



post

Rás

## 2013 RACE TECHNICAL GUIDE

8 Day International Cycle Race | 19 – 26 May

# AN POST RÁS THANKS

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Route Maps

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

## RACE OFFICIALS

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

## RACE OFFICIALS continued

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

## TEAM REGISTRATION & SIGN-ON

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### Saturday 18th May

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

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

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

### Team managers will receive

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

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

All team & race drivers are required to attend a briefing meeting in the Dunboyne Castle Hotel on Saturday 18th May at 8pm. The purpose of the meeting is to explain the relevant road traffic regulations which apply to driving in Ireland. A Garda (police) officer will address the meeting.

### Race Radios

A rental fee of €25 and a deposit of €175 are required for radios issued to team managers. The deposit will be refunded on return of the radio, undamaged.

### Declaration of Awareness

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

### The Medical Data Request Form

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

### SUNDAY 19TH MAY

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

### Sign-On

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

### Race Rules - Infringements

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

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

### Team Support Vehicles

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

### Assembly

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

Teams are requested to line up in team formation behind the respective team banner. Team Managers are requested to assist in forming their teams as per "TEAMS" in the Race Manual.

### Ceremonial Start

Ceremonial Start at 12:30.

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

### Bonus Times

#### Stage 1 Hot Spot Time Bonus Primes

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

#### Other Bonus Times

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

## RACE INFORMATION

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

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

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

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

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

### Neutral Service

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

### Medical Services

Race Medical Services consists of a Race Doctor, two Irish Red Cross Ambulances and four ambulance personnel.

The Race Doctor will be available for consultation at the following times;

- (a) For 30 minutes at the race ambulance parked near the race car park at the finish of each stage.
- (b) From 19:30 to 20:30hrs each evening in Race HQ.
- (c) During Sign-On at Sign-On venue.

### Stage 8 – Skerries

Shower/Dressing facilities available at Skerries Rugby Club.



## HOSPITALS

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





## STAGE 1 DUNBOYNE - LONGFORD 135 KMS

Sunday 19th May 2013 / Dé Domhnaigh 19ú Bealtaine

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

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

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

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

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

#### IMPORTANT STAGE LOCATIONS

Race HQ; Longford Arms Hotel, Tel. 043 3346296

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

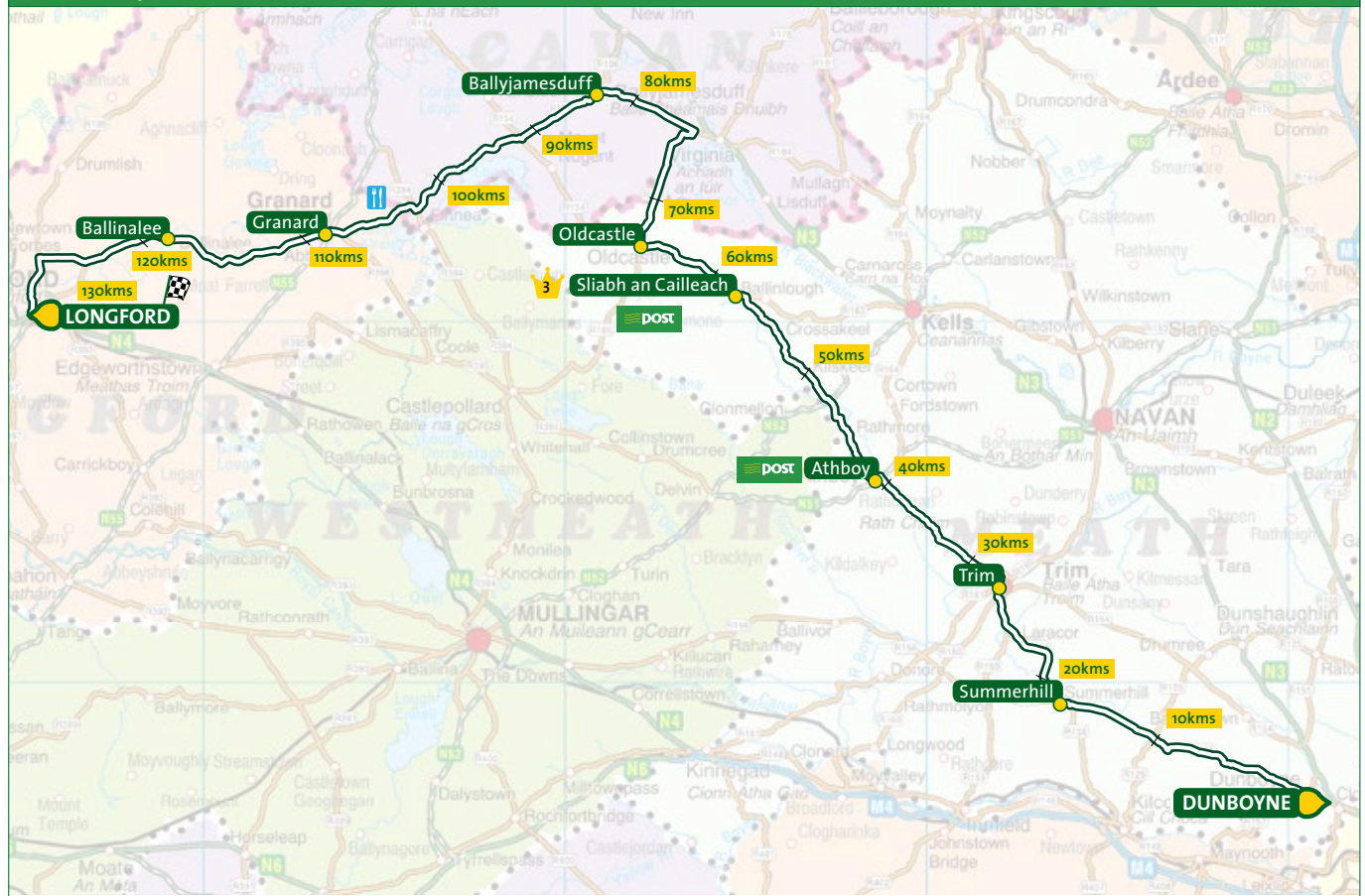
Service Crew Accommodation; Longford Arms Hotel, Tel. 043 3346296

