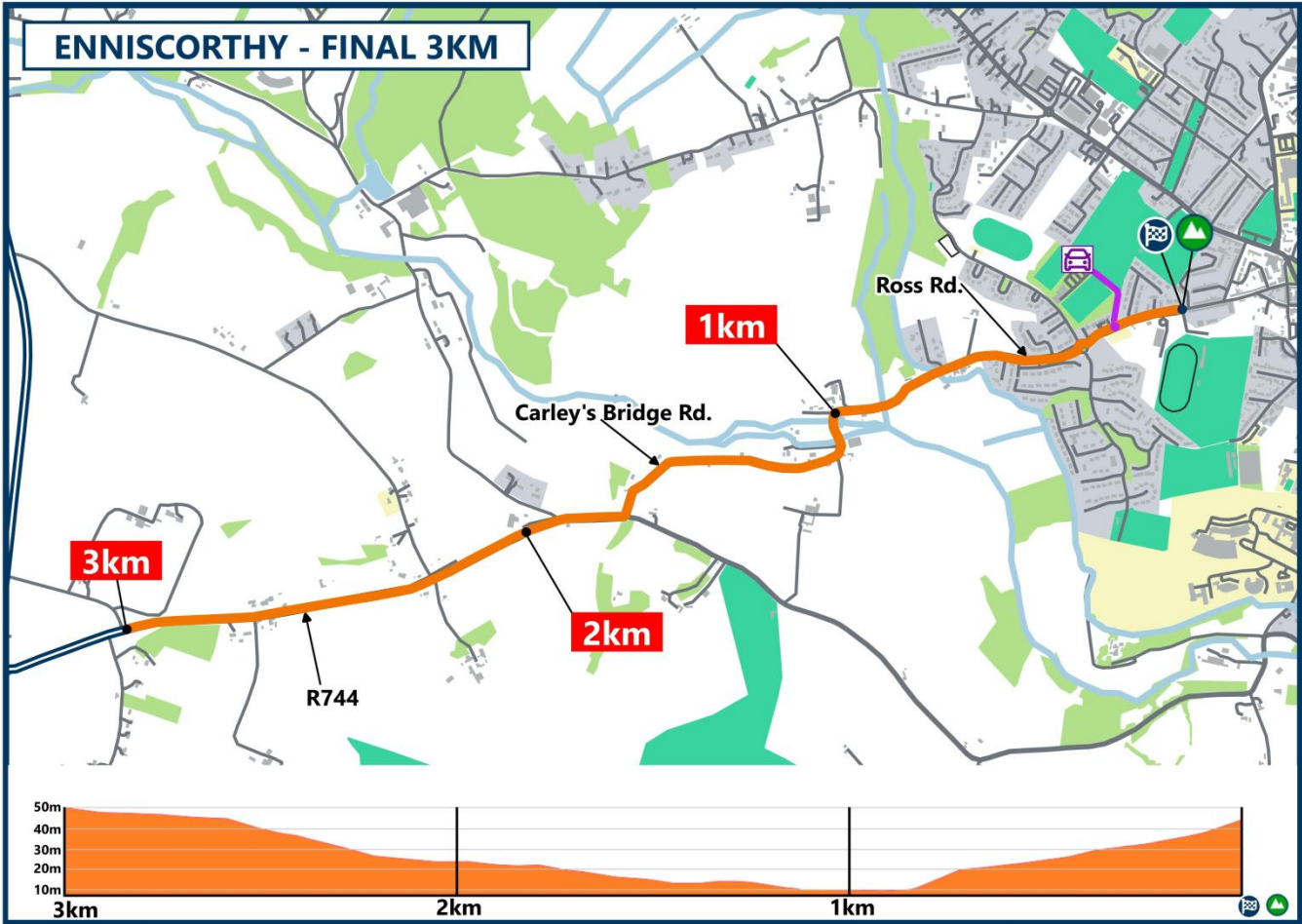
Be safe, enjoy it (if that's possible!) — three stages lie ahead.

Thank you all very much and best of luck!

Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	<b>Ceremonial start in Mitchelstown Square (across from SuperValu)</b>				
0.3	0.2	Straight through traffic lights				
0.5	0.3	<b>Caution: Ramp at Aldi</b>				
1.0	0.6	Roundabout (at hotel): 3rd exit - right (Dir: Cahir 28KM)				
2.7	1.7	<b>OKM signs at 100km/h sign on LHS (on N73) immediately after I90813 on LHS</b> <b>Note: Ignore 1st set of 100km/h signs after roundabout</b>				
Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	<b>OKM signs at 100km/h sign on LHS (on N73)</b>	11:00	11:00	11:00	
2.2	1.4	Roundabout: 1st exit - straight (Dir: Kilbenny R639)	11:03	11:03	11:02	
3.2	2.0	<b>Welcome to County Limerick sign on LHS</b>	11:05	11:04	11:04	
3.3	2.1	<b>Kilbenny, Co Limerick 50km/h signs</b>	11:05	11:04	11:04	
7.4	4.6	<b>Skeheenarinky, Co Tipperary</b>	11:12	11:10	11:09	Caution Required
18.9	11.7	Roundabout: 3rd exit - right (Dir: Cahir R639)	11:31	11:27	11:23	
19.1	11.9	Roundabout: 1st exit - left (Dir: Cahir R639)	11:31	11:27	11:23	
25.1	15.6	Tipperary Road Roundabout: 2nd exit - straight (Dir: Waterford/Cashel N24)	11:41	11:35	11:31	<b>Caution Essential</b>
27.5	17.1	New Inn Road Roundabout: 3rd exit - right (Dir: Cashel/New Inn R639)	11:45	11:39	11:34	Caution Required
30.0	18.6	<b>30km completed at sign on RHS 'Cashel 11KM' beside road to right</b>	11:50	11:42	11:37	
32.4	20.1	<b>New Inn, Co Tipperary 50km/h signs</b>	11:54	11:46	11:40	
33.0	20.5	Turn right at 'Ollie's Lounge' (Dir: Clonmel/Fethard R687) <b>Caution: Sharp junction - easily missed</b>	11:55	11:47	11:41	<b>Sharp junction Several markings needed</b>
39.1	24.3	<b>Poulnucka, Co Tipperary</b>	12:05	11:55	11:48	
39.5	24.5	Turn left at Poulnucka Pub on LHS (Dir: Fethard L3202)	12:05	11:56	11:49	Caution Required
42.7	26.5	Turn left (sign on RHS for Clerihan 3KM) <b>Caution: Sharp junction - easily missed</b>	12:11	12:01	11:53	<b>Sharp junction Several markings needed</b>
44.3	27.5	Straight through crossroads (Dir: Fethard 8KM L3202)	12:13	12:03	11:55	
50.9	31.6	Turn left at T-Junction (Dir: Fethard 1KM R689)	12:24	12:12	12:03	
51.5	32.0	<b>Fethard, Co Tipperary 50km/h signs</b>	12:25	12:13	12:04	<b>Caution Essential</b>
51.8	32.2	<b>Caution: Pedestrian crossing in Fethard</b>	12:26	12:14	12:04	
52.2	32.4	Turn right at Garda Station on LHS (Dir: Cloneen)	12:27	12:14	12:05	
52.3	32.5	Keep left (Dir: Cloneen R692)	12:27	12:14	12:05	
59.2	36.8	<b>Cloneen, Co Tipperary 50km/h signs</b>	12:38	12:24	12:14	Caution Required
65.3	40.6	Right over bridge (Dir: Mullinahone 3KM) <b>Caution: Narrow bridge after bend</b>	12:48	12:33	12:21	<b>Caution Essential</b>
65.5	40.7	Keep left at Y-Junction to stay on main road (Dir: Mullinahone 3KM)	12:49	12:33	12:21	Caution Required
67.3	41.8	Turn left at Compsy Creamery (Dir: Mullinahone 1KM)	12:52	12:36	12:24	
67.9	42.2	<b>Mullinahone, Co Tipperary 50km/h signs</b>	12:53	12:37	12:24	<b>Caution Essential</b>
68.8	42.8	Turn right at 'The Stack of Barley' Pub in Mullinahone <b>Caution: Unsigned junction - easily missed</b>	12:54	12:38	12:26	<b>Sharp junction Several markings needed</b>
76.4	47.5	Turn left at T-Junction onto N76 (Dir: Callan 2KM)	13:07	12:49	12:35	<b>Turning onto major road Marshals/Gardai well ahead</b>
76.8	47.7	<b>Feed Zone: Starts at green sign on LHS 'Dublin 144KM' on N76</b>	13:08	12:49	12:36	
77.2	48.0	<b>Feed Zone: Finishes at brown sign on LHS for Callan to the right</b>	13:08	12:50	12:36	
77.4	48.1	Turn right off N76 (Dir: Callan R692, WindGap)	13:09	12:50	12:36	<b>Crossing major road Marshals/Gardai well ahead</b>
79.1	49.2	Turn left onto L1024 <b>Caution: Unsigned junction - easily missed</b>	13:11	12:53	12:38	<b>Sharp junction Several markings needed</b>
79.8	49.6	Turn left and immediately turn right at staggered crossroads (Dir: Knocktopher 15KM R699)	13:13	12:54	12:39	<b>Caution Essential</b>
83.7	52.0	<b>Caution: Narrow bridge</b>	13:19	12:59	12:44	Caution Required
86.5	53.7	Turn right at T-Junction (Dir: Carrick-On-Suir 22KM R697) & immediately turn left (Dir: Knocktopher 9KM R699)	13:24	13:03	12:48	<b>Caution Essential</b>
87.3	54.2	<b>Dunnamaggan, Co Kilkenny 50km/h signs</b> <b>Caution: Ramps in village</b>	13:25	13:04	12:49	
87.9	54.6	Keep right at Y-Junction to follow road (Dir: Knocktopher 7KM)	13:26	13:05	12:49	Caution Required
92.2	57.3	Turn left at T-Junction (Dir: Knocktopher 2KM)	13:33	13:11	12:55	
93.0	57.8	Roundabout: 2nd exit - straight (Dir: Thomastown R699, Knocktopher)	13:35	13:12	12:56	<b>Caution Essential</b>
93.2	57.9	Motorway roundabout: 2nd exit - straight (Dir: Thomastown, Stoneyford)	13:35	13:13	12:56	
94.6	58.8	<b>Knocktopher, Co Kilkenny 50km/h signs</b> <b>Caution: Ramp in village</b>	13:37	13:15	12:58	
94.7	58.8	Mini-roundabout: Straight (Dir: Thomastown R699)	13:37	13:15	12:58	Caution Required
94.8	58.9	Mini-roundabout: Straight (Dir: Thomastown R699)	13:38	13:15	12:58	
96.0	59.7	Turn left at crossroads (Dir: Thomastown 7KM R448)	13:40	13:17	13:00	<b>Caution Essential</b>