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

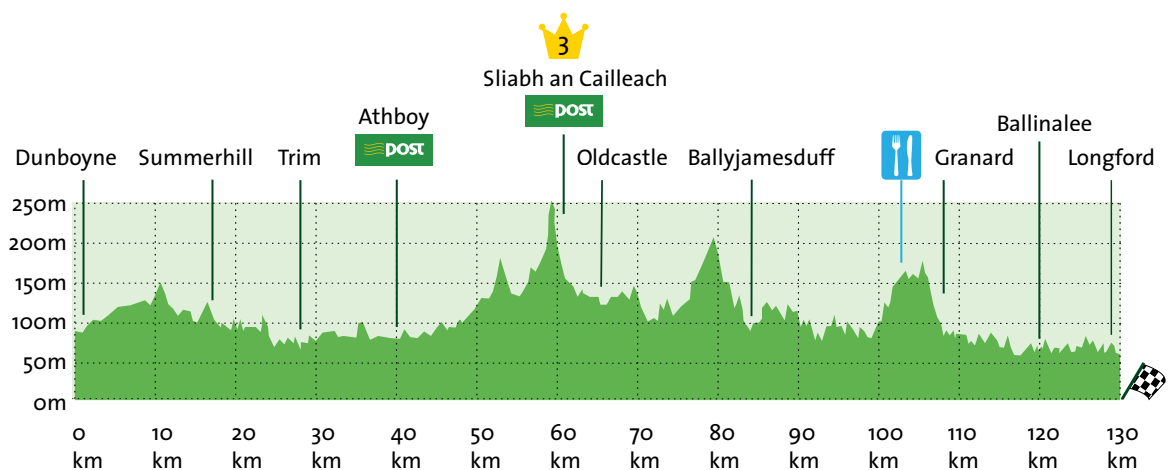
## STAGE 1 DUNBOYNE - LONGFORD 135 KMS

Sunday 19th May 2013 / Dé Domhnaigh 19ú Bealtaine

### Route Map

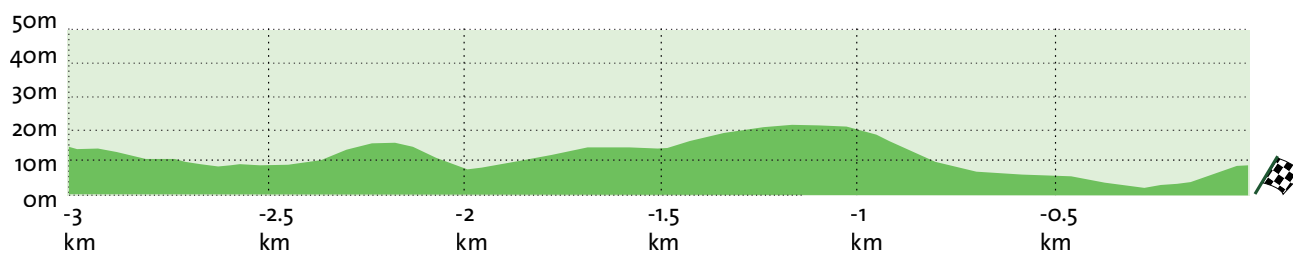


### Stage Profile

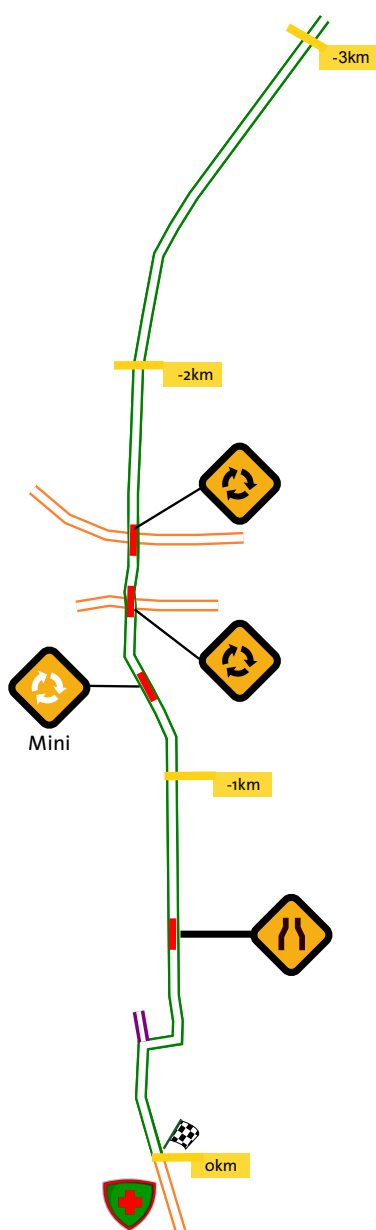




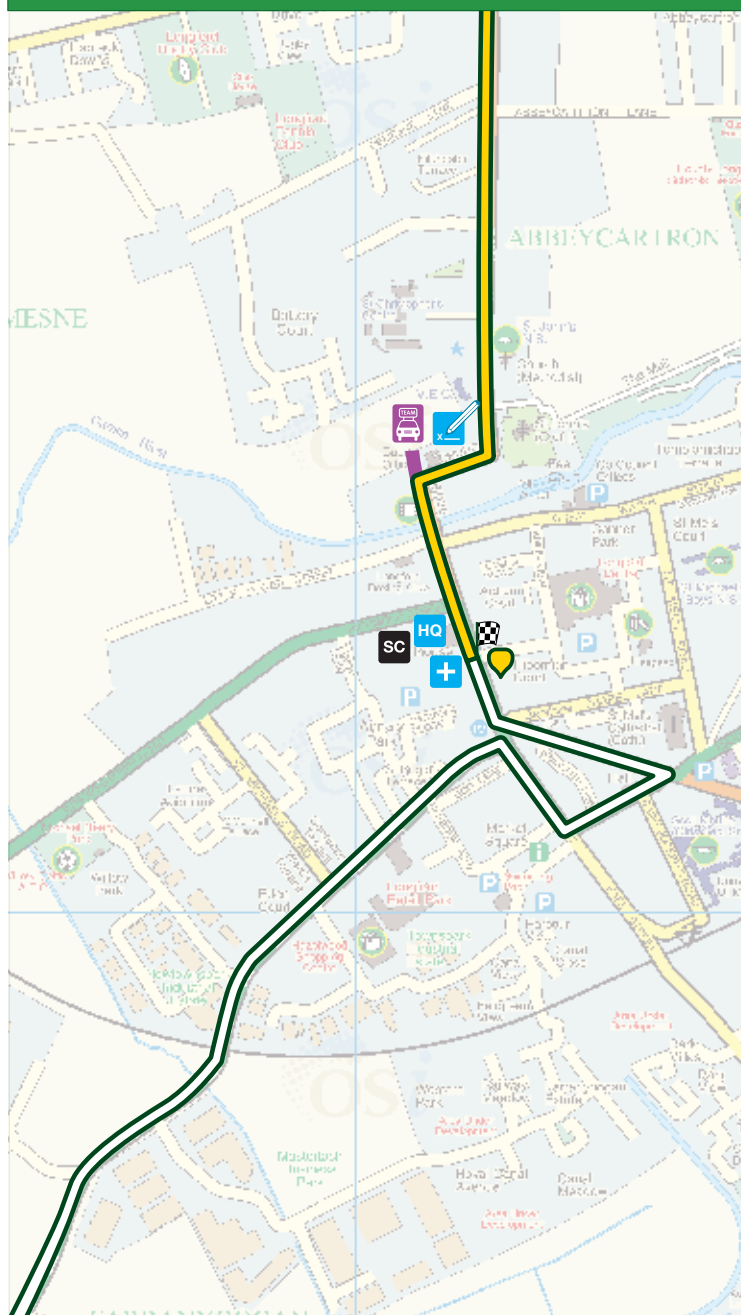
### 3km Profile



### 3km Route



### Finish and Start




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


## STAGE 2 LONGFORD - NENAGH 160 KMS

### Monday 20th May 2013 / Dé Luain 20ú Bealtaine

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

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

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

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

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

#### IMPORTANT STAGE LOCATIONS

Race HQ; Abbey Court Hotel, Tel. 067 41111

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

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

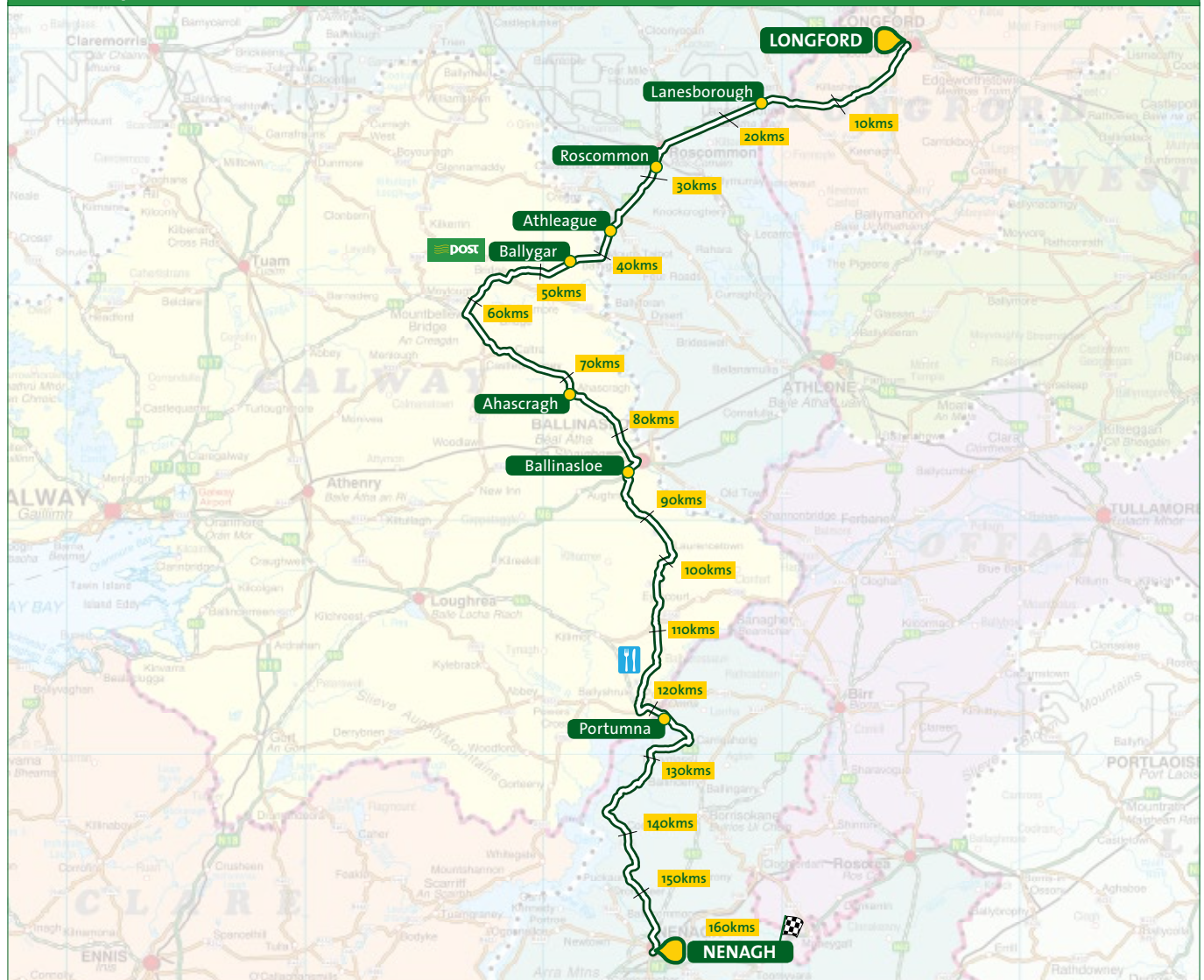
Anti-Doping Control located in camper van adjacent to finish line



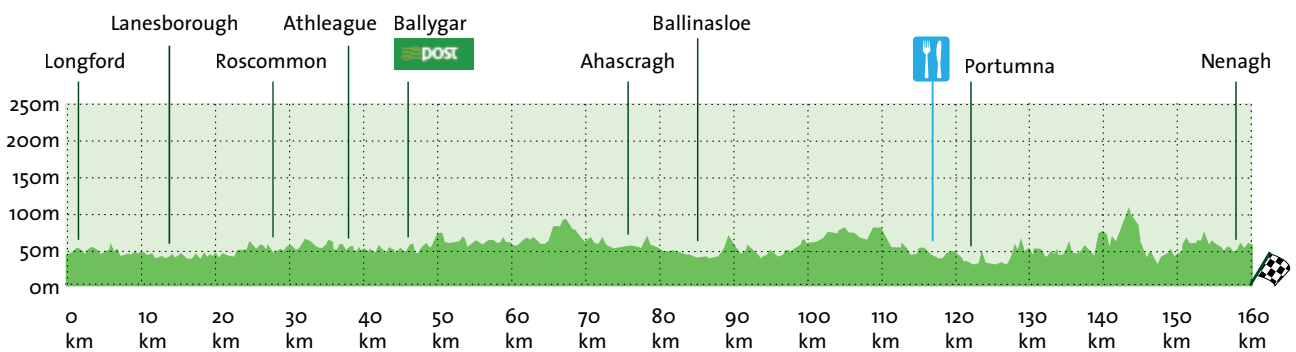
## STAGE 2 LONGFORD - NENAGH 160 KMS

Monday 20th May 2013 / Dé Luain 20ú Bealtaine

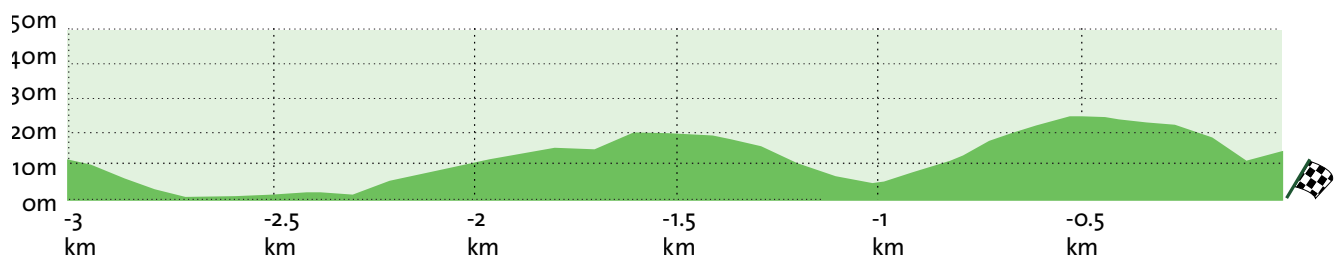
### Route Map



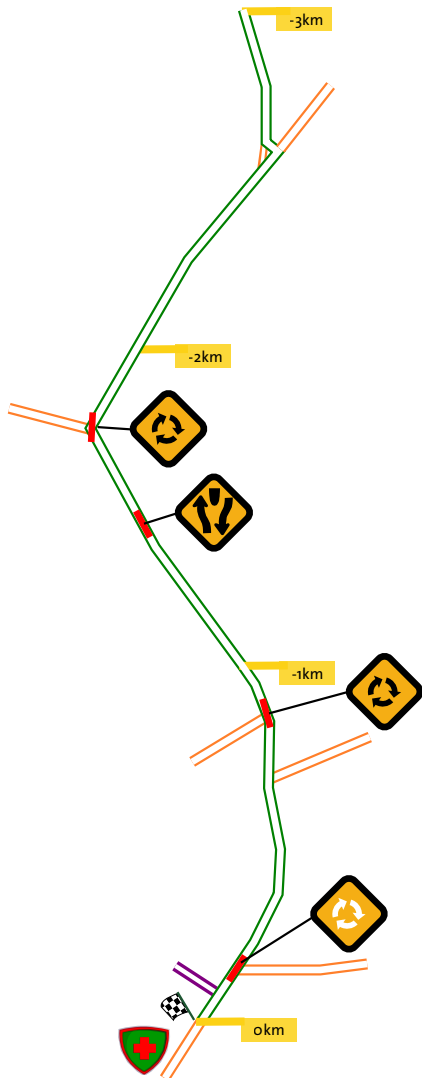
### Stage Profile



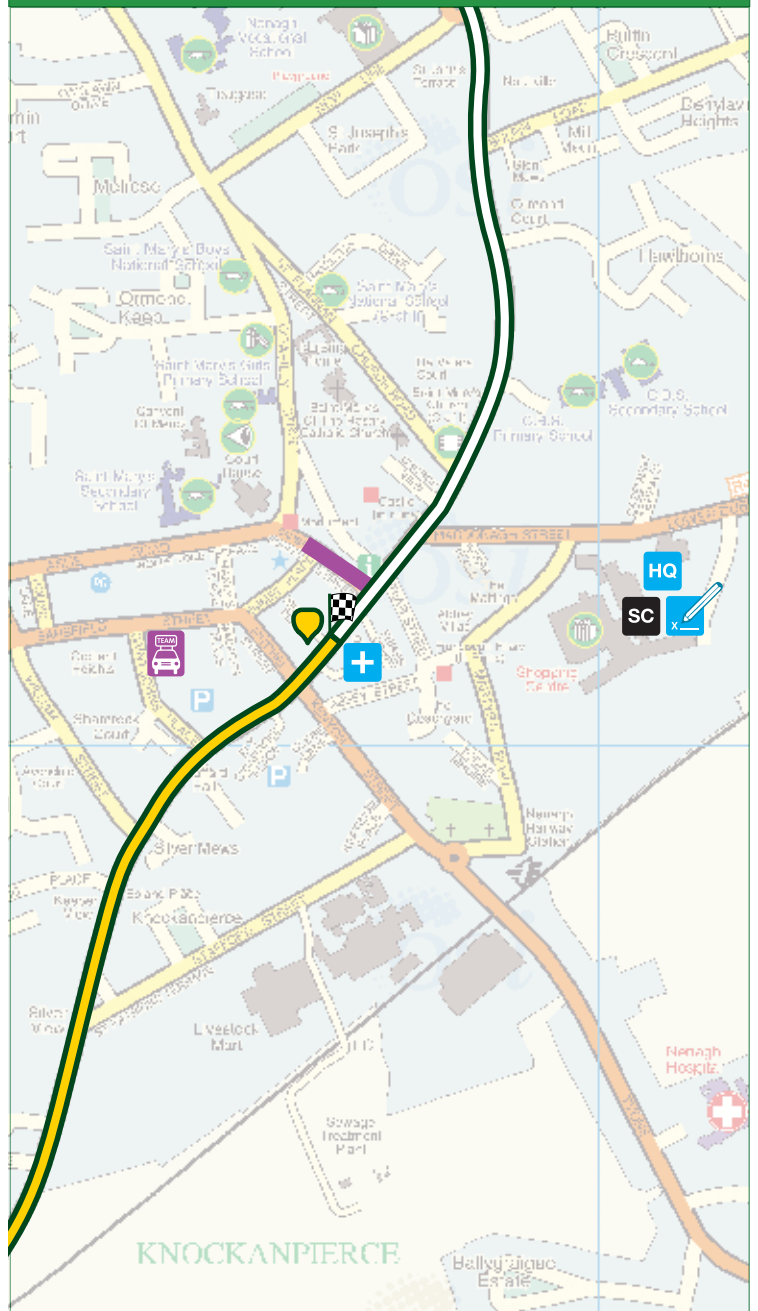
### 3km Profile



### 3km Route



### Finish and Start



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

## STAGE 3 NENAGH - LISTOWEL 141 KMS

Tuesday 21st May 2013 / Dé Máirt 21ú Bealtaine

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

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


			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
0.0	0.00	Neutralised section - Leaving hotel, turn left onto main road			
0.4	0.2	Pedestrian crossing, central reservation			
0.7	0.4	Right at Y junction			
		Left at T junction onto Pearse Street			
0.8	0.5	Pedestrian crossing, mini roundabout			
0.8	0.5	Followed by another pedestrian crossing			
0.9	0.6	<b>Ceremonial start outside Slattery's Outfitters on Pearse Street</b>	11:00	11:00	11:00
		<b>Start of neutralised section</b>			
0.0	0.0	Traffic lights at 4rdsX, Bank of Ireland			
		Onto pedestrianised Silver Street			
1.0	0.6	Railway bridge			
1.6	1.0	End of neutralised section			
0.0	0.0	<b>okm signs for Start of Racing to go at last two houses on right hand side, Walsh's of Nenagh / 80 speed signs, green warehouse</b>			
		On R497			
6.2	3.8	Dolla 50 speed signs	11:07	11:09	11:11
6.3	3.9	Turn left at T junction dir Tipperary/Roscrea, R497	11:07	11:09	11:11
6.4	4.0	Immediate right signposted Tipperary R497 opposite Eagle's Nest pub	11:08	11:09	11:12
6.4	4.0	Blue flag indicating start of KOM	11:08	11:09	11:12
7.1	4.4	Left at Y junction	11:08	11:10	11:13
9.4	5.8	Right at Y junction signposted dir Tipperary Town	11:11	11:14	11:17
11.2	7.0	Sharp right-hand bend	11:14	11:16	11:21
13.0	8.1	<b>Bolingbrook KOM Category 2</b> 🏆	11:16	11:19	11:24
		Finish line at 2 corrugated-iron roofed sheds silver in colour on right hand side.			
13.9	8.6	Right at Y junction	11:17	11:20	11:26
17.5	10.9	<i>Caution hairpin bend</i>	11:21	11:26	11:32
18.0	11.2	Series of bends	11:22	11:27	11:33
18.9	11.7	Right at Y junction	11:23	11:28	11:35
23.2	14.4	4-road intersection, right dir Newport (29km)	11:29	11:34	11:43
		Sean Treacey GAA, R503			
		On R503			
24.5	15.2	4rdsX, straight through	11:30	11:36	11:45