100.2	62.3	Jerpoint Abbey, Co Kilkenny on RHS	13:47	13:23	13:05	
100.6	62.5	'Mill Street' KOH CAT 3: Starts at overhead railway bridge	13:47	13:23	13:05	
101.3	62.9	'Mill Street' KOH CAT 3: Finishes at entrance to white house on RHS with wooden fence & wrought iron gate	13:48	13:24	13:06	
101.8	63.3	Thomastown, Co Kilkenny 50km/h signs	13:49	13:25	13:07	Extreme Caution Essential Marshals/Gardai well ahead
102.0	63.4	Caution: One way narrow road	13:50	13:25	13:07	
102.3	63.6	Caution: Bridge over River Nore	13:50	13:26	13:07	
102.4	63.6	Keep left onto Main Street Caution: Pedestrian crossing	13:50	13:26	13:08	
102.5	63.7	Keep right at Healy's Pharmacy Caution: Turning onto narrow road	13:50	13:26	13:08	
102.6	63.8	Turn right at 'Thomastown Inn' T-Junction	13:51	13:26	13:08	
102.7	63.8	Turn left at T-Junction at O'Hara's on RHS (Dir: New Ross, Graiguenamanagh)	13:51	13:26	13:08	
103.3	64.2	Turn left at Y-Junction (Dir: Graiguenamanagh R700)	13:52	13:27	13:09	
105.4	65.5	'Kilfane Glen' KOH CAT 3: Starts at green shed/workshop on LHS	13:55	13:30	13:11	
107.1	66.5	'Kilfane Glen' KOH CAT 3: Finishes at start of forestry on RHS	13:58	13:33	13:13	
108.0	67.1	Keep right to follow road (Dir: Graiguenamanagh)	14:00	13:34	13:15	Caution Required
117.8	73.2	Harristown Roundabout: 2nd exit - straight (Dir: Enniscorthy, Town Centre)	14:16	13:48	13:27	Extreme Caution Essential Marshals/Gardai well ahead
117.9	73.3	Graiguenamanagh, Co Kilkenny	14:16	13:48	13:27	
118.0	73.3	Caution: Narrow in Graiguenamanagh & bridge leaving village	14:16	13:48	13:27	
118.5	73.6	Welcome to County Carlow sign on LHS	14:17	13:49	13:28	Caution Essential
122.3	76.0	Straight at staggered crossroads (Dir: Ballymurphy 4KM, Killealy 14KM R703)	14:23	13:54	13:32	
126.7	78.7	Turn right at T-Junction (Dir: Enniscorthy R702)	14:31	14:01	13:38	
126.9	78.9	Ballymurphy, Co Carlow 50km/h signs	14:31	14:01	13:38	
130.6	81.2	5KM remaining at telephone pole on LHS across from end of area of overhanging evergreen trees on RH	14:37	14:06	13:43	Caution Required
135.6	84.3	20KM remaining at entrance to white two storey house on RHS (house is below road) with stone wall	14:46	14:13	13:49	
136.1	84.6	Killealy, Co Wexford 50km/h signs	14:46	14:14	13:50	
136.2	84.6	Turn left at T-Junction (Dir: Enniscorthy R702)	14:47	14:14	13:50	
145.6	90.5	10KM remaining at green farm buildings on RHS with green oil tank across from cream two-storey with brown door on LHS	15:02	14:28	14:02	
148.8	92.5	Roundabout: 3rd exit - right (Dir: New Ross N30)	15:08	14:32	14:06	Caution Essential
150.6	93.6	5KM remaining at steel bridge on by-pass over River Urrin	15:11	14:35	14:08	
151.6	94.2	4KM remaining at yellow diamond sign on LHS indicating roundabout 400M	15:12	14:36	14:09	
152.1	94.5	Roundabout: 1st exit - left (Dir: Enniscorthy R744)	15:13	14:37	14:10	Caution Essential
152.6	94.8	3KM remaining at road to left signed Davidstown L6106	15:14	14:38	14:10	
152.8	94.9	Jamestown, Co Wexford	15:14	14:38	14:11	
153.6	95.4	2KM remaining at yellow diamond sign on LHS indicating road narrows	15:16	14:39	14:12	
153.9	95.6	Turn left off R744 (Dir: Carley's Bridge L2039) Caution: Sharp junction - easily missed	15:16	14:39	14:12	Sharp junction Several markings needed
154.6	96.1	Caution: Humpback bridge	15:17	14:40	14:13	Caution Essential
154.7	96.1	Caution: Humpback bridge	15:17	14:41	14:13	
154.6	96.1	1KM remaining at right hand bend exiting second humpback bridge	15:17	14:40	14:13	
154.6	96.1	'Ross' KOH CAT 3: Starts at 1KM remaining	15:17	14:40	14:13	
155.1	96.4	500M remaining at grey wall on RHS at entrance to road of houses	15:18	14:41	14:13	
155.3	96.5	Roundabout: Straight at fish statue	15:18	14:41	14:14	Caution Essential
155.6	96.7	Finish at Greyhound Park on RHS (Podium on LHS) 'Ross' KOH CAT 3: Finishes at finish line	15:19	14:42	14:14	Extreme Caution Essential Marshals/Gardai well ahead
Post Stage Details						
TEAM CAR DEVIATION: Team cars are to deviate into Enniscorthy Rugby Pitch on LHS which is approximately 50M after the final fish statue roundabout.						
VERY IMPORTANT: Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.						





**Stage 4: Carlow to Baltinglass (141.6 KM)**

**Saturday, May 23rd 2026**

**Pre Stage Details**

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the 71st edition of this very special event. Stage 4 brings us from Carlow to Baltinglass over a distance of 141.6km. There are eight King of the Mountains climbs: Ballythomas (Category 2) at 40.8km, Monalea (Category 3) at 43.7km, Annagh Gap (Category 3) at 46.2km, Cronebeg (Category 3) at 71.4km, Garrymore (Category 2) at 79.4km, Glenmalure (Category 1) at 90.3km, Wicklow Gap (Category 1) at 104.8km and Slieve Corragh Gap (Category 3) at 119.3km.

**Sign-on:** Carlow County Council, Athy Road, Carlow Town, R93 E7R7 from 08:45am to 10:00am. Advance vehicles must have departed by 10:20am or otherwise wait until after the riders have left.

**Rider assembly:** All riders must assemble at gates of council offices at 10:40am, departing at 10:45am to proceed to the ceremonial start. Riders will depart at 10:53am to head to 0.0km signs.

**Directions from sign on to ceremonial start:** As below.

**Team cars:** Team cars are to follow riders through the ceremonial start as below.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

It is also important that teams, officials and spectators park considerably and tightly within designated areas to ensure space for everyone.

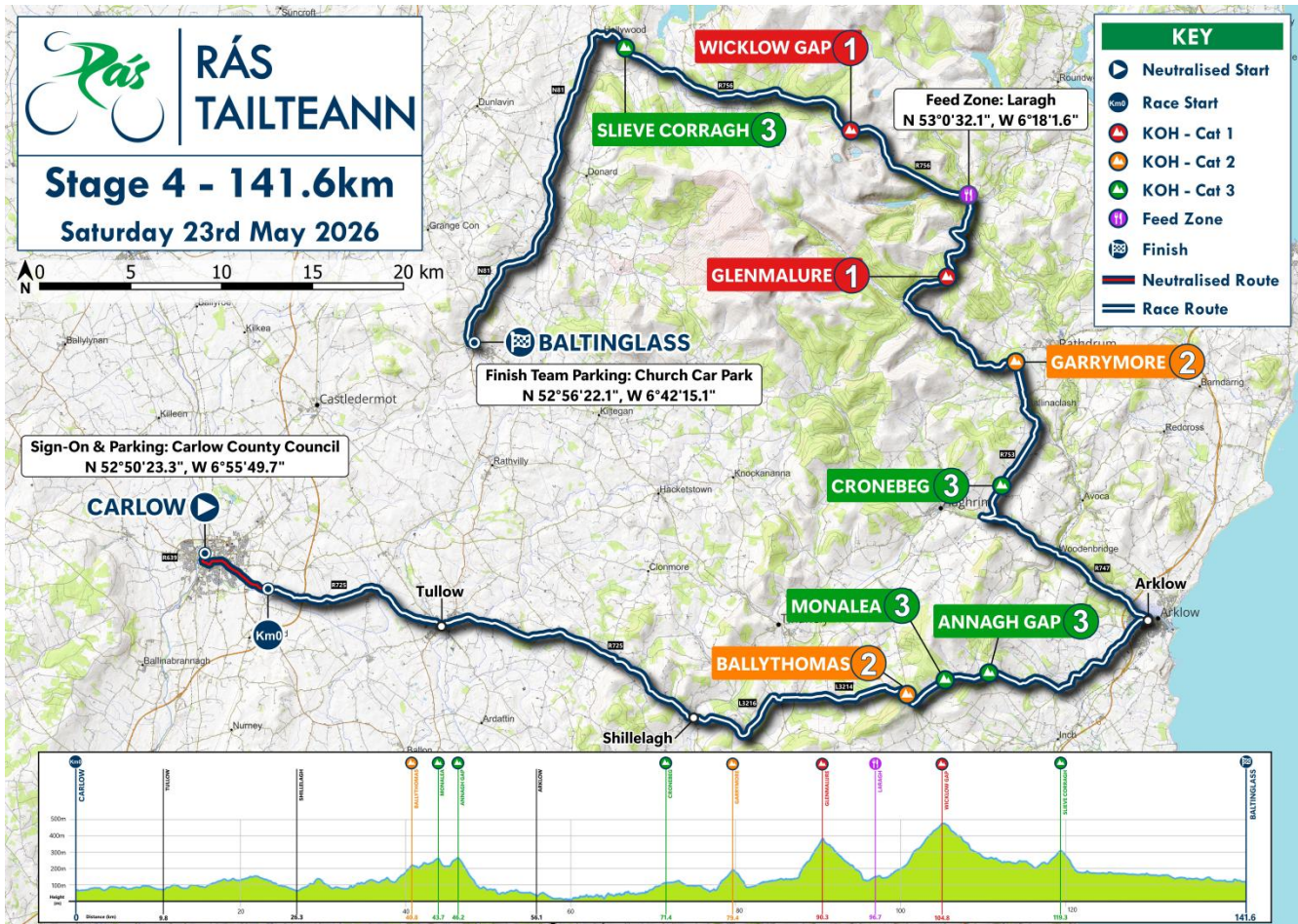
Be safe, enjoy it (if that's possible!) — two stages lie ahead.

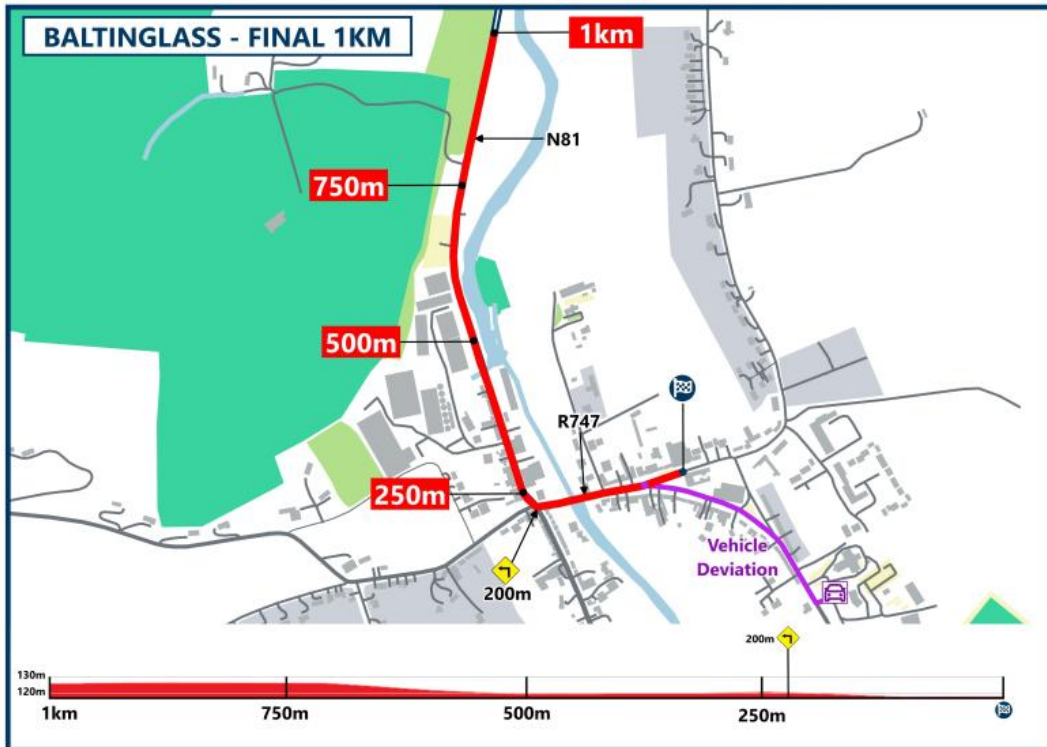
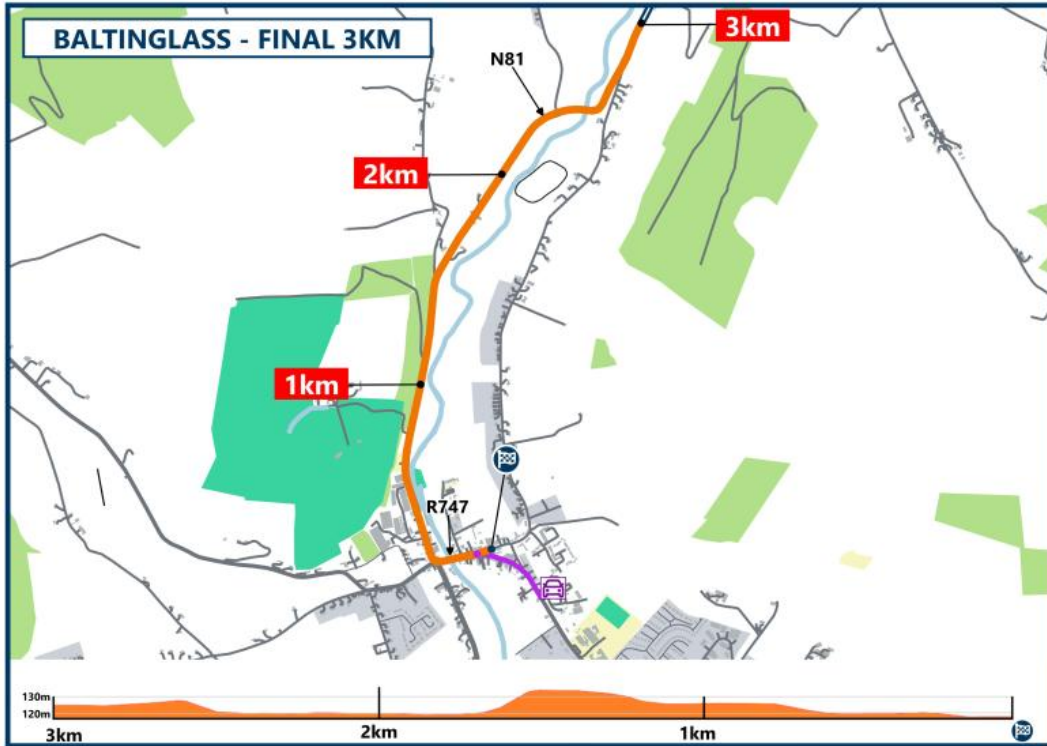
Thank you all very much and best of luck!

Km	Mile	Location				Notes
0.0	0.0	Depart Carlow County Council offices by turning left onto road and immediately right at car park				
0.1	0.1	Turn right at McNally Denture Clinic (Dir: Town Centre)				
0.3	0.2	Turn left onto Dublin Street (Dir: Town Centre)				
0.6	0.4	Turn left at crossroads at Post Office onto Kennedy Avenue				
0.8	0.5	Roundabout: 3rd exit - straight (Dir: M9, N10-N80)				
1.0	0.6	Roundabout: 1st exit - left at Mr Price onto Barrack St (Dir: Dublin M9, Rosslare)				
1.2	0.7	Riders to stop at Carpenters Pub on LHS for ceremonial ceremony				
0.0	0.0	Riders depart from Carpenters Pub				
0.1	0.1	Turn right at crossroads at Carpenters Bro Funeral Home on RHS (Dir: Rosslare)				
0.3	0.2	Roundabout (at Post Office on LHS): 2nd exit - straight under bridge				
0.6	0.4	Roundabout (at Carlow Credit Union): 2nd exit - straight				
0.8	0.5	<b>Caution: Ramped pedestrian crossing &amp; traffic island</b>				
0.8	0.5	Mini-roundabout: Straight through				
0.9	0.6	Tullow Road Roundabout: 2nd exit - straight (Dir: Enniscorthy N80, Tullow R725)				
1.1	0.7	<b>Caution: Series of traffic islands</b>				
2.1	1.3	Wallsforge Roundabout: 1st exit - left (Dir: Tullow 12KM R725)				
3.6	2.2	0KM signs at Kernanstown stone on LHS at entrance to estate (on R725)				

Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	0KM signs at Kernanstown stone on LHS at entrance to estate (on R725)	11:00	11:00	11:00	
9.8	6.1	Tullow, Co Carlow 50km/h signs	11:16	11:14	11:12	
10.2	6.3	Mini-roundabout: 2nd exit - right (Dir: Town Centre)	11:17	11:14	11:12	
10.6	6.6	Caution: Pedestrian crossing	11:17	11:15	11:13	Caution Required
10.7	6.6	Turn left at T-Junction over bridge (Dir: Rathvilly 10KM, Blessington) <b>Caution: Pedestrian crossing at junction</b>	11:17	11:15	11:13	Caution Essential
10.8	6.7	<b>Caution: Series of pedestrian crossings in Tullow</b>	11:18	11:15	11:13	Caution Required
11.1	6.9	Turn right at Y-Junction at Texaco Service Station (Dir: Shillelagh R725)	11:18	11:15	11:13	Caution Essential
11.3	7.0	<b>Caution: Pedestrian crossing (outside Health Centre)</b>	11:18	11:16	11:14	Caution Required
13.3	8.3	Welcome to County Wicklow sign on LHS	11:22	11:19	11:16	
13.8	8.6	Keep right at Y-Junction (signpost on RHS for Gorey)	11:23	11:19	11:17	
17.9	11.1	Straight through crossroads	11:29	11:25	11:22	Caution Required
19.2	11.9	Coolkenna, Co Wicklow	11:32	11:27	11:24	
26.3	16.3	Shillelagh, Co Wicklow 50km/h signs	11:43	11:37	11:32	
26.3	16.3	Keep right at Y-Junction over bridge	11:43	11:37	11:32	Caution Essential
26.5	16.5	Keep left at Quik Pick Shillelagh	11:44	11:37	11:33	
26.9	16.7	Keep left at Y-Junction over bridge (Dir: Coolattin, Coolboy L3216)	11:44	11:38	11:33	
29.1	18.1	Coolatin, Co Wicklow 50km/h signs	11:48	11:41	11:36	Caution Required
30.0	18.6	30KM completed at telephone pole on RHS immediately before forestry sign	11:50	11:42	11:37	
32.7	20.3	Turn right at 'Drimingall' stone in front immediately after horse jumps in field on RHS (Dir: Coolboy 1KM, Carnew 7KM) <b>Caution: Sharp junction - easily missed</b>	11:54	11:46	11:40	Sharp junction Several markings needed
32.9	20.4	<b>Caution: Humpback bridge with narrow bend</b>	11:54	11:47	11:41	Caution Essential
33.0	20.5	Coolboy, Co Wicklow 50km/h signs	11:55	11:47	11:41	
33.2	20.6	Turn left at T-Junction in Coolboy at 'Little Moon Pub' on RHS	11:55	11:47	11:41	Caution Required
33.5	20.8	<b>Caution: Humpback bridge</b>	11:55	11:47	11:41	
34.2	21.3	Straight through staggered crossroads (Dir: Coolafancy 2KM L3214)	11:57	11:48	11:42	Caution Essential
35.2	21.9	Coolafancy, Co Wicklow 50km/h signs	11:58	11:50	11:44	Caution Required
38.5	23.9	'Ballythomas' KOH CAT 2: Starts at stone front bungalow with two large wooden gates & garage on RHS in dip across from farm gate	12:04	11:55	11:48	
39.4	24.5	Turn right at T-Junction (Dir: Hollyfort 7KM, Gorey 14KM)	12:05	11:56	11:49	Caution Essential
40.8	25.4	'Ballythomas' KOH CAT 2: Finishes at crossroads immediately before 'The Gap' Pub	12:08	11:58	11:51	
41.4	25.7	Turn left at crossroads (Dir: Coolgraney 9KM) <b>Caution: Sharp junction - easily missed</b>	12:09	11:59	11:51	Sharp junction Several markings needed
41.5	25.8	'Monalea' KOH CAT 3: Starts immediately after crossroads	12:09	11:59	11:51	
43.7	27.2	'Monalea' KOH CAT 3: Finishes at house on LHS with two postboxes, black fence and white brick on the ground	12:12	12:02	11:54	
44.5	27.7	<b>Caution: Humpback bridge</b>	12:14	12:03	11:55	Caution Required
45.1	28.0	'Annagh Gap' KOH CAT 3: Starts at humpback bridge <b>Caution: Narrow bridge</b>	12:15	12:04	11:56	
46.2	28.7	'Annagh Gap' KOH CAT 3: Finishes at sign on LHS for Croghan to left <b>Caution: Extremely fast descent</b>	12:17	12:06	11:57	Fast descent Descent warning signs needed
47.9	29.8	Ballyfad, Co Wicklow	12:19	12:08	11:59	
48.0	29.8	Turn left at T-Junction (Dir: Coolgreaney 2KM)	12:20	12:08	12:00	
49.1	30.5	<b>Caution: Bridge followed by bend to right</b>	12:21	12:10	12:01	
50.2	31.2	Coolgreaney, Co Wicklow 50km/h signs	12:23	12:11	12:02	
50.3	31.3	Turn left at T-Junction in Coolgreaney at sign directly in front 'Opened by Dr Murphy Coolgreaney'	12:23	12:11	12:02	Caution Required
51.2	31.8	<b>Caution: Sharp left hand bend</b>	12:25	12:13	12:04	
51.7	32.1	Keep right to follow road	12:26	12:13	12:04	

48.0	29.8	Turn left at T-Junction (Dir: Coolgreaney 2KM)	12:20	12:08	12:00	
49.1	30.5	<b>Caution: Bridge followed by bend to right</b>	12:21	12:10	12:01	
50.2	31.2	<b>Coolgreaney, Co Wicklow 50km/h signs</b>	12:23	12:11	12:02	
50.3	31.3	Turn left at T-Junction in Coolgreaney at sign directly in front 'Opened by Dr Murphy Coolgreaney'	12:23	12:11	12:02	Caution Required
51.2	31.8	<b>Caution: Sharp left hand bend</b>	12:25	12:13	12:04	
51.7	32.1	Keep right to follow road	12:26	12:13	12:04	
52.1	32.4	Keep left at Y-Junction to follow road	12:26	12:14	12:05	
54.9	34.1	Straight through crossroads (Dir: Arklow 2KM)	12:31	12:18	12:08	
56.1	34.9	<b>Arklow, Co Wicklow 50km/h signs</b> <b>Caution: Series of ramps in Arklow</b>	12:33	12:20	12:10	Caution Essential
57.3	35.6	Turn left onto Vale Road (Dir: Aughrim 15KM R747) <b>Caution: Sharp junction - easily missed</b>	12:35	12:21	12:11	Sharp junction Several markings needed
58.4	36.3	<b>Caution: Speed Ramp leaving Arklow</b>	12:37	12:23	12:13	
63.6	39.5	<b>Woodenbridge, Co Wicklow</b>	12:46	12:30	12:19	
64.0	39.8	Turn left at Y-Junction at hotel (Dir: Aughrim R747)	12:46	12:31	12:20	Caution Required
67.4	41.9	Keep left at Y-Junction to follow road (Dir: Aughrim)	12:52	12:36	12:24	
68.8	42.8	Turn right at Y-Junction at stone wall in front before bridge (Dir: L6183) <b>Caution: Sharp junction - easily missed</b>	12:54	12:38	12:26	Sharp junction Several markings needed
68.8	42.8	<b>'Cronebeg' KOH CAT 3: Starts immediately after right turn</b>	12:54	12:38	12:26	
71.2	44.2	Turn right at T-Junction (Dir: Ballinacash 6KM R753) <b>Caution: Sharp junction</b>	12:58	12:41	12:29	Sharp junction Marshals/Gardaí well ahead
71.4	44.4	<b>'Cronebeg' KOH CAT 3: Finishes 200M after T-Junction</b>	12:59	12:42	12:29	
75.5	46.9	<b>Ballinacash, Co Wicklow 50km/h signs</b>	13:05	12:47	12:34	Caution Required
76.6	47.6	Turn right at Y-Junction at Phelan's Licenced Grocer over bridge followed by immediate turn left	13:07	12:49	12:35	Caution Essential
77.2	48.0	Turn left at Junction after 80km/h signs (sign on RHS for Rathdrum 3KM) <b>Caution: Sharp junction - easily missed</b>	13:08	12:50	12:36	Sharp junction Several markings needed
77.4	48.1	<b>'Garrymore' KOH CAT 2: Starts at gate on RHS titled Kilcullen Farming Contractors</b>	13:09	12:50	12:36	
79.4	49.3	<b>'Garrymore' KOH CAT 2: Finishes at entrance to house on LHS 100M before T-Junction</b>	13:12	12:53	12:39	
79.5	49.4	Turn left at T-Junction onto Garrymore Road <b>Caution: Unsigned junction - easily missed</b>	13:12	12:53	12:39	Sharp junction Several markings needed
81.5	50.6	<b>Grennan, Co Wicklow 50km signs</b>	13:15	12:56	12:41	Caution Required
81.7	50.8	Turn right at Y-Junction (Dir: Glenmalure 6KM, Shekina Sculpture Garden) <b>Caution: Sharp junction - easily missed</b>	13:16	12:56	12:42	Sharp junction Several markings needed
87.5	54.4	Turn right at crossroads immediately after Glenmalure Lodge	13:25	13:05	12:49	Caution Essential
87.5	54.4	<b>'Glenmalure' KOH CAT 1: Starts after right turn</b>	13:25	13:05	12:49	
87.8	54.6	<b>Caution: Narrow bridge</b>	13:26	13:05	12:49	Caution Required
90.3	56.1	<b>'Glenmalure' KOH CAT 1: Finishes at Shay Elliott Memorial stone on RHS</b>	13:30	13:09	12:52	
93.8	58.3	<b>Caution: Dangerous bend</b>	13:36	13:14	12:57	
95.1	59.1	Turn left at T-Junction (Dir: Glendalough, Laragh R755)	13:38	13:15	12:58	
95.6	59.4	<b>Caution: Bridge</b>	13:39	13:16	12:59	Caution Essential
96.3	59.8	<b>Laragh, Co Wicklow 50km/h signs</b>	13:40	13:17	13:00	
96.5	60.0	Left turn at T-Junction (Dir: Glendalough R756, Wicklow Gap)	13:40	13:17	13:00	
96.7	60.1	<b>Feed Zone: Starts at 'The Wicklow Heather' on LHS</b>	13:41	13:18	13:00	
97.3	60.5	<b>Feed Zone: Finishes at sign for Glendalough &amp; Hollywood on LHS</b>	13:42	13:19	13:01	
98.1	61.0	Turn right off main road (Dir: Hollywood, Wicklow Gap R756)	13:43	13:20	13:02	Caution Essential
98.1	61.0	<b>'Wicklow Gap' KOH CAT 1: Starts after right turn</b>	13:43	13:20	13:02	
104.8	65.1	<b>'Wicklow Gap' KOH CAT 1: Finishes at Wicklow Gap carpark on LHS</b>	13:54	13:29	13:11	
116.2	72.2	<b>Caution: Narrow bridge &amp; series of bends</b>	14:13	13:46	13:25	Caution Required
116.6	72.5	<b>25km remaining at sign on LHS 'Caution walkers on road'</b>	14:14	13:46	13:25	
116.8	72.6	Right at Y-Junction to follow road (Dir: Blessington, Hollywood R576)	14:14	13:46	13:26	Caution Required
117.3	72.9	<b>'Slieve Corragh Gap' KOH CAT 3: Starts at bridge after right turn</b>	14:15	13:47	13:26	
118.7	73.8	Follow road to right at Y-Junction (Dir: Hollywood 3KM)	14:17	13:49	13:28	Caution Required
119.3	74.1	<b>'Slieve Corragh Gap' KOH CAT 3: Finishes at evergreen hedge on RHS</b>	14:18	13:50	13:29	
121.0	75.2	<b>Hollywood, Co Wicklow 50km/h signs</b>	14:21	13:52	13:31	
121.2	75.3	<b>Caution: Series of ramps in Hollywood</b>	14:22	13:53	13:31	Caution Essential
121.6	75.6	Follow road to left leaving Hollywood	14:22	13:53	13:32	
121.6	75.6	<b>20km remaining at left bend leaving hollywood</b>	14:22	13:53	13:32	
121.8	75.7	Turn left at T-Junction at Circle K onto N81	14:23	13:54	13:32	Caution Essential
131.6	81.8	<b>10KM remaining at sign on LHS 'Caution Quarry Entrance Ahead'</b>	14:39	14:08	13:44	
136.6	84.9	<b>5KM remaining at sign on RHS for Manger L8301</b>	14:47	14:15	13:50	
137.6	85.5	<b>4KM remaining at entrance to house on RHS named Saundersville</b>	14:49	14:16	13:52	
138.6	86.1	<b>3KM remaining at yellow diamond sign on LHS indicating road to left</b>	14:51	14:18	13:53	
139.6	86.7	<b>2KM remaining at double steel farm gate on RHS</b>	14:52	14:19	13:54	
140.6	87.4	<b>1KM remaining at no passing signs on both LHS &amp; RHS</b>	14:54	14:20	13:55	
141.1	87.7	Baltinglass 50km/h signs <b>500M remaining at 50km/h signs on both LHS &amp; RHS</b>	14:55	14:21	13:56	
141.4	87.9	Turn left off N81 over bridge (Dir: Arklow)	14:55	14:22	13:56	Extreme Caution Essential Marshals/Gardaí well ahead
141.5	87.9	Left at Y-Junction at monument	14:55	14:22	13:56	
141.6	88.0	Finish at KWETB building on LHS	14:56	14:22	13:57	Extreme Caution Essential - Marshals/Gardaí well ahead
<b>Post Stage Details</b>						
TEAM CAR DEVIATION: Team cars are to deviate into Baltinglass Church Car Park by going right at the final Y-Junction in Baltinglass and follow team car deviation signs.						
VERY IMPORTANT: Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.						