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



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



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

#### IMPORTANT STAGE LOCATIONS

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

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

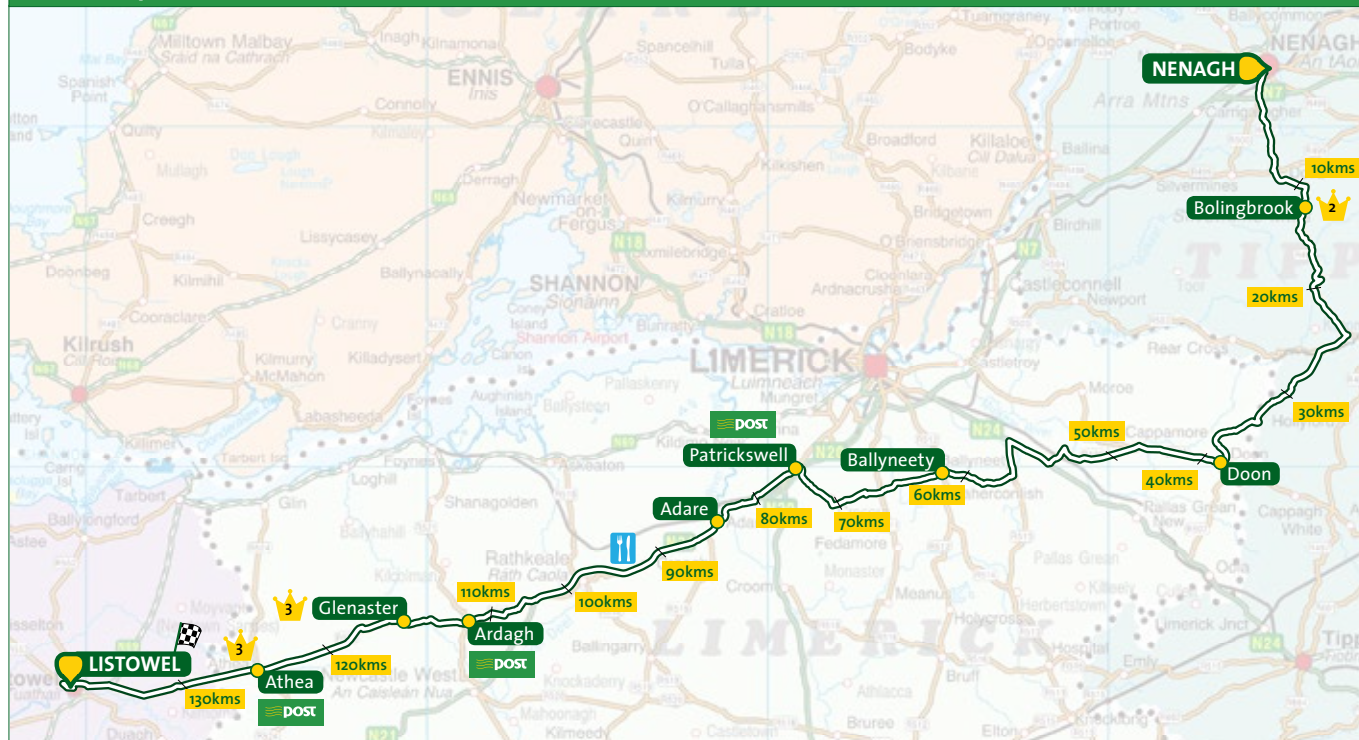
Service Crew Accommodation; Listowel Arms Hotel, Tel. 068 - 21500

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

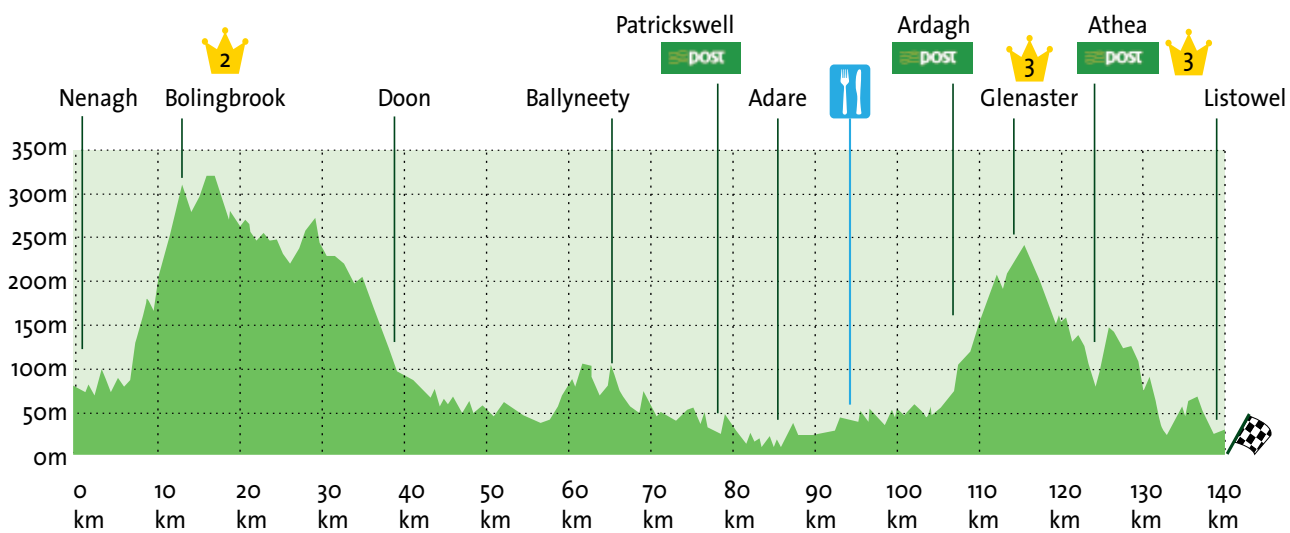
## STAGE 3 NENAGH - LISTOWEL 141 KMS

Tuesday 21st May 2013 / Dé Máirt 21ú Bealtaine

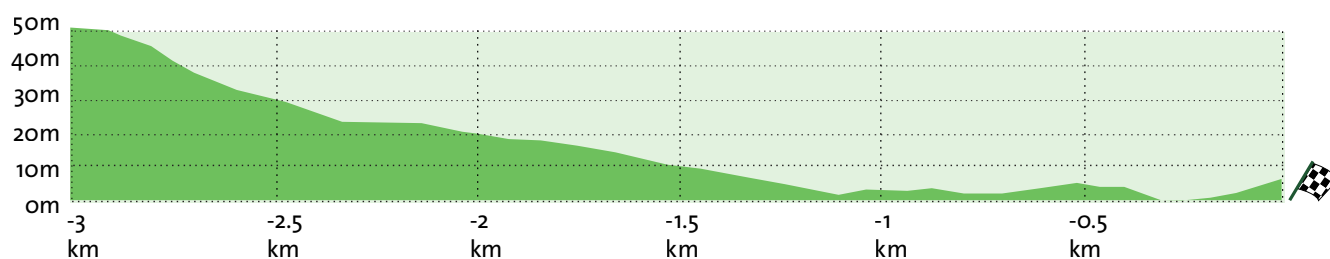
### Route Map



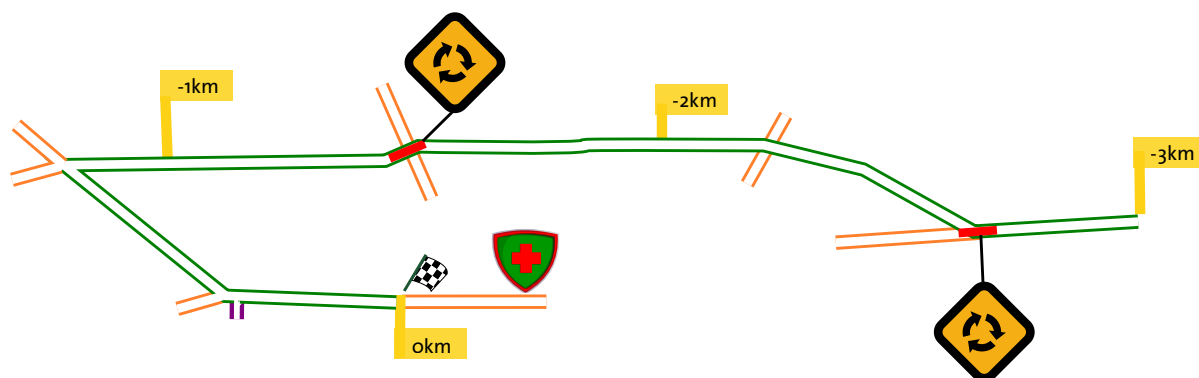
### Stage Profile



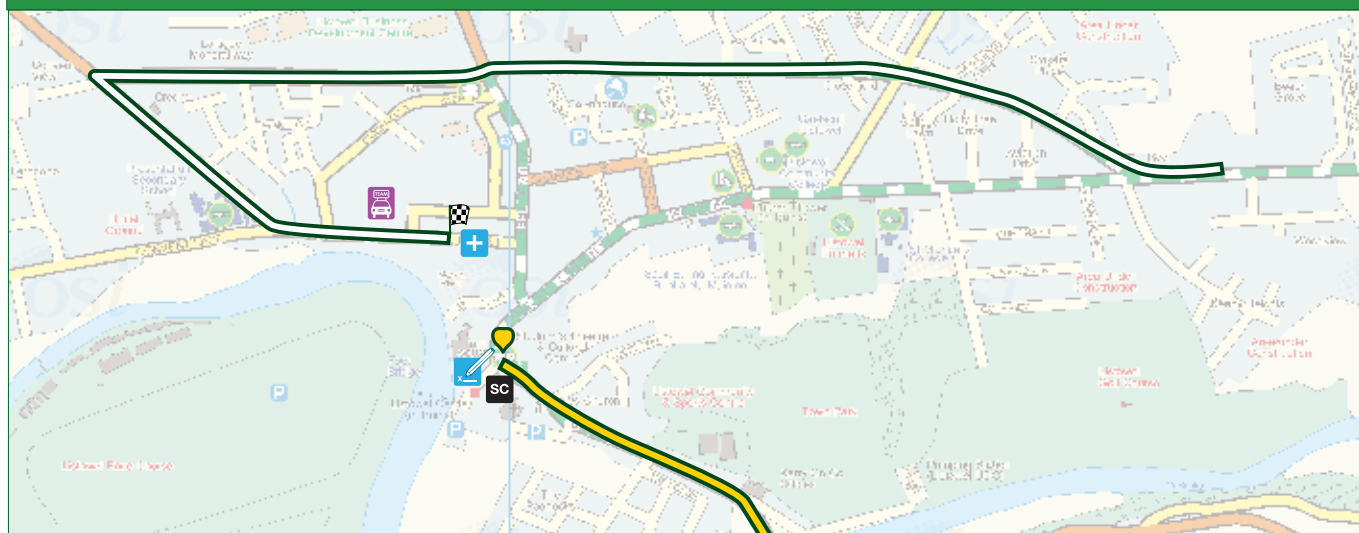
### 3km Profile



### 3km Route



### Finish and Start





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

## STAGE 4 LISTOWEL - GLENGARRIFF 153 KMS

Wednesday 22nd May 2013 / Dé Céadaoin 22ú Bealtaine

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

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

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
		<b>Ceremonial start, Listowel Arms</b>			
0.7	0.4	Turn left over bridge at Y junction, dir signpost Abbeyfeale R555			
1.7	1.1	End of ceremonial section			
<b>0.0</b>	<b>0.0</b>	<b>okm start sign at signpost on left hand side for Abbeyfeale (15km), Duagh (8km) R555</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
2.8	1.7	Turn right dir Cork (110km), Newmarket , Castleisland (32km)	11:03	11:04	11:05
2.8		<b>Start of KOM / Blue Flag</b>	11:03	11:04	11:05
7.9	4.9	<b>Lacka West KOM Category 3</b> 	11:09	11:11	11:14
		<b>Finish line for KOM at junction on left hand side</b>			
14.5	9.0	Narrow bridge, left hand bend	11:18	11:21	11:27
15.9	9.9	Narrow bridge	11:19	11:23	11:29
16.6	10.3	Turn right at T junction onto N21, at Westring Inn Pub	11:20	11:24	11:31
17.5	10.9	Turn left dir Tralee N21, Limerick	11:21	11:26	11:32
17.8	11.1	Turn right at T-junction, dir Castleisland signposted 18km, Tralee N21 (traffic island on junction)	11:22	11:26	11:33
		On N21			
22.5	14.0	<b>Start of KOM Blue flag</b>	11:28	11:33	11:42
28.3	17.6	<b>Crinny KOM Category 3</b> 	11:35	11:42	11:53
		<b>Finish line at sign post for Crinny on left hand side</b>			
31.7	19.7	Roundabout, first exit dir Town Centre L2041	11:39	11:47	11:59
		On L2041			
34.3	21.3	<b>Castleisland</b>	11:42	11:51	12:04
35.0	21.7	Right at Traffic lights / T junction onto Main street, dir Killarney, Tralee, Kerry Airport N23	11:43	11:52	12:05
		Central island at traffic lights			
		On N23			
35.2	21.9	Pedestrian crossing, road narrows & traffic island for 400m to bottom of main street	11:44	11:52	12:06
		Keep left at O'Connor & Sons department store			
35.5	22.1	Continue straight at junction dir Killarney N22, Kerry Airport N23, onto Killarney Road L2040	11:44	11:53	12:06
		Traffic island			
		On L2040			