Stage 5: Carlow to Dunboyne (141 KM)

Sunday, May 24th 2026

Pre Stage Details

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the 71st edition of this very special event. Stage 5 brings us from Carlow to Dunboyne over a distance of 141km. There is one

King of the Mountains climb: Hill of Allen (Category 3) at 44.1km.

**Sign-on:** Carlow County Council, Athy Road, Carlow Town, R93 E7R7 from 09:45am to 11:00am. Advance vehicles must have departed by 11:20am or otherwise wait until after the riders have left.

**Rider assembly:** All riders must assemble at gates of council offices at 11:30am, departing at 11:35am to proceed to the ceremonial start. Riders will depart at 11:43am to head to 0.0km signs.

**Directions from sign on to ceremonial start:** As below.

**Team cars:** Team cars are to follow riders through the ceremonial start as below.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

It is also important that teams, officials and spectators park considerately and tightly within designated areas to ensure space for everyone.

Be safe, enjoy it (if that's possible!) — final stage.

Thank you all very much and best of luck!

Km	Mile	Location				Notes
0.0	0.0	<b>Depart Carlow County Council offices by turning left onto road and immediately right at car park</b>				
0.1	0.1	Turn right at McNally Denture Clinic (Dir: Town Centre)				
0.3	0.2	Turn left onto Dublin Street (Dir: Town Centre)				
0.6	0.4	Turn left at crossroads at Post Office onto Kennedy Avenue				
0.8	0.5	Roundabout: 3rd exit - straight (Dir: M9, N10-N80)				
1.0	0.6	Roundabout: 1st exit - left at Mr Price onto Barrack St (Dir: Dublin M9, Rosslare)				
1.2	0.7	<b>Riders to stop at Carpenters Pub on LHS for ceremonial ceremony</b>				
0.0	0.0	<b>Riders depart from Carpenters Pub</b>				
0.1	0.1	Straight through traffic lights (Dir: Dublin)				
1.4	0.9	Dr Cullen Road Roundabout: 2nd exit - straight (Dir: Dublin)				
1.6	1.0	Deerpark Roundabout: 2nd exit - straight (Dir: Castledermot/Dublin R448)				
2.2	1.4	MSD Roundabout: 2nd exit (Dir: Castledermot)				
3.7	2.3	Roundabout: 3rd exit - straight (Dir: Castledermot)				
8.5	5.3	Roundabout: 2nd exit (Dir: Castledermot)				
8.6	5.3	Roundabout: 2nd exit (Dir: Castledermot)				
8.8	5.5	<b>0KM signs at sign on LHS 'Castledermot 2KM, Tullow 16KM'</b>				
Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	<b>0KM signs at sign on LHS 'Castledermot 2KM, Tullow 16KM'</b>	12:00	12:00	12:00	
1.6	1.0	<b>Castledermot, Co Kildare 50km/h signs</b>	12:02	12:02	12:02	
9.5	5.9	<b>Moone, Co Kildare</b>	12:15	12:13	12:11	
26.9	16.7	Turn right at T-Junction (Dir: Kilcullen) <b>Caution: Very busy junction - queues likely</b>	12:44	12:38	12:33	<b>Caution Essential</b>
28.0	17.4	<b>Kilcullen, Co Kildare 50km/h signs</b>	12:46	12:40	12:35	
28.8	17.9	<b>Caution: Pedestrian crossing in Kilcullen</b>	12:48	12:41	12:36	
28.9	18.0	Turn left at crossroads at Kilcullen Opticians (Dir: Kildare/Curragh R413)	12:48	12:41	12:36	
30.0	18.6	<b>30KM completed at 80km/h signs on both LHS &amp; RHS leaving Kilcullen</b>	12:50	12:42	12:37	
31.7	19.7	Turn right (Dir: Newbridge R416, Athgarvan)	12:52	12:45	12:39	Caution Required
32.3	20.1	<b>Athgarvan, Co Kildare 50km/h signs</b>	12:53	12:46	12:40	
34.5	21.4	<b>Caution: Pedestrian crossing with lights</b>	12:57	12:49	12:43	
34.9	21.7	Straight through traffic lights	12:58	12:49	12:43	
35.1	21.8	<b>Caution: Series of pedestrian crossings with lights</b>	12:58	12:50	12:43	
35.6	22.1	Turn right at T-Junction (Dir: Naas R445, Dublin) onto R445	12:59	12:50	12:44	
36.2	22.5	Straight through staggered crossroads at The Liffey Arms	13:00	12:51	12:45	
36.8	22.9	Mini roundabout: 1st exit - straight	13:01	12:52	12:46	<b>Caution Essential</b>
37.2	23.1	Straight through traffic lights over bridge <b>Caution: Single way traffic over bridge</b>	13:02	12:53	12:46	
37.8	23.5	Centra roundabout: 1st exit - left	13:03	12:54	12:47	
38.2	23.7	Turn right at Byrne's Crossroads (Dir: Milltown) onto R416	13:03	12:54	12:47	
40.1	24.9	<b>Milltown, Co Kildare 50km/h signs</b>	13:06	12:57	12:50	
42.1	26.2	<b>'Hill of Allen' KOH CAT 3: Starts at sign on RHS 'L70062'</b>	13:10	13:00	12:52	
44.1	27.4	<b>'Hill of Allen' KOH CAT 3: Finishes at white bungalow on LHS</b>	13:13	13:03	12:55	