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



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

#### IMPORTANT STAGE LOCATIONS

Race HQ; Eccles Hotel, Tel. 027 - 63003

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

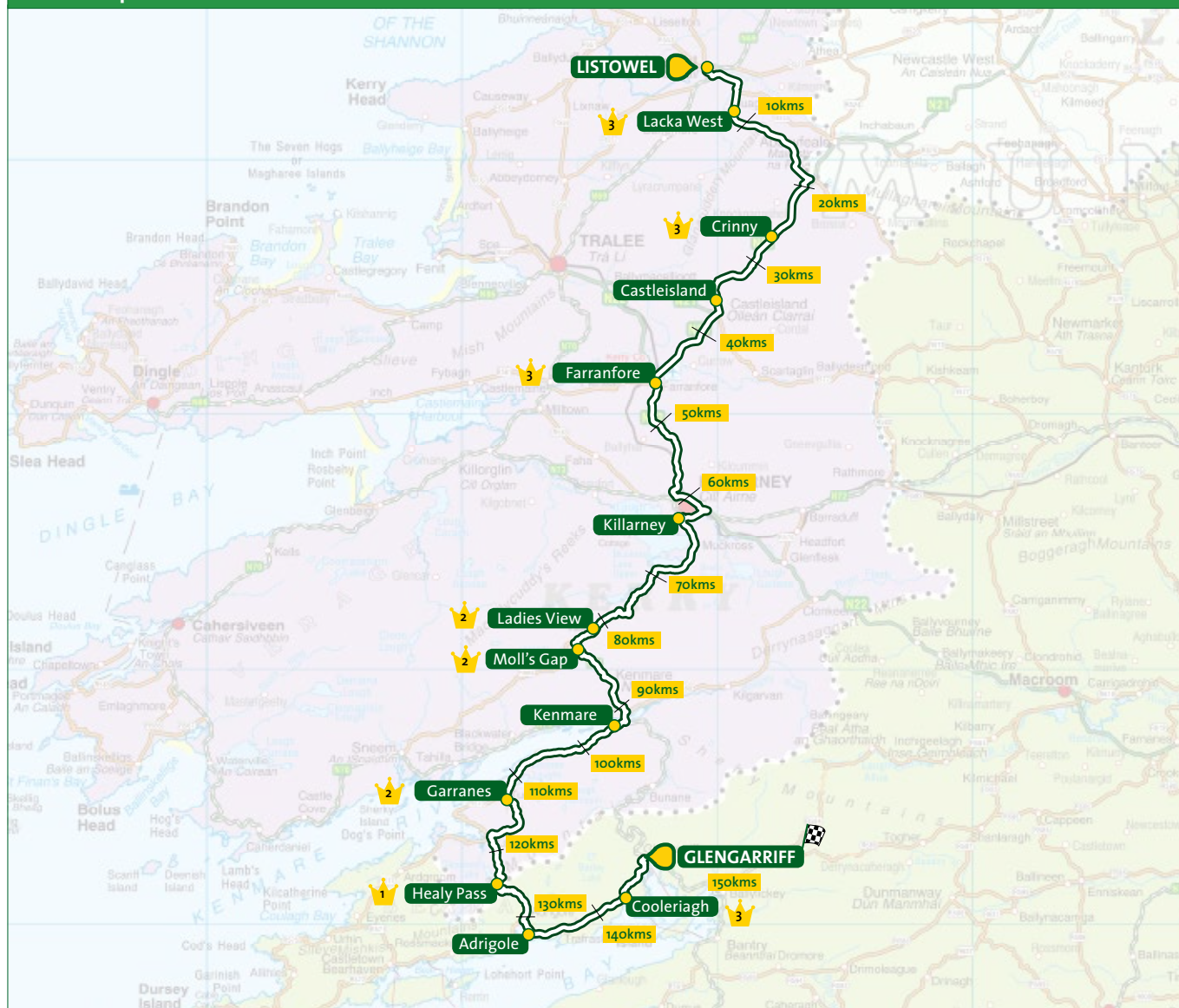
Service Crew Accommodation; Eccles Hotel, Tel. 027 - 63003

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

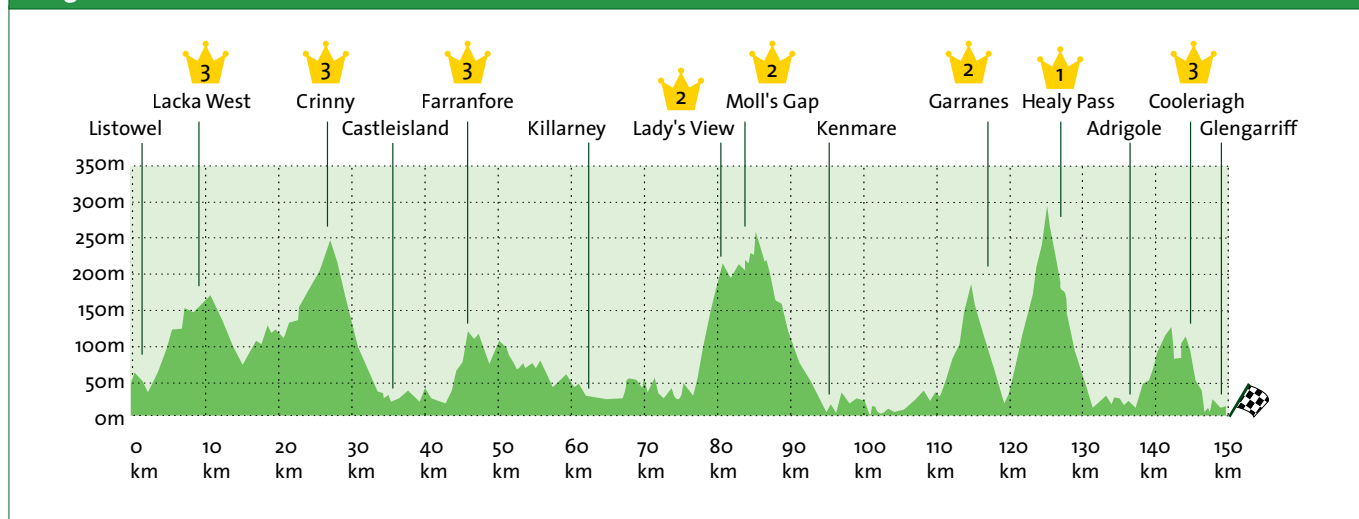
## STAGE 4 LISTOWEL - GLENGARRIFF 153 KMS

Wednesday 22nd May 2013 / Dé Céadaoin 22ú Bealtaine

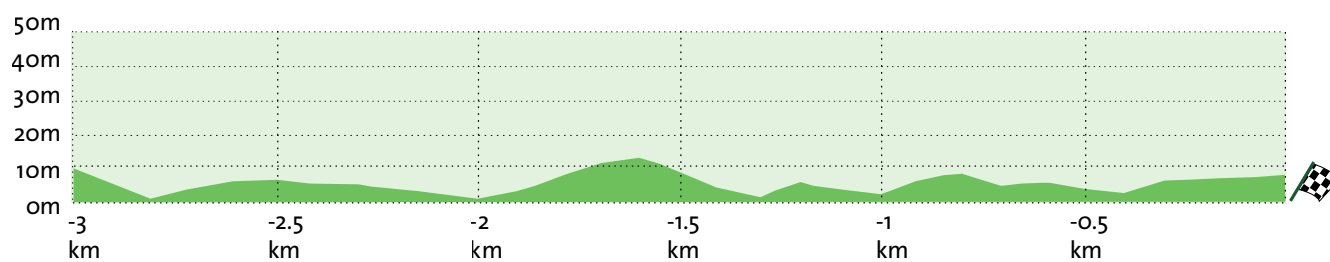
Route Map



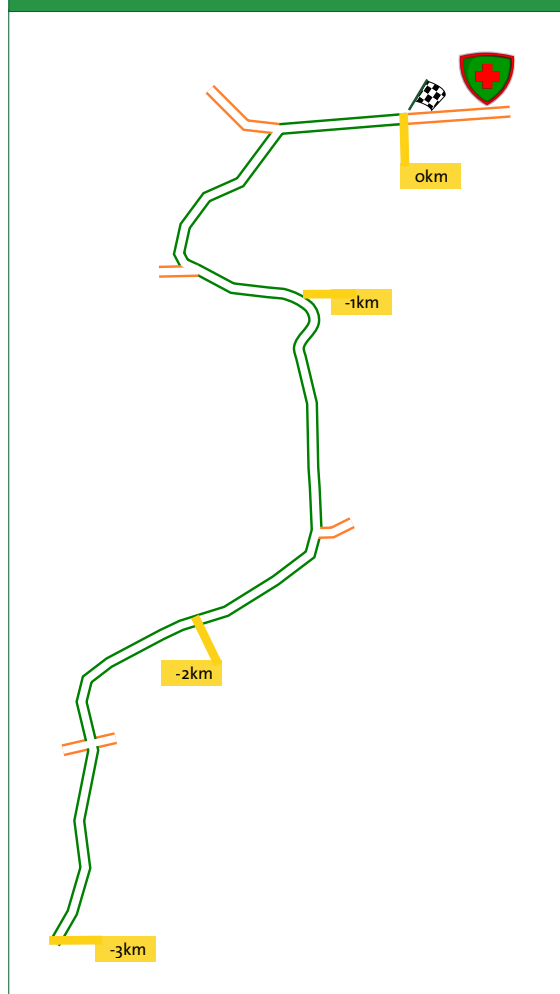
Stage Profile



### 3km Profile
















### 3km Route



### Finish and Start



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

## STAGE 5 GLENGARRIFF - MITCHELSTOWN 150 KMS

Thursday 23rd May 2013 / Dé Déardaoin 23ú Bealtaine

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

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

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
		<b>Ceremonial Start</b>			
0.0	0.0	Assembly at Quills wooden market sign opposite Cottage Bar & Restaurant			
		Travel direction of Ballylickey			
1.6	1.0	Junction to left, Reenmeen East	11:00	11:00	11:00
2.3	1.4	End of neutralised section			
<b>0.0</b>	<b>0.0</b>	<b>okm start signs at 100kph speed signs outside town</b>			
8.3	5.2	Ballylickey 60 speed signs	11:10	11:12	11:15
9.2	5.7	Left at Y junction dir Macroom, Gouganebarra, R584	11:11	11:13	11:17
		On R584			
11.3	7.0	Pearson's Bridge 60 speed signs	11:14	11:16	11:21
13.6	8.4	Kealkill 50 speed signs	11:17	11:20	11:25
14.0	8.7	Left at Y junction, dir Gouganebarra Macroom R584	11:17	11:21	11:26
		On R584			
19.4	12.0	<b>Start of KOM/Blue Flag</b>	11:24	11:29	11:36
		Forest Garden Centre on left hand side			
25.0	15.5	<b>Pass of Keimaneigh KOM Category 2</b> 🏆 <sub>2</sub>	11:31	11:37	11:46
		<b>Finish line for KOM at Monument on right hand side 'Battle of Keimaneigh'</b>			
31.9	19.8	Left at Y junction over bridge, dir Macroom R584	11:39	11:47	11:59
32.0		Ballingeary / Béal Átha an Ghaorthaidh	11:40	11:48	12:00
32.3	20.1	Right at Y junction	11:40	11:48	12:00
32.8	20.4	Turn right over narrow bridge	11:41	11:49	12:01
32.9	20.4	Immediately left at Colaiste na Mumhan onto L3402, dir Ri na nDoiri (9km), Baile Bhuirne (18km)	11:41	11:49	12:01
		On L3402			
33.4	20.7	80 speed signs	11:41	11:50	12:02
		<b>Start of KOM/Blue flag</b>			
34.7	21.6	Right at Y junction (Marshal for left junction)	11:43	11:52	12:05
37.7	23.4	<b>Gortnabinna KOM Category 2</b> 🏆 <sub>2</sub>	11:47	11:56	12:10
		<b>Finish line KOM, junction road to left signposted Kenmare (20km), Kilgarvan (14km) Continue straight dir Macroom, 19km</b>			
42.0	26.1	Renanirree 50 signs	11:52	12:03	12:18

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



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

### IMPORTANT STAGE LOCATIONS

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

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

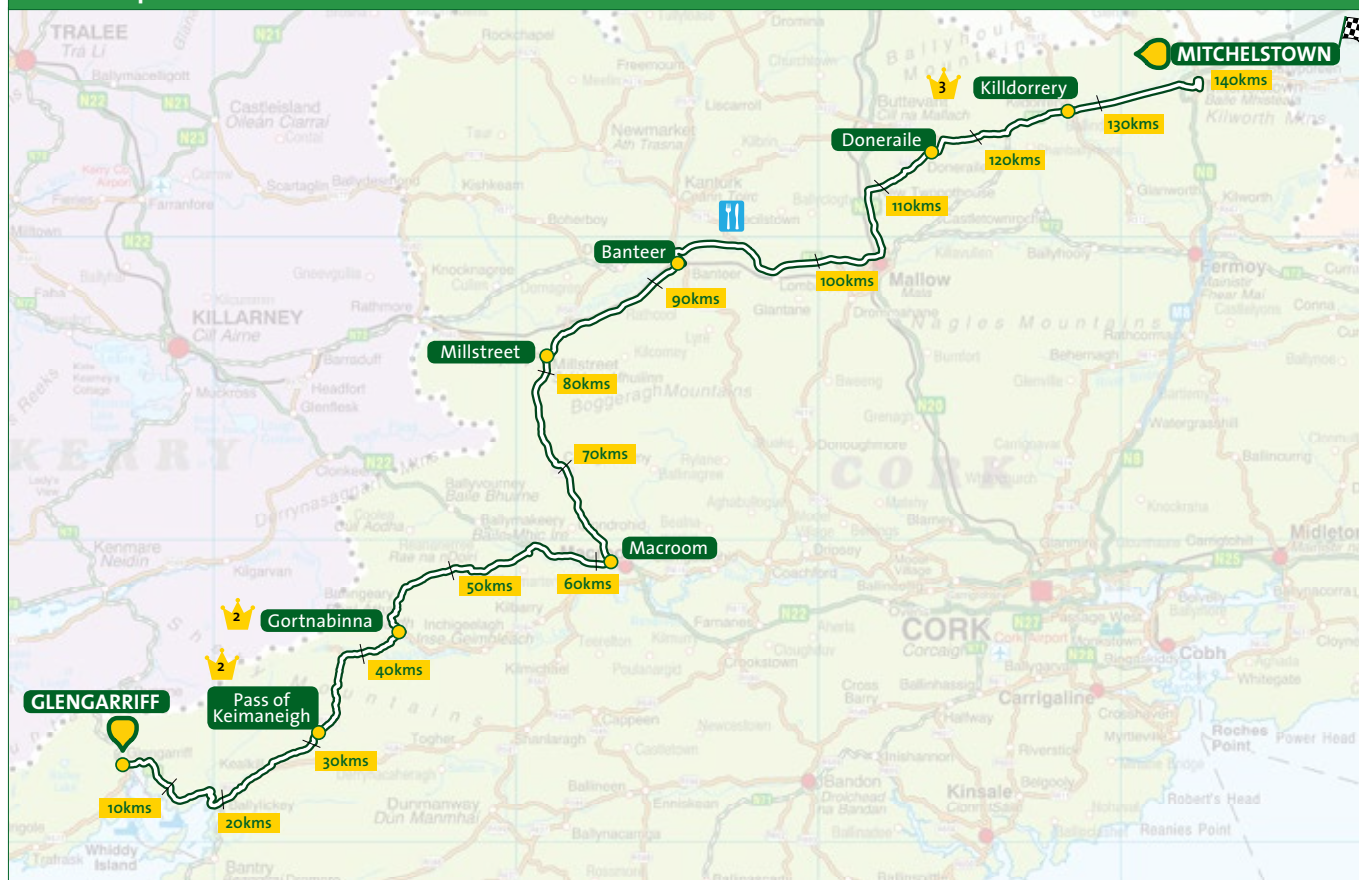
Service Crew Accommodation; Cahir House Hotel, Cahir, Co. Tipperary. Tel. 052 - 7443000

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

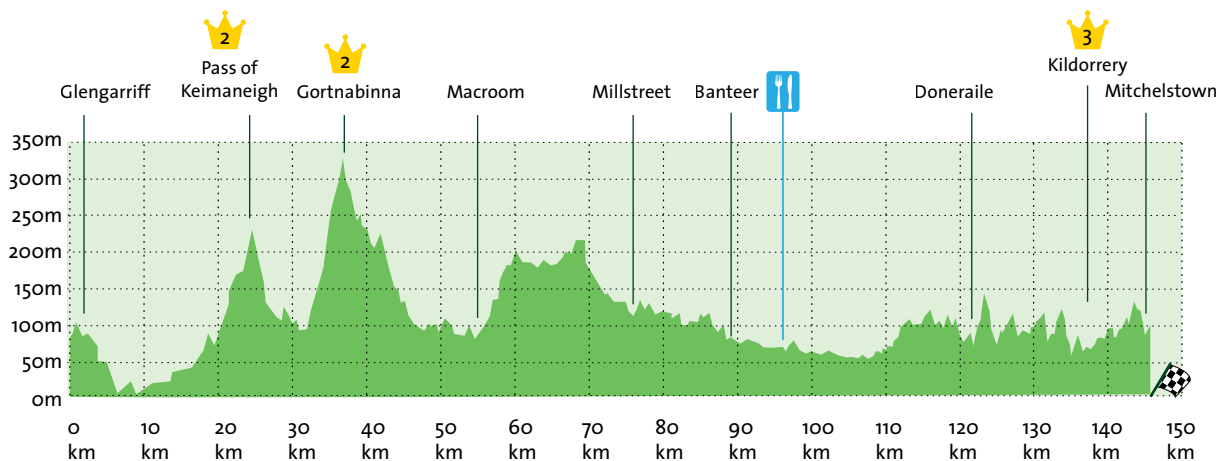
## STAGE 5 GLENGARRIFF - MITCHELSTOWN 150 KMS

Thursday 23rd May 2013 / Dé Déardaoin 23ú Bealtaine

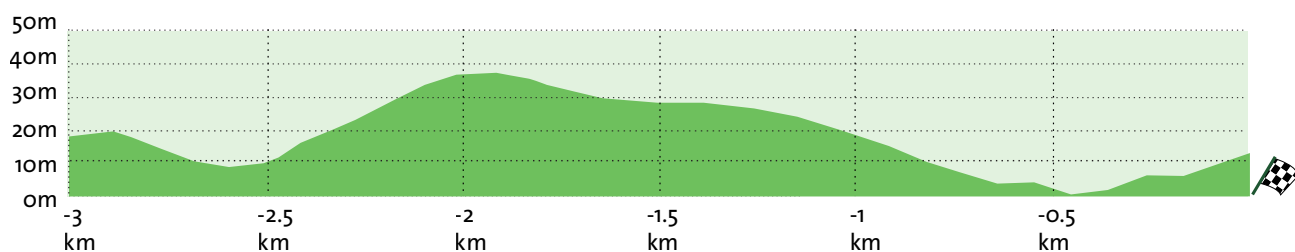
### Route Map



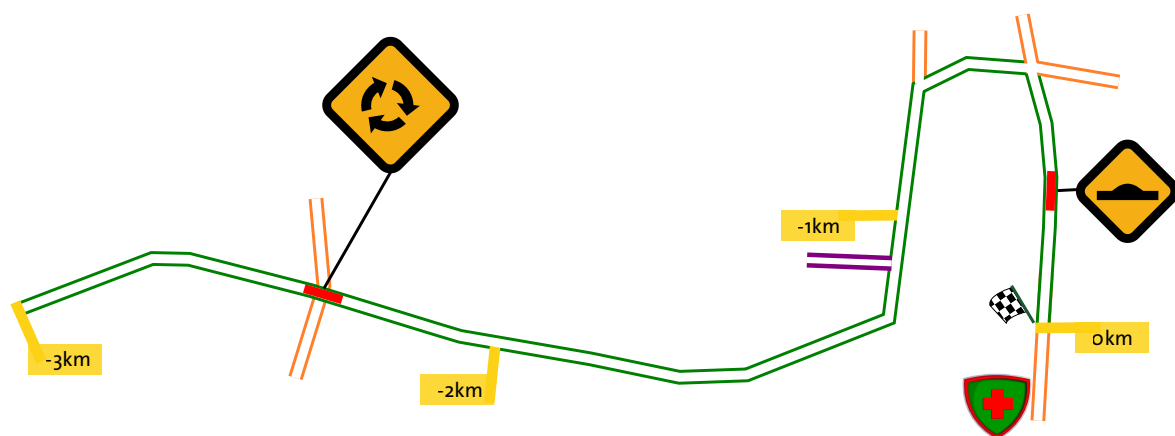
### Stage Profile



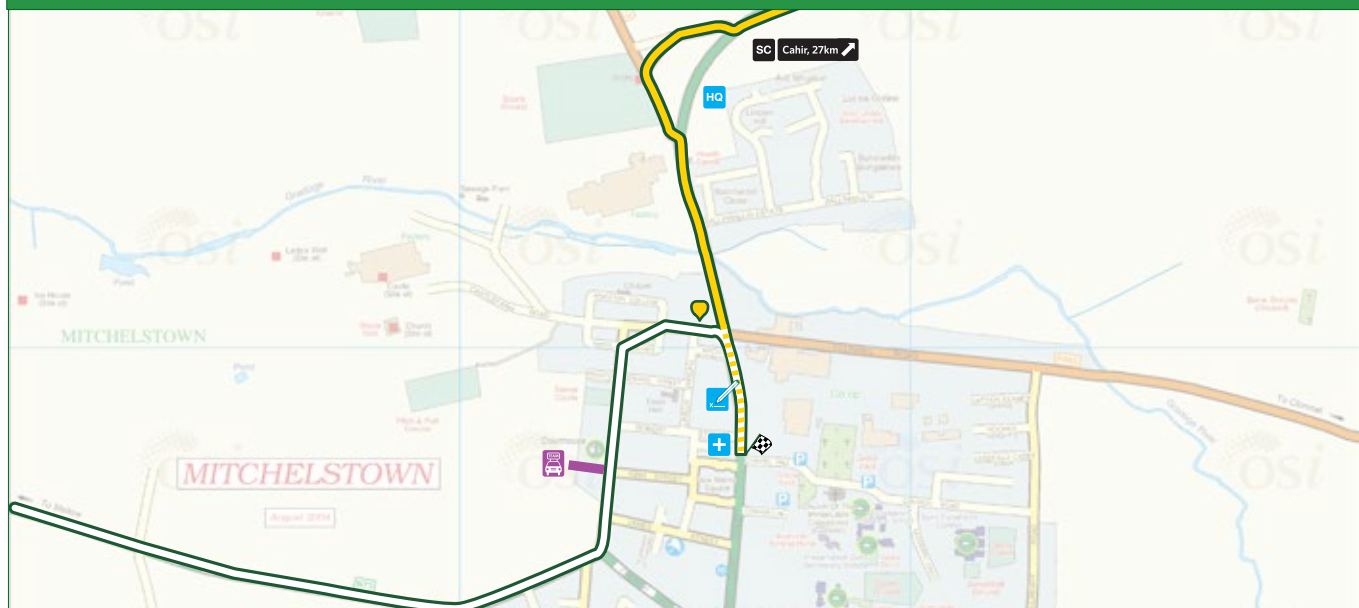
### 3km Profile



### 3km Route



### Finish and Start




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

## STAGE 6 MITCHELSTOWN - CARLOW 155 KMS

Friday 24th May 2013 / Dé hAoine 24ú Bealtaine

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

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
		<b>Ceremonial start outside SuperValu, Main Square</b>			
0.3	0.2	Straight through at 4rdsX with Baldwin St, Clonmel Road			
0.5	0.3	Pedestrian crossing, Traffic island outside Aldi			
0.6	0.4	Traffic island, road narrows, 60 signs			
1.0	0.6	Roundabout, 3rd exit dir Cahir			
1.5	0.9	End of neutralised section, Mitchelstown Business Park on left hand side just after 100kph signs			
<b>0.0</b>	<b>0.0</b>	<b>okm start sign at 100kph speed signs after roundabout</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
3.5	2.2	Roundabout, 2nd exit dir Kilbehenny R639	11:04	11:05	11:06
		On R639			
4.8	3.0	Kilbehenny 50 sign, Traffic island	11:06	11:07	11:09
5.2	3.2	Caution 4 Traffic island	11:06	11:07	11:09
8.8	5.5	Skeheenarinky	11:11	11:13	11:16
10.0	6.2	4rdsX Straight	11:12	11:15	11:18
12.7	7.9	4rdsX Straight	11:15	11:19	11:23
20.7	12.9	Roundabout, 3rd exit dir Cahir, R639, under motorway	11:25	11:31	11:38
21.0	13.0	Roundabout, 1st exit, dir Cahir Castle, R639	11:26	11:31	11:39
25.3	15.7	Right dir Cahir 2km, signposted Cahir (2km), Cahir Castle, Swiss Cottage R903	11:31	11:37	11:47
		On R903			
25.4	15.8	Cahir	11:31	11:38	11:47
26.6	16.5	Staggered 4rdsX just before bridge	11:33	11:39	11:49
27.0	16.8	Left onto square, dir Cashel R670	11:33	11:40	11:50
27.2	16.9	Church Street	11:34	11:40	11:51
		Onto Cashel Road			
29.8	18.5	Right at T junction (Traffic island) onto N24 dir Waterford, Cashel R639	11:37	11:44	11:55
30.2	18.8	New Inn Road Roundabout, 3rd exit dir New Inn, Cashel on R639	11:37	11:45	11:56
		On R639			
35.2	21.8	New Inn 50 speed signs	11:44	11:52	12:06
35.8	22.2	Straight through at mini roundabout & Traffic island	11:44	11:53	12:07
36.0	22.4	Traffic island	11:45	11:54	12:07
40.1	24.9	Straight through 4rdsX	11:50	12:00	12:15