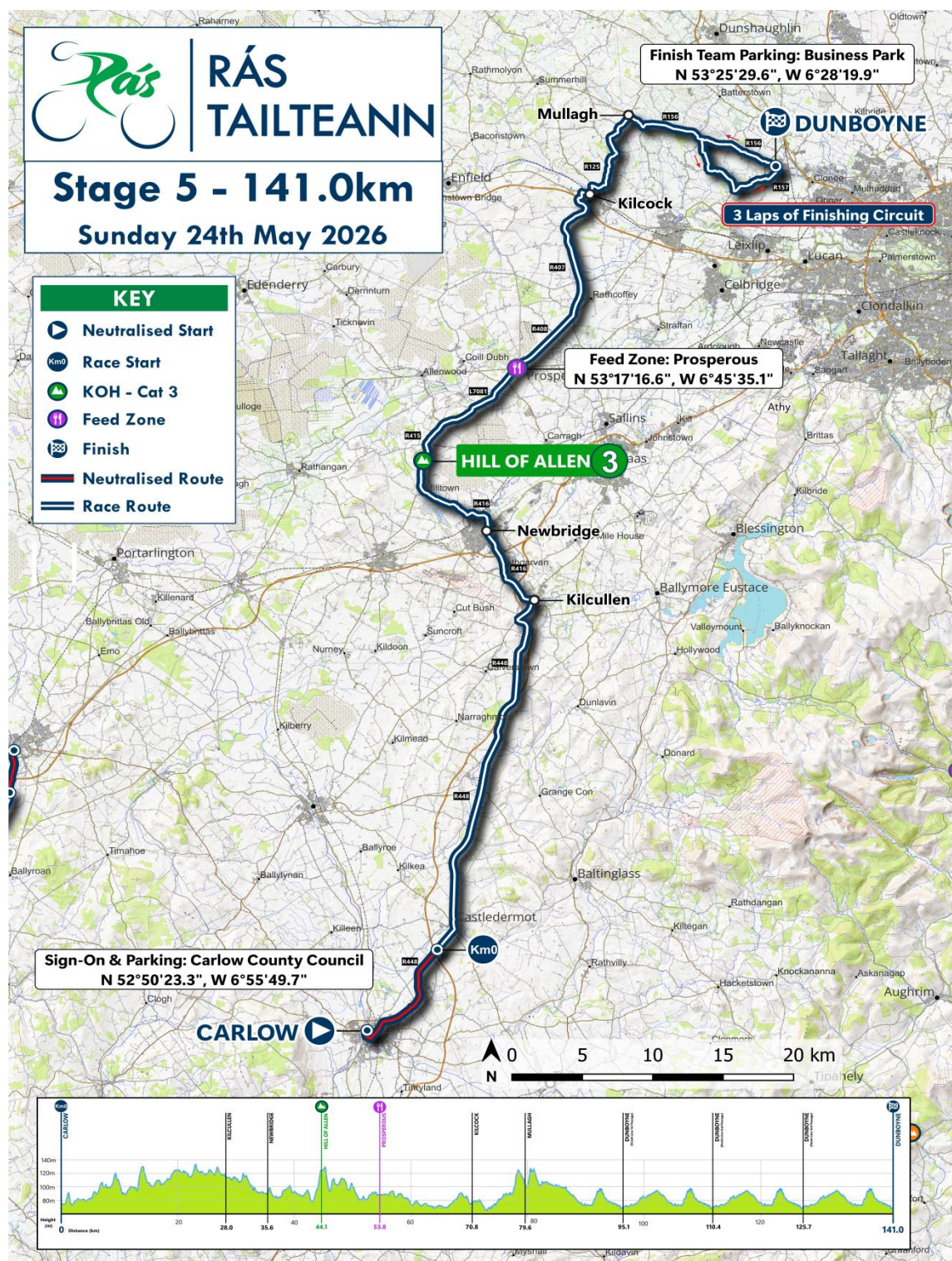
46.4	28.8	<b>Kilmeague, Co Kildare 50km/h signs</b>	13:17	13:06	12:58	
46.7	29.0	Straight at complex junction at Eleson House (Dir: Prosperous L7081)	13:17	13:06	12:58	
51.3	31.9	<b>Caution: Steep humpback bridge</b>	13:25	13:13	13:04	
52.3	32.5	Straight through crossroads across R409 (Dir: Prosperous)	13:27	13:14	13:05	
53.2	33.1	<b>Prosperous, Co Kildare 50km/h signs</b>	13:28	13:16	13:06	
53.7	33.4	Turn right at T-Junction at Maxol (Dir: Clane R403)	13:29	13:16	13:07	
53.8	33.4	<b>Feed Zone: Starts at 3.5 tonne sign on LHS after right turn</b>	13:29	13:16	13:07	
54.0	33.6	<b>Feed Zone: Finishes at sign for Clane &amp; Maynooth on LHS</b>	13:30	13:17	13:07	
54.2	33.7	Turn left at crossroads at Dowling's Pub (Dir: Maynooth R408)	13:30	13:17	13:07	
54.7	34.0	Turn right at Londis in Prosperous (Londis on LHS)	13:31	13:18	13:08	
59.7	37.1	Turn left at T-Junction (Dir: Kilcock R407)	13:39	13:25	13:14	
69.0	42.9	Roundabout: 1st exit - left (Dir: Trim R158)	13:55	13:38	13:26	
69.9	43.4	<b>Caution: Crossing over motorway/motorway entrance</b>	13:56	13:39	13:27	<b>Caution Essential</b>
70.1	43.6	Take 2nd exit after motorway entrance (Dir: Trim/Kilcock) <b>(Summary: straight through motorway roundabout)</b>	13:56	13:40	13:27	
70.7	43.9	Roundabout: 2nd exit - right (Dir: Kilcock R148)	13:57	13:41	13:28	
70.8	44.0	<b>Kilcock, Co Kildare</b>	13:58	13:41	13:28	
71.2	44.2	Turn left at Mulligan Sawmills on RHS (Dir: Trim)	13:58	13:41	13:29	
71.9	44.7	Roundabout: 2nd exit (Dir: L6228) <b>Caution: Unsigned junction</b>	13:59	13:42	13:29	
75.8	47.1	Turn left (Dir: Dunshaughlin 15KM R125)	14:06	13:48	13:34	
77.1	47.9	Right at Y-Junction to follow road (Dir: Dunshaughlin 13KM R125)	14:08	13:50	13:36	
79.6	49.5	Turn right at crossroads (Dir: Dunboyne R156)	14:12	13:53	13:39	
81.0	50.3	Left at Y-Junction to follow road (Dir: Dunboyne 11KM R156)	14:15	13:55	13:41	
85.6	53.2	Turn right <b>Caution: Unsigned junction - sign at start of road 'L62201'</b>	14:22	14:02	13:47	
85.6	53.2	<b>ENTERING FINISHING CIRCUIT AT TURN</b>	14:22	14:02	13:47	
88.1	54.7	Turn left at T-Junction after Dolly's Grove on LHS	14:26	14:05	13:50	
90.9	56.5	Turn left at T-Junction (Dir: Dunboyne R157)	14:31	14:09	13:53	
93.5	58.1	Roundabout: 2nd exit (Dir: Dunboyne)	14:35	14:13	13:56	
93.7	58.2	<b>Dunboyne, Co Meath</b>	14:36	14:13	13:57	
94.8	58.9	Left at crossroads in Dunboyne Centre at Fingal House	14:38	14:15	13:58	
95.1	59.1	<b>First passage through finish line - 3 laps to go</b>	14:38	14:15	13:58	
0.7 / 95.8	0.4 / 60.4	Roundabout: 2nd exit (Dir: Summerhill R156)	12:00	12:00	12:00	<b>Extreme caution essential on finishing circuit</b>
5.8 / 100.9	3.6 / 63.6	Turn left onto L62201	12:00	12:00	12:00	
8.3 / 103.4	5.2 / 65.1	Turn left at T-Junction	12:00	12:00	12:00	
11.1 / 106.2	6.9 / 66.9	Turn left (Dir: Dunboyne 4KM R157)	12:00	12:00	12:00	
13.7 / 108.8	8.5 / 68.5	Roundabout: 2nd exit (Dir: Dunboyne)	12:00	12:00	12:00	
15 / 110.1	9.3 / 69.3	Left at crossroads in Dunboyne Centre at Fingal House	12:00	12:00	12:00	
15.3 / 110.4	9.5 / 69.5	<b>Second passage through finish line - 2 laps to go</b>	12:00	12:00	12:00	
125.7	78.1	<b>Third passage through finish line - 1 lap to go</b>	12:00	12:00	12:00	
141.0	87.6	<b>Finish at 'Nearby Stores'</b>	15:55	15:21	14:56	<b>Extreme Caution Essential - Marshals/Gardaí well ahead</b>
<b>Post Stage Details</b>						
<b>TEAM CAR DEVIATION:</b> Team cars are to deviate into County Council Business Park by continuing straight at final crossroads in Dunboyne and follow team car deviation signs.						
<b>VERY IMPORTANT:</b> Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.						