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



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

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

#### IMPORTANT STAGE LOCATIONS

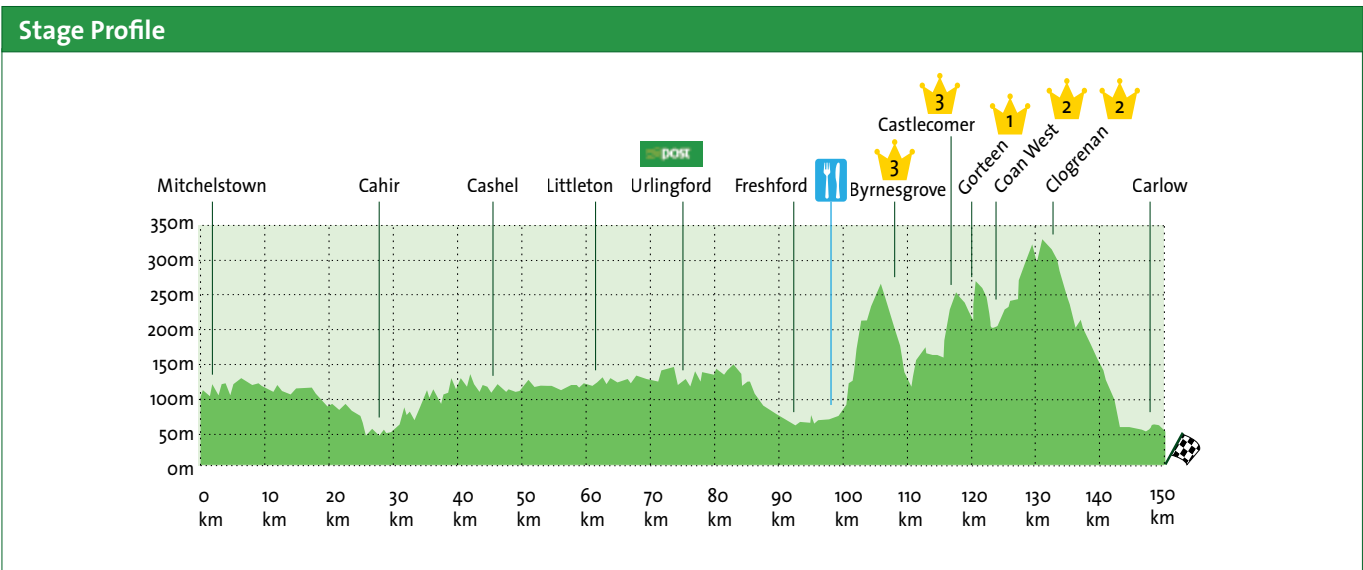
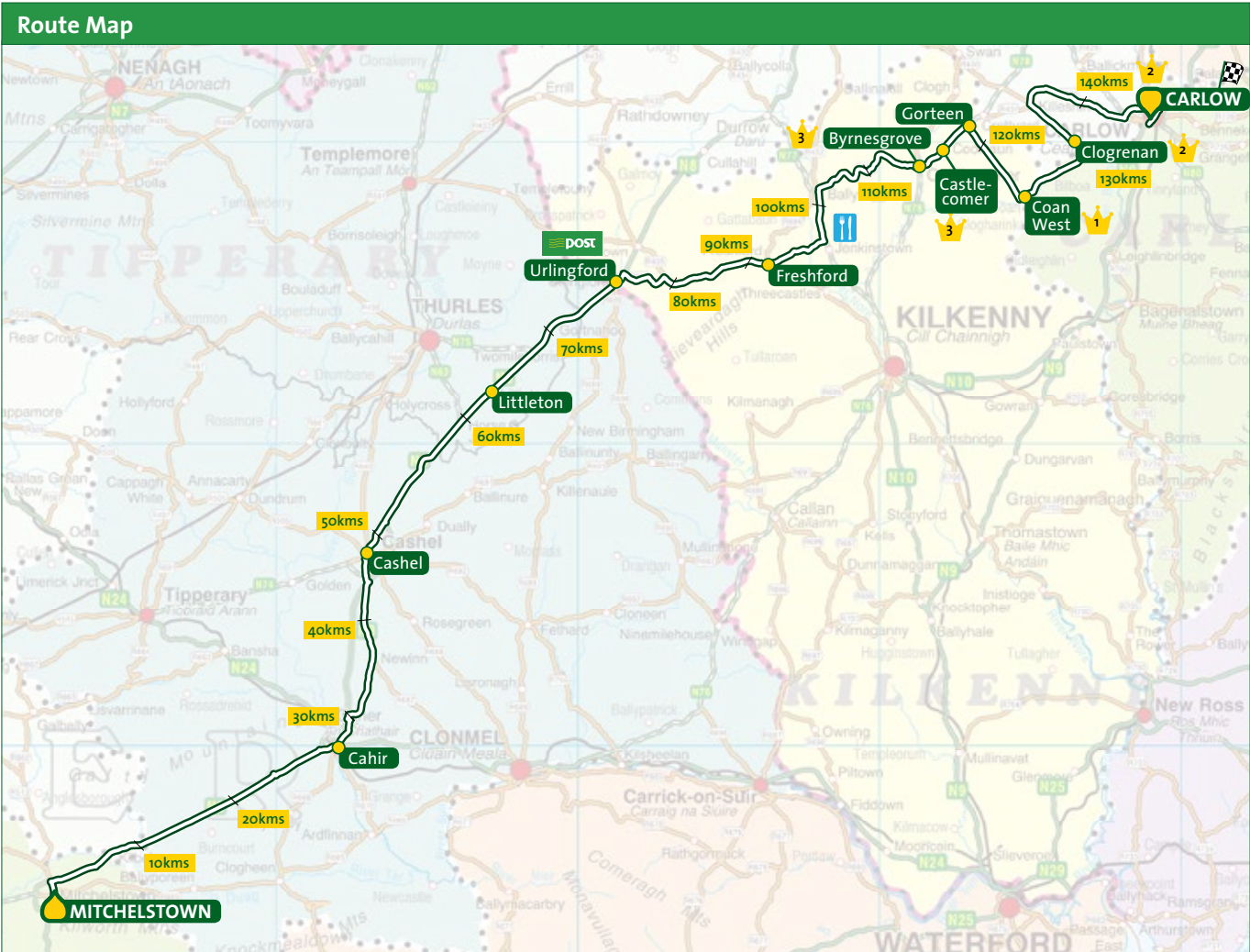
Race HQ; Seven Oaks Hotel, Tel. 059 - 9131308

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

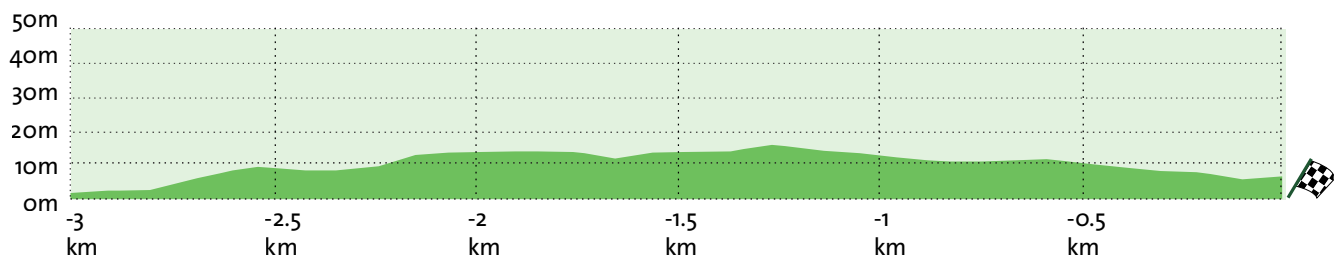
Service Crew Accommodation; Seven Oaks Hotel, Tel. 059 - 9131308

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

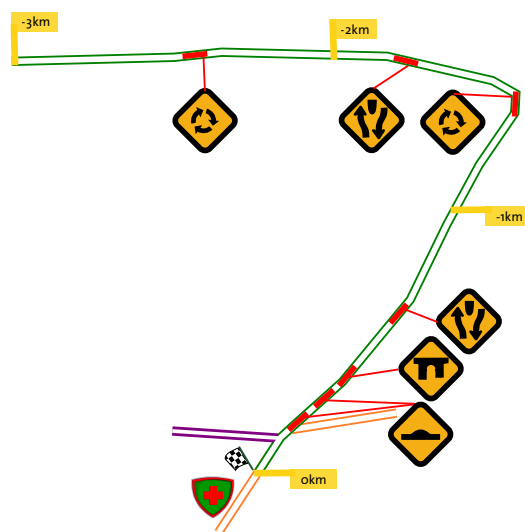
**STAGE 6 MITCHELSTOWN - CARLOW 155 KMS**  
 Friday 24th May 2013 / Dé hAoine 24ú Bealtaine



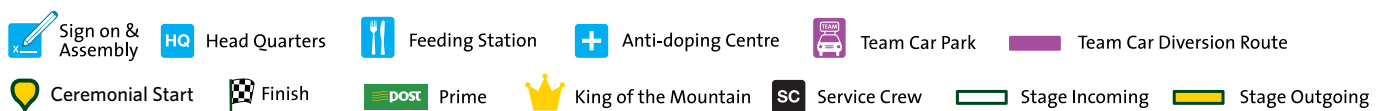
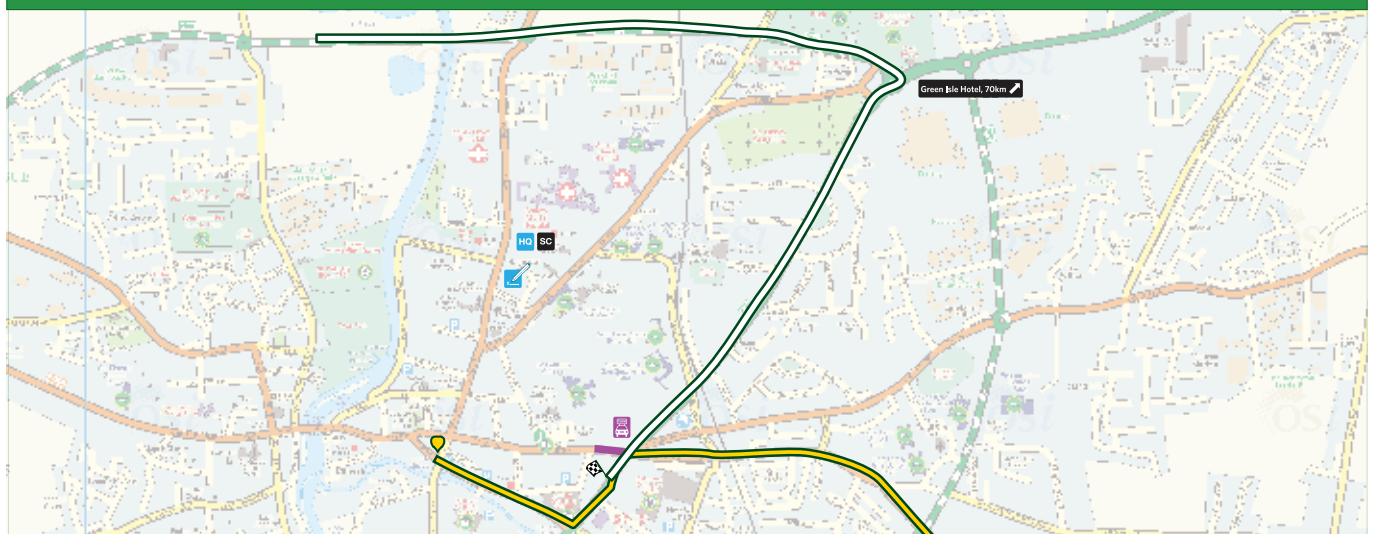
### 3km Profile



### 3km Route



### Finish and Start





## STAGE 7 CARLOW - NAAS 141 KMS

Saturday 25th May 2013 / Dé Sathairn 25ú Bealtaine

		TIME
<b>Riders Sign-On</b>	County Council Offices	9.30-10.30
<b>Assemble riders at</b>		10:45
<b>Ceremonial Start</b>	Post Office, Dublin Street	11.00
<b>Neutralised</b>	4.9kms	
<b>Team support vehicles depart</b>		10.20
<b>Team cars depart in cavalcade position behind riders</b>		

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
		<b>Ceremonial start outside Post Office on Dublin Street</b>			
0.7	0.4	Neutralised section			
0.9	0.6	Left onto Kennedy Ave followed by roundabout, straight through onto Kennedy Ave			
1.1	0.7	Roundabout 1st exit onto Barrack Street			
1.2	0.8	Right turn at 4 Xrds traffic lights onto Stapletown Road			
		Roundabout, 2nd exit			
1.3	0.8	Followed by roundabout, 2nd exit			
		On N80			
1.4	0.9	Staplestown Road Roundabout, pedestrian crossing and mini-roundabout, straight through, followed by pedestrian crossing			
1.7	1.1	Roundabout, 2nd exit at Carlow District Credit Union			
2.0	1.2	Ramp & pedestrian crossing & Traffic island			
2.2	1.4	Tullow Road roundabout, 2nd exit dir Enniscorthy N80, Rosslare, Waterford, Tullow R725			
2.4	1.5	Pedestrian crossing, Traffic island at Lidl			
2.5	1.5	Traffic island			
2.6	1.6	Traffic island			
2.7	1.7	Pedestrian lights & Traffic island			
3.1	1.9	60 speed signs			
3.4	2.1	Roundabout, 1st exit signposted Tullow 12k R725			
		On R725			
4.2	2.6	Series of bends			
4.6	2.9	Keep left at Y junction dir Tullow R725			
4.9	3.0	End of neutralised section at Kernanstown Housing Estate on left hand side			
0.0	0.0	<b>okm start sign at Kernanstown Estate on left hand side on R725</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
10.0	6.2	Tullow 50 speed signs	11:12	11:15	11:18
10.5	6.5	Mini roundabout, 2nd exit dir Town Centre	11:13	11:15	11:19
10.8	6.7	Ramp, pedestrian crossing	11:13	11:16	11:20
10.9	6.8	Left at T junction over bridge dir Rathvilly (10km), Blessington	11:13	11:16	11:20
11.0	6.8	<i>Caution Pedestrian crossing and ramp</i>	11:13	11:16	11:20
11.2	6.9	Staggered junction	11:13	11:16	11:20