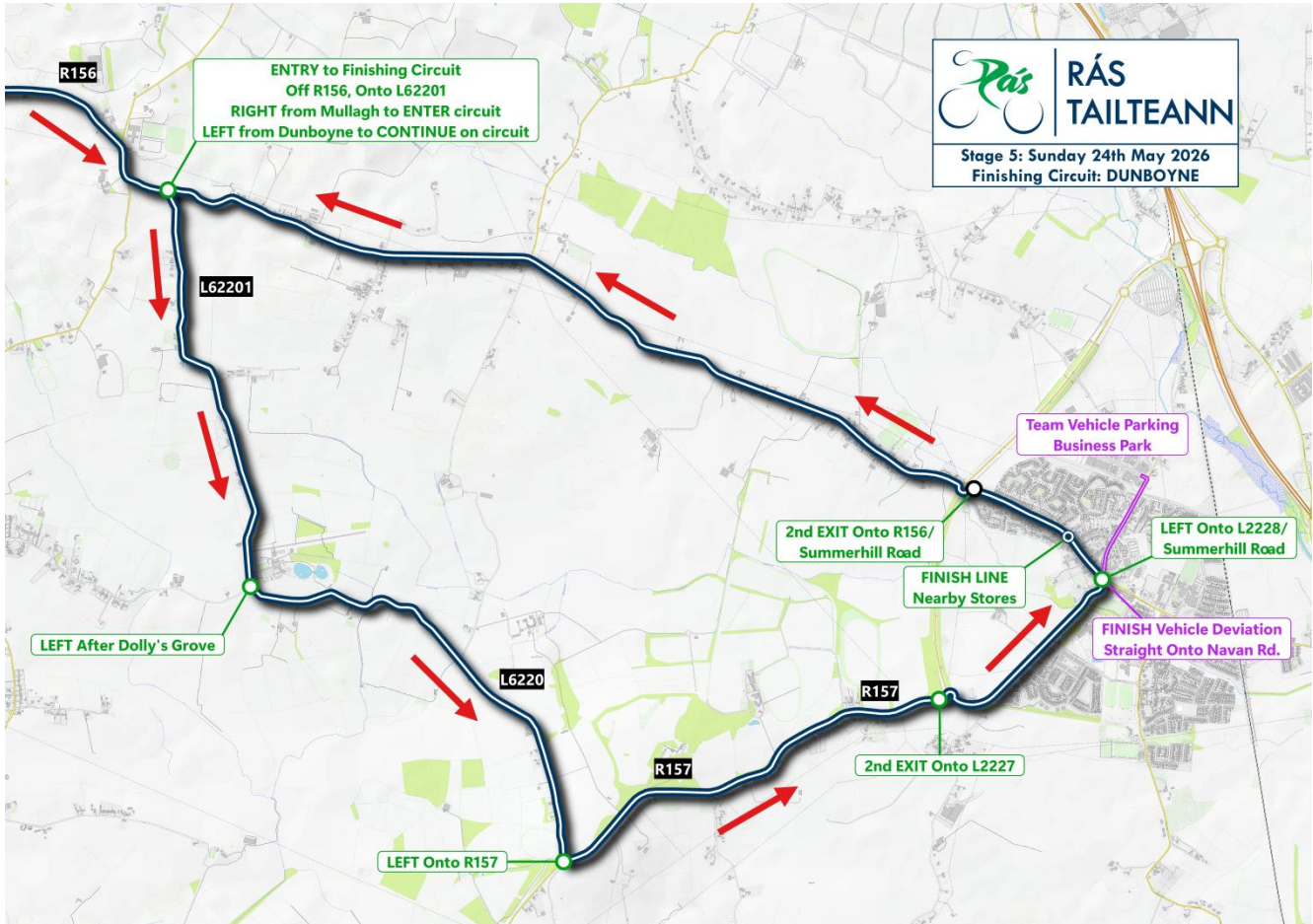
**RÁS TAILTEANN**

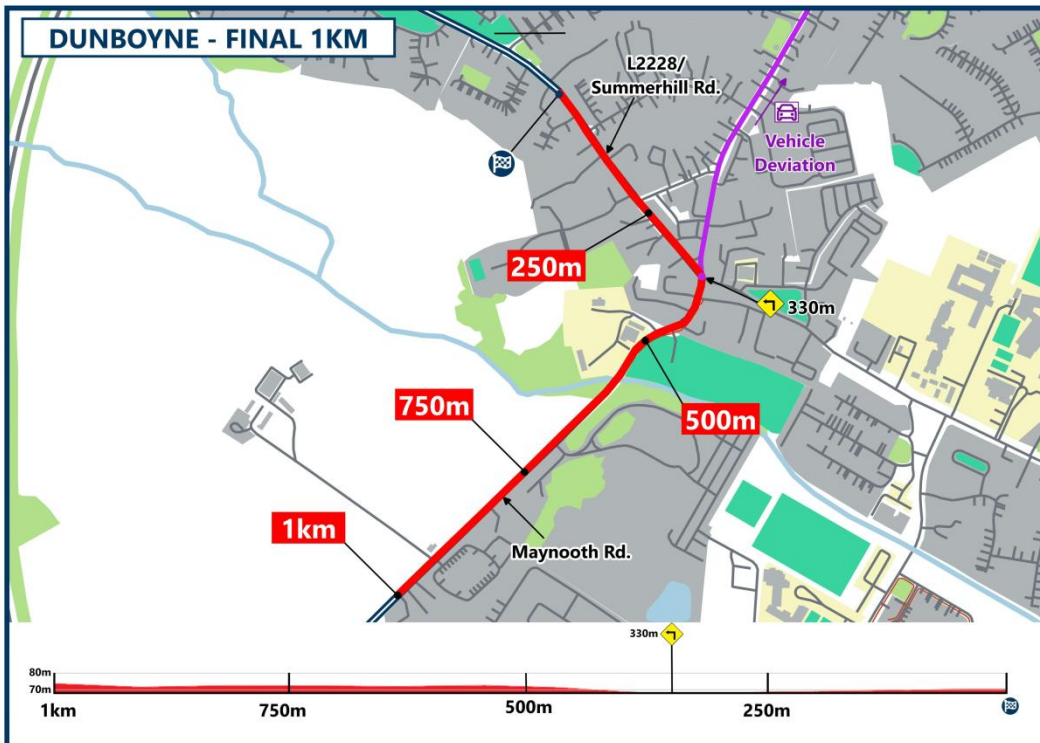
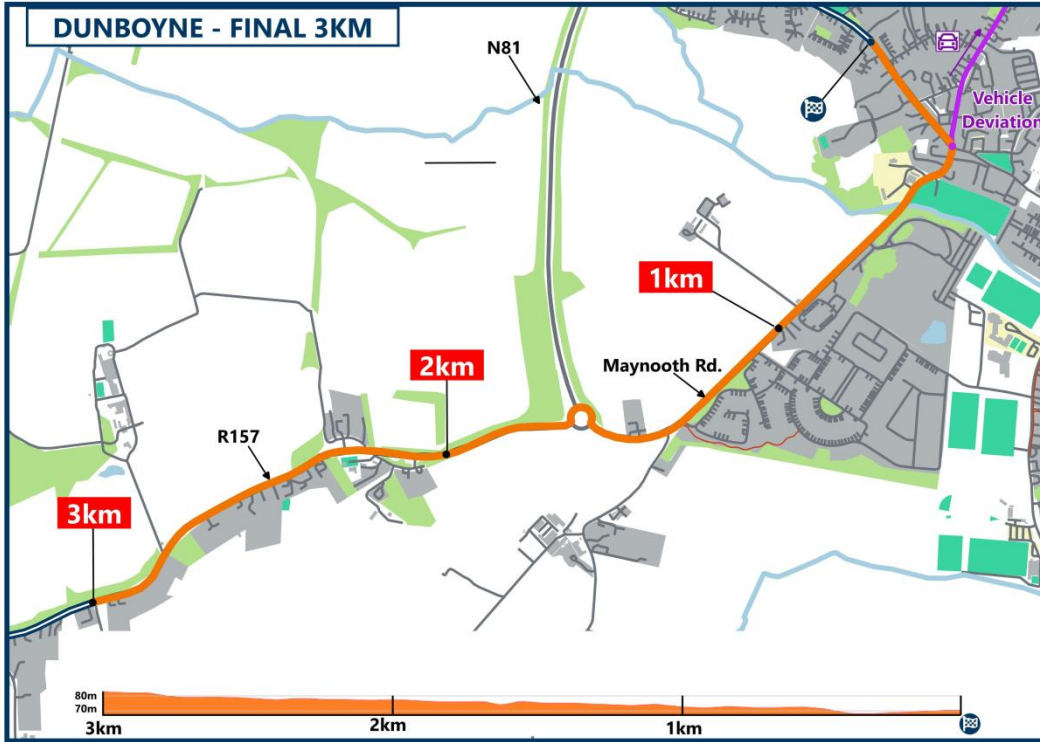
**Stage 5 - 141.0km**  
**Sunday 24th May 2026**

**KEY**

- Neutralised Start
- Race Start
- KOH - Cat 3
- Feed Zone
- Finish
- Neutralised Route
- Race Route









## 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 center road traffic islands, protruding footpaths and roundabouts). Where possible a race marshal will be in position at the first of a series of center road-traffic islands.
- 6 As time gaps develop during a stage it may not be possible for race marshals to remain in position for the passage of all individuals/groups.
- 7 It is necessary for race marshals to be allowed overtake, I undertake to co-operate fully in giving way to the marshals in the execution of their duties.
- 8 I have studied the map for each stage finish and am acquainted with the intricacies of each finish and will exercise due caution.
- 9 The race takes place on roads varying from well- surfaced dual carriageways to poorly-surfaced narrow, winding mountain roads.
- 10 I accept that no liability whatsoever shall attach to the race organisation, race sponsors, consultants, Cycling Ireland, or any race official or member of Cycling Ireland in respect of any injury loss or damage suffered by me in or by reason of the race, however caused.