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

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

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

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

#### IMPORTANT STAGE LOCATIONS

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

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

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

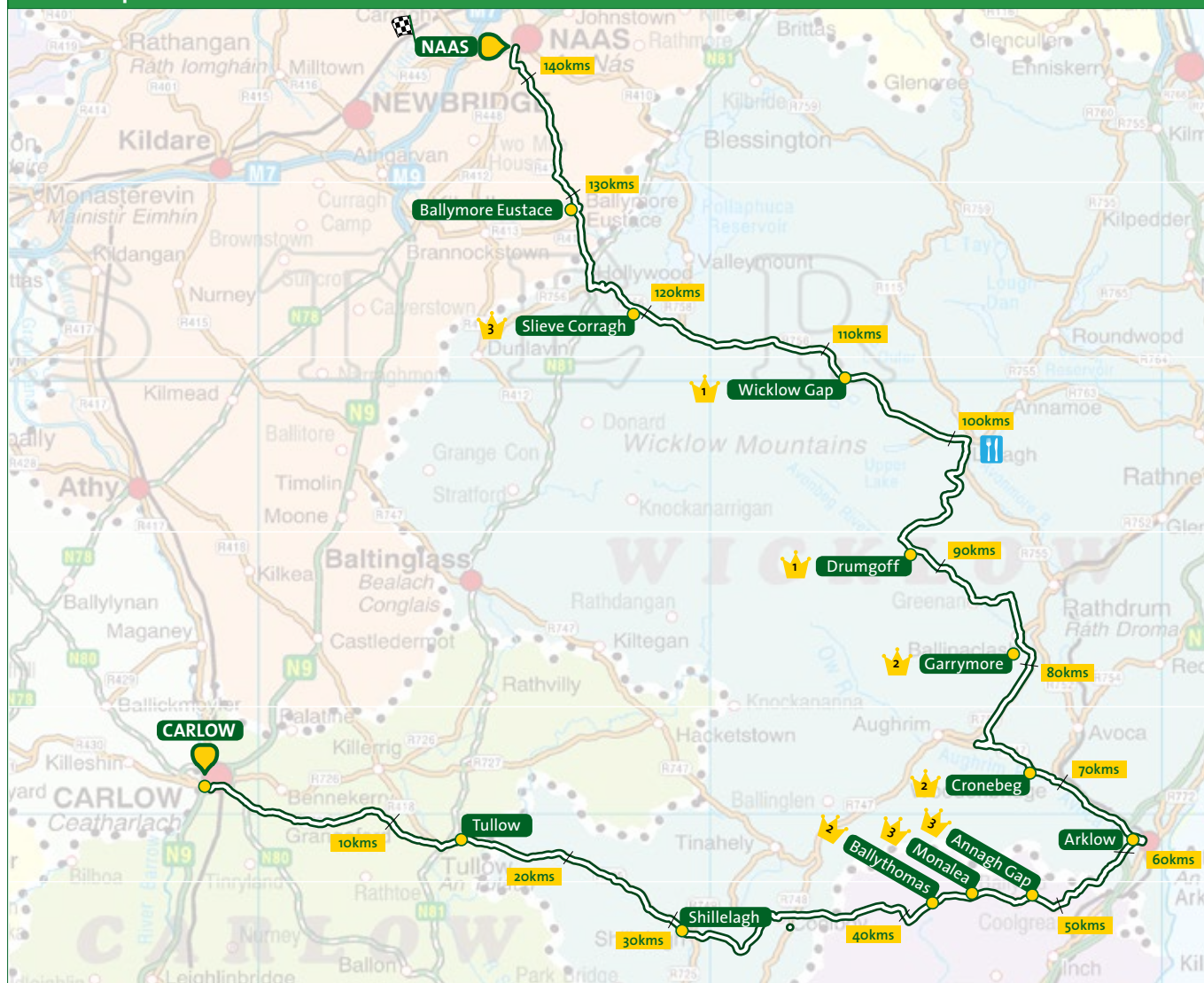
Anti-Doping Control located in camper van adjacent to finish line



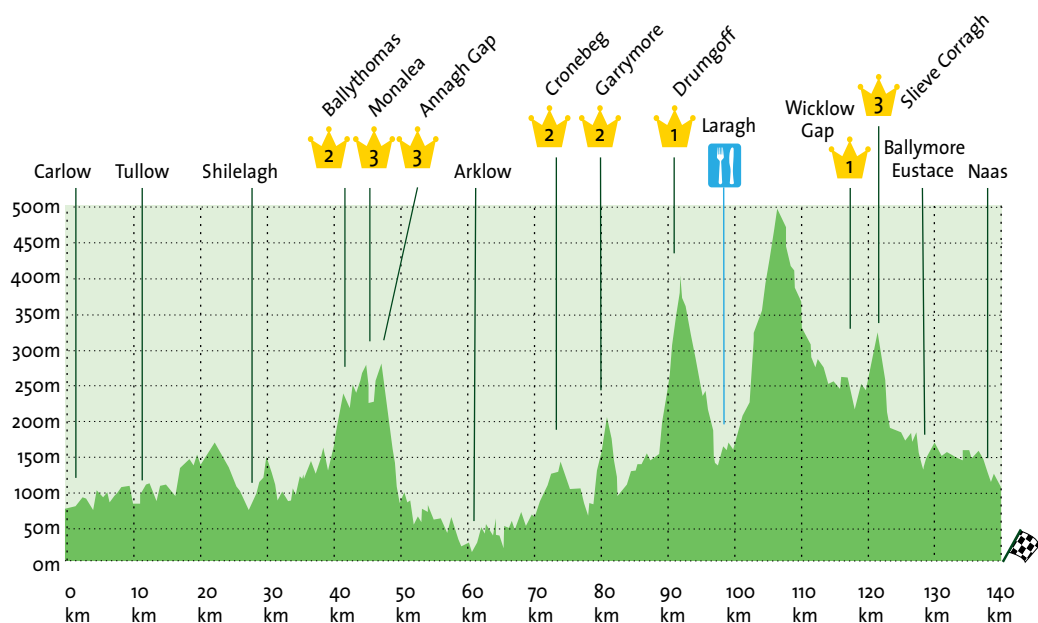
## STAGE 7 CARLOW - NAAS 141 KMS

Saturday 25th May 2013 / Dé Sathairn 25ú Bealtaine

### Route Map

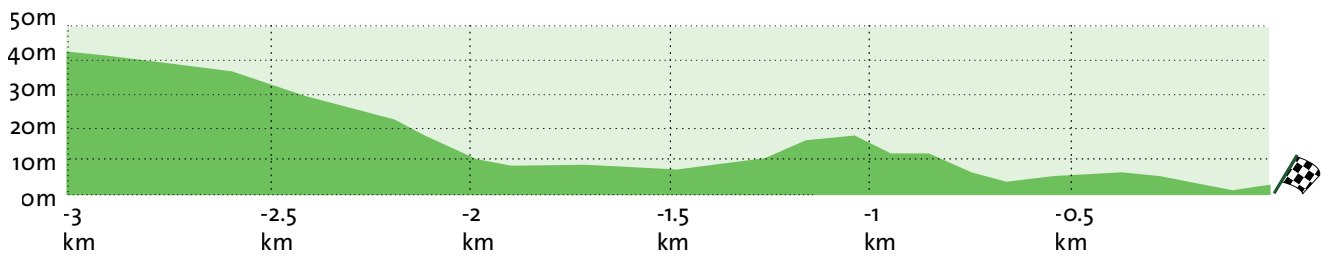


### Stage Profile

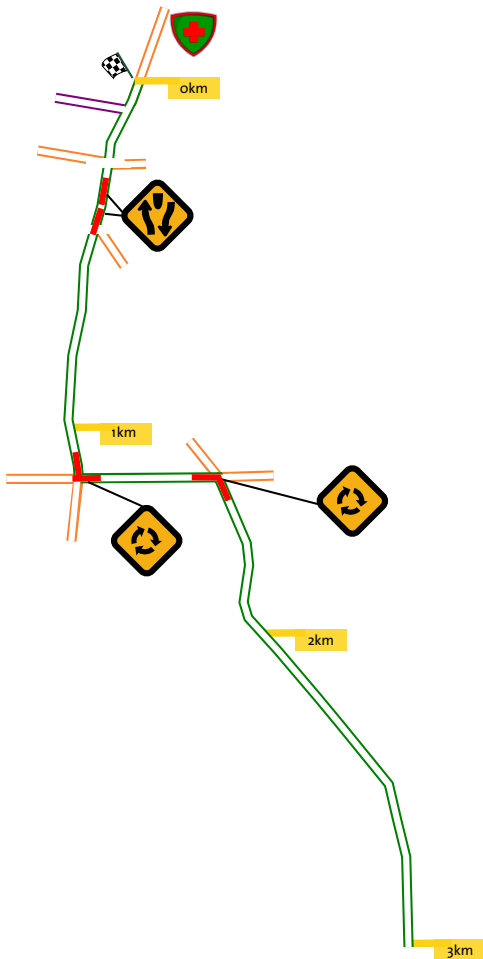




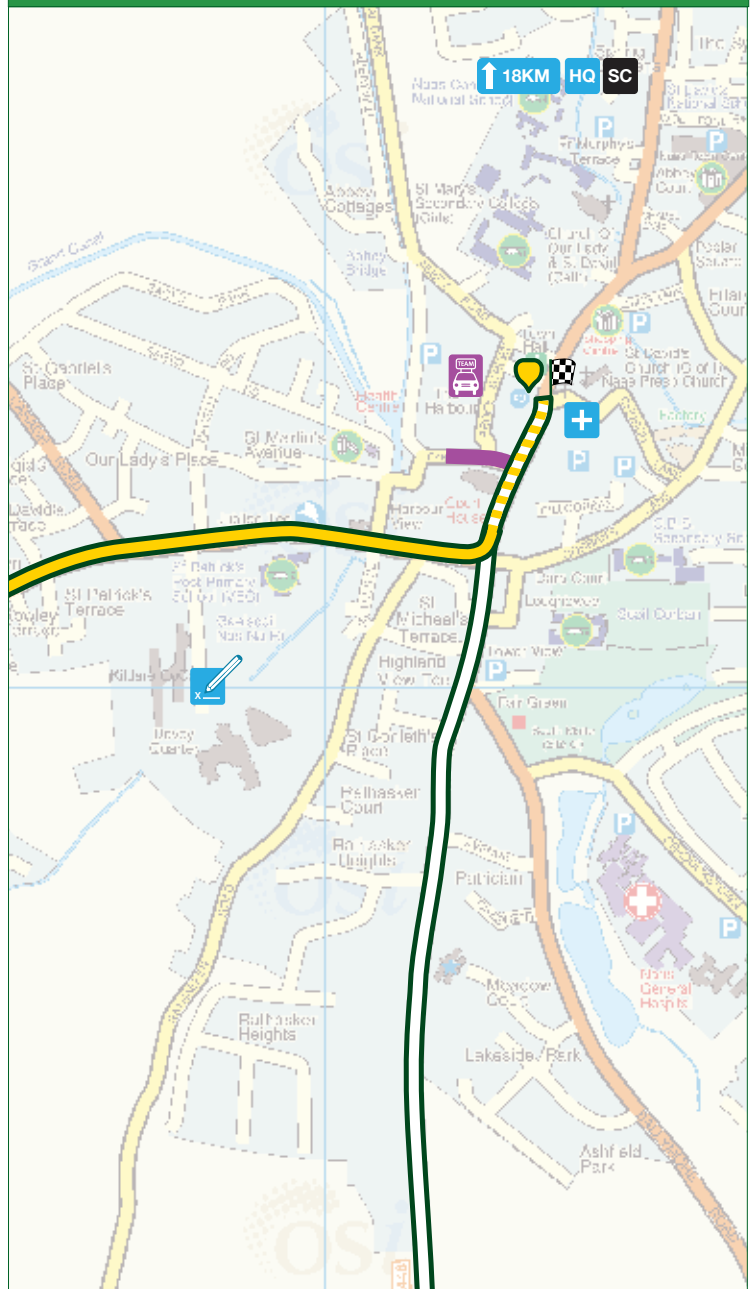
### 3km Profile
















### 3km Route



### Finish and Start



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

## STAGE 8 NAAS - SKERRIES 145 KMS

Sunday 26th May 2013 / Dé Domhnaigh 26ú Bealtaine

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

			Estimated time of arrival at kilometres per hour		
Kms	Miles	Location	48 Back wind	40 Average	32 Head wind
0.0	0.0	<b>Ceremonial start from Town Hall</b>			
0.1	0.1	Pedestrian crossing			
0.2	0.1	Right at traffic lights major junction onto New Row, immediately followed by pedestrian crossing			
0.4	0.2	Pedestrian crossing immediately outside Harbour View Hotel on right			
0.7	0.4	Straight through at traffic lights, major junction at Council offices			
1.0	0.6	Straight through at traffic lights dir Newbridge R445			
		On R445			
1.2	0.7	Pass Aldi on left hand side			
1.3	0.8	Straight through major junction traffic lights			
2.6	1.6	Newbridge Road Roundabout, 2nd exit			
2.9	1.8	Bundle of Sticks Roundabout, 2nd exit dir Newbridge R445			
		End of neutralised section			
0.0	0.0	<b>okm start sign at 80kph signs for Newbridge, start at sign on left hand side of road for Newbridge (7km), Limerick (159km), Cork (218km) R445</b>	12:00	12:00	12:00
2.6	1.6	Roundabout, 3rd exit dir Newbridge R445	12:03	12:03	12:04
		On R445			
3.0	1.9	Cross over junction & traffic island on dual carriageway	12:03	12:04	12:05
5.5	3.4	<b>Newbridge 50 speed signs, traffic island</b>	12:06	12:08	12:10
6.5	4.0	Traffic island	12:08	12:09	12:12
6.6	4.1	Roundabout, 2nd exit dir Town Centre R445	12:08	12:09	12:12
7.1	4.4	Pedestrian crossing with ramp	12:08	12:10	12:13
7.3	4.5	4rdsX traffic lights, straight through	12:09	12:10	12:13
7.7	4.8	Right at traffic lights Bank of Ireland dir Milltown, Robertstown outside Post Office onto Charlotte Street R416	12:09	12:11	12:14
7.8	4.8	4rdsX, straight through	12:09	12:11	12:14
		On R416			
8.2	5.1	Ramp	12:10	12:12	12:15
8.6	5.3	Hump back bridge	12:10	12:12	12:16
8.8	5.5	Straight through traffic lights junction	12:11	12:13	12:16