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

Dated:

19th May 2026



## PAST WINNERS

<b>1953</b>	Colm Christle (Gate C.C)	<b>1990</b>	Ian Chivers (Ireland)
<b>1954</b>	Joe O'Brien (National C.C.)	<b>1991</b>	Kevin Kimmage (Meath)
<b>1955</b>	Gene Mangan (Kerry)	<b>1992</b>	Stephen Spratt (Dublin)
<b>1956</b>	Paudie Fitzgerald (Kerry)	<b>1993</b>	Eamonn Byrne (Ireland)
<b>1957</b>	Frank Ward (Dublin)	<b>1994</b>	Declan Lonergan (Ireland)
<b>1958</b>	Mick Murphy (Kerry)	<b>1995</b>	Paul McQuaid (Ireland)
<b>1959</b>	Ben McKenna (Meath)	<b>1996</b>	Tommy Evans (Derry)
<b>1960</b>	Paddy Flanagan (Kildare)	<b>1997</b>	Andrew Roche (Kerry)
<b>1961</b>	Tom Finn (Dublin)	<b>1998</b>	Ciaran Power (Ireland)
<b>1962</b>	Shay O' Hanlon (Dublin)	<b>1999</b>	Philip Cassidy (Ireland)
<b>1963</b>	Zbigniew Glowaty (Poland)	<b>2000</b>	Julian Winn (Wales)
<b>1964</b>	Paddy Flanagan (Kildare)	<b>2001</b>	Paul Manning (Britain)
<b>1965</b>	Shay O' Hanlon (Dublin)	<b>2002</b>	Ciaran Power (Ireland)
<b>1966</b>	Shay O' Hanlon (Dublin)	<b>2003</b>	Chris Newton (Britain)
<b>1967</b>	Shay O' Hanlon (Dublin)	<b>2004</b>	David McCann (Ireland)
<b>1968</b>	Milan Hrezdira (Czech.)	<b>2005</b>	Chris Newton (Britain)
<b>1969</b>	Brian Connaughton (Meath)	<b>2006</b>	Kristian House (Britain)
<b>1970</b>	Alexander Gysiantnikov (USSR)	<b>2007</b>	Tony Martin (Germany)
<b>1971</b>	Colm Nulty (Meath)	<b>2008</b>	Stephen Gallagher (Ireland)
<b>1972</b>	John Mangan (Setanta C.C.)	<b>2009</b>	Simon Richardson (Britain)
<b>1973</b>	Mike O'Donoghue (Carlow)	<b>2010</b>	Alex Wetterhall (Sweden)
<b>1974</b>	Peter Doyle (I.C.F.)	<b>2011</b>	Gediminas Bagdonas (Lithuania)
<b>1975</b>	Paddy Flanagan (Kildare)	<b>2012</b>	Nicholas Baldo (Switzerland)
<b>1976</b>	Fons Steuten (Netherlands)	<b>2013</b>	Marcin Bialoblocki (Poland)
<b>1977</b>	Yuri Lavrushkin (USSR)	<b>2014</b>	Clemens Fankhauser (Austria)
<b>1978</b>	Seamus Kennedy (Kerry)	<b>2015</b>	Lucas Postlberger (Austria)
<b>1979</b>	Stephen Roche (Ireland)	<b>2016</b>	Clemens Fankhauser (Austria)
<b>1980</b>	Billy Kerr (Ireland)	<b>2017</b>	James Gullen (Britain)
<b>1981</b>	Jamie McGahan (Scotland)	<b>2018</b>	Lucc Bugter (Netherlands)
<b>1982</b>	Dermot Gilleran (Ireland)	<b>2019</b>	
<b>1983</b>	Philip Cassidy (Ireland)	<b>2020</b>	
<b>1984</b>	Stephen Delaney (Dublin)	<b>2021</b>	
<b>1985</b>	Nicola Kosiakov (USSR)	<b>2022</b>	Daire Feeley (Cork)
<b>1986</b>	Stephen Spratt (Tipperary)	<b>2023</b>	Dillon Corkery (Ireland)
<b>1987</b>	Paul McCormack (Longford)	<b>2024</b>	Dom Jackson (Britain)
<b>1988</b>	Paul McCormack (Ireland)	<b>2025</b>	George Kimber (IOM)
<b>1989</b>	Dainis Ozoles (USSR)		



## PRIZE LIST

Place	Stage x 5	Overall	GC County Rider Award	Points	KOH	U23 GC	Cat 2 GC IRL only	Int Team	County Team
1	€500	€1050	€500	€500	€500	€500	€500	€500	€500
2	€400	€750	€300	€300	€300	€300	€300	€300	€300
3	€200	€500	€200	€200	€200	€200	€200	€200	€200
4	€200	€400	€150						
5	€150	€300	€100						
6	€150	€300	€50		KOH Primes				
7	€150	€200			21 x KOH @€50 each				
8	€100	€200			3 x Hot Spot Primes @€50 each				
9	€50	€200							
10	€50	€200							
11	€40	€100							
12	€40	€100							
13	€40	€100							
14	€40	€100							
15	€40	€100							
16	€40	€100							
17	€40	€100							
18	€40	€100							
<b>TOTAL PRIZE FUND €24,900</b>									

## 2026 Teams

<b>IOM: CC Isle of Man</b>		<b>GERMANY: Hucare Factory Team</b>	
1	Matthew Bostock	6	Maximilian Weber
2	Zac Walker	7	Denis Bojarkin
3	Owen Collins	8	Mortiz Czasa
4	Rowen Barker	9	Luca Harter
5	Daniel Stone	10	Dominik Merseburg
	<b>Manager:</b> Conor Davies		<b>Manager:</b> Mario Ermert
<b>MEXICO: Canel's Java</b>		<b>NETHERLANDS: West-Frisia</b>	
11	Sebastian Brenes Mata	16	Niek Hoornsman
12	Miguel Angel Diaz	17	Sebastian Robles Larsen
13	Heiner Rodrigo Parra Butamante	18	Daan Jurriaans
14	Efren Santos Moreno	19	Tijs Dekker
15	Kevin Jimenez Tepetl	20	Thomas Hartog
	<b>Manager:</b> Juan José Monsiváis Almendárez		<b>Manager:</b> Tino Haakman
<b>USA: APS Pro Cycling</b>		<b>USA: Cyclesport.com</b>	
21	Conn McDunphy	26	Pierre - Amaury Laforcade
22	Cian Keogh	27	Jackson Duncan
23	Matthew Walls	28	Ivan Linser
24	Adam Lewis	29	Blake Macheras
25	Liam Flanagan	30	Gregor McArthur
	<b>Manager:</b> John Wall		<b>Manager:</b> Taj Krieger
<b>Spain: Natural Greatness - RALI - ale</b>		<b>UK: Spirit Racing Team</b>	
31	Callum McCaffrey	36	Max Duckworth
32	Joshua Dike	37	Archie Peet
33	Levi Dougherty	38	Felix Earth
34	Tyler Clare	39	Luke Gibson
35	Peter Ferguson	40	James Bacon
	<b>Manager:</b> Kiko Del Rincón		<b>Manager:</b> Josh Parkin



UK: Wheelbase / Cabtech / Castelli		UK: Team PB Performance	
41	Mitchell McLaughlin	46	George Peden
42	Tim Shoreman	47	George Watch
43	Tom Martin	48	Will Pollard
44	Tom Artmstrong	49	Tom Charles
45	Aaron King	50	Jude Taylor
	<b>Manager:</b> Stuart Reid		<b>Manager:</b> Paul Bennett
UK: TAAP Kalas		UK: Ride Revolution Coaching	
51	Jamie Pullen	56	Gabriel Dellar
52	Matthew Webber	57	Caleb Pain
53	Cameron McLaren	58	Jake Hales
54	Benjamin Fish	59	Joseph Adlam-Cook
55	Harvey Stroh	60	Harry MacFarlane
	<b>Manager:</b> Henry Latimer		<b>Manager:</b> Zak Dawson
UK: DAS Richardsons		UK: Foran CT	
61	Olivier Mangham	66	Dom Jackson
62	Oliver Curd	67	Danylo Riwnjy
63	Piers Mahn	68	Robin Mould
64	Jordon Giles	69	Ollie Hucks
65	Michael Gill	70	Ryan Christensen
	<b>Manager:</b> Andy Lyons		<b>Manager:</b> Tom Quaid
IRELAND: Team Ireland		LEINSTER: Cycling Leinster	
71	Conor Murphy	76	Toby Sweetman
72	Jack Conroy	77	Luke Smith
73	Liam Crowley	78	Tadhg Kileen
74	Hugh Og Mulhearn	79	David Harrington
75	Fionn Killeen	80	James McEaney
	<b>Manager:</b> Martyn Irvine		<b>Manager:</b> Niall Doggett



CONNACHT: Connacht Cycling		CARLOW: Dan Morrissey	
81	Niall McLoughlin	86	Matteo Cigala
82	Charlie Kelly	87	Mark McGarry
83	Bren Broekaart	88	Ciaran Maguire
84	Ross McGuinness	89	Conal Scully
85	Ewan Mackie	90	Bruno Rosa
	<b>Manager:</b> Pádraic Quinn		<b>Manager:</b> Michael Devins
CLARE: Burren Cycling Club		CORK: O' Leary Stone Kanturk Cycling Club	
91	Daire Feeley	96	Arnaud Dumoulin
92	Paul Kennedy	97	Daragh McGee
93	Mark Shannon	98	Willem O'Connor
94	Finn McHenry	99	Ben Murphy
95	Gareth O'Neill	100	Rory Condon
	<b>Manager:</b> Gearóid Howard		<b>Manager:</b> Dan Curtin
DERRY: Foyle Cycling Club		DUBLIN: Pinergy Orwell Wheelers	
101	Conor Dooney	106	Evan Keane
102	Ronan McLaughlin	107	Luke Keaney
103	Peter Quigley	108	Sean O'Kane
104	Johannes Rom Dahl	109	Padraig Moran
105	Dean Harvey	110	Joe-Nathan Matar
	<b>Manager:</b> Chris McElhinney		<b>Manager:</b> Neal Hudson
DUBLIN: UCD Cycling Club		GALWAY: Galway Bay	
111	Jason Kenny	116	Ronan Burke
112	Ruairi Byrne	117	Conor Gath
113	Hugh Butler	118	Marc Blain
114	Eoin Kelly	119	Liam Kilkenny
115	Sean Lundy	120	Patrick O'Loughlin
	<b>Manager:</b> Alan Neenan		<b>Manager:</b> Mick Ruane
MAYO: Unit 7 Castlebar Cycling Club		MEATH: Moynalty Cycling Club	
121	Jack Crook	126	Conor McKeown
122	David Gordon	127	Joseph Mullen
123	Anthony Walsh	128	Mikey Flaherty
124	Jamie Moss	129	Aaron Rafferty
125	Byran McCrystal	130	James O'Shea
	<b>Manager:</b> John Brennan		<b>Manager:</b> Enda Murray