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

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

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



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

#### IMPORTANT STAGE LOCATIONS

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

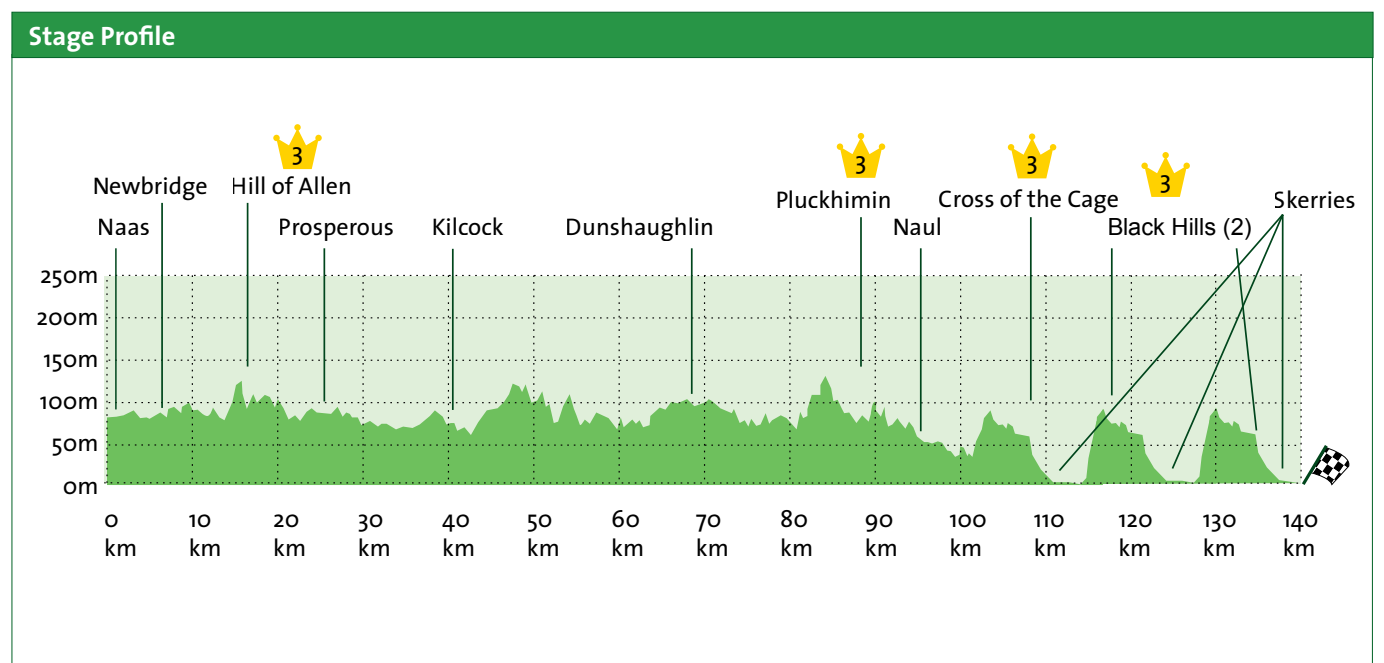
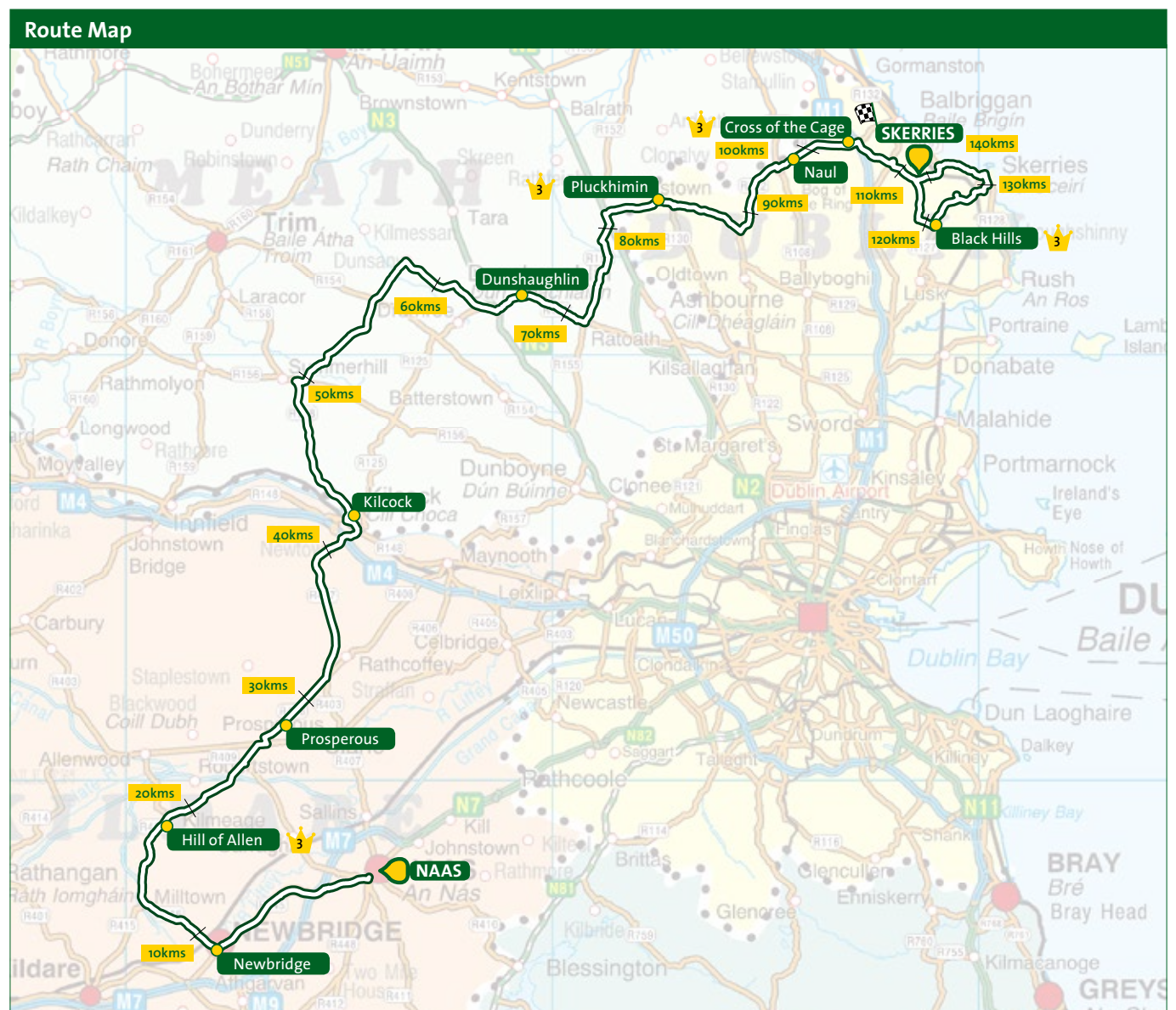
**Stage Finish Organiser; Paul Deans, Tel. 086 - 2249046**

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

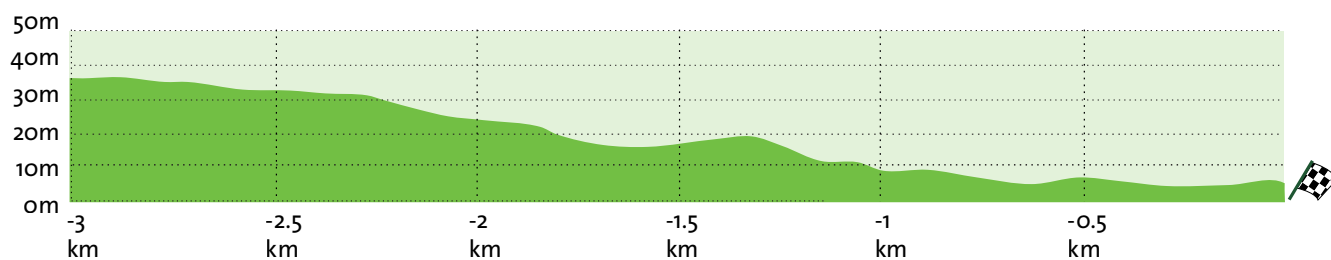
**Anti-Doping Control located in camper van adjacent to finish line**

## STAGE 8 NAAS - SKERRIES 145 KMS

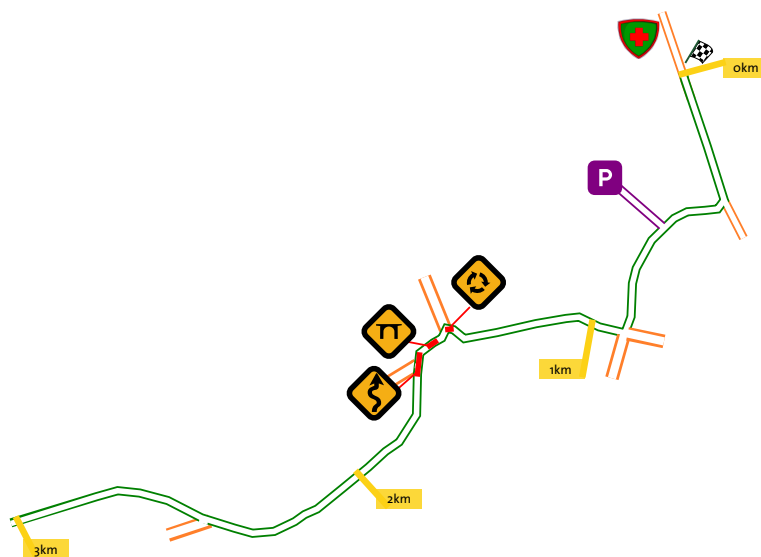
Sunday 26th May 2013 / Dé Domhnaigh 26ú Bealtaine



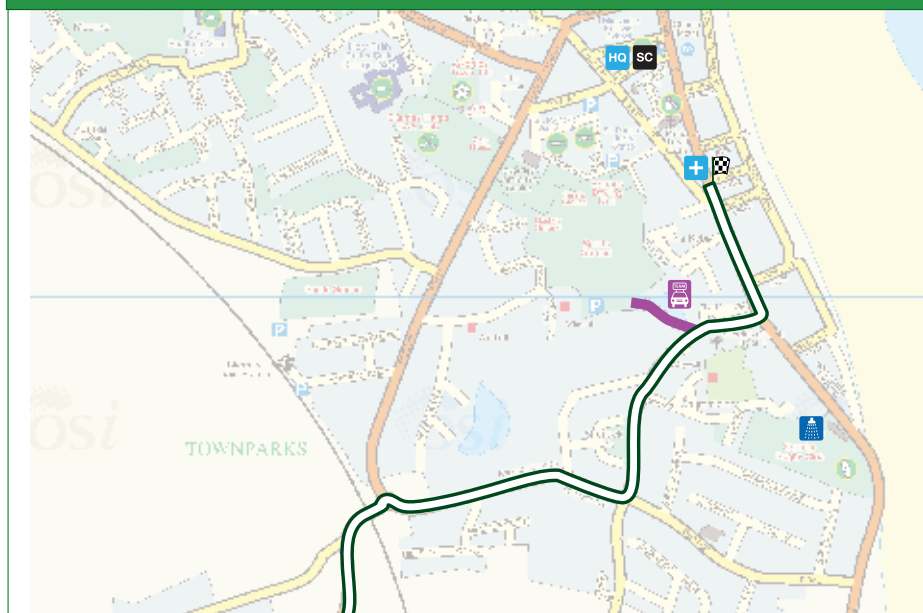
### 3km Profile



### 3km Route



### Finish and Start



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

## RACE RULES AND REGULATIONS

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### ARTICLE 1 ORGANISATION

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

### ARTICLE 2 TYPE OF EVENT

The event is open to riders of the Men Elite and Under 23 categories. The event is entered on the UCI Europe Tour calendar.

The event is registered as a class 2.2 event. In conformity with the UCI rules, points are awarded as follows:

- Final General Classification - **40, 30, 16, 12, 10, 8, 6, 3**
- Stages & Half Stage - **8, 5, 2**
- Wearing the Race Leaders Jersey per Stage - **4** for the UCI Continental Men Elite and U23 Ranking.

### ARTICLE 3 PARTICIPATION

As per Article 2.1.005 of the UCI Regulations the event is open to the following teams: UCI Continental Teams, National Teams, International Regional/Club Teams and Irish County (Regional) Teams. As per Article 2.2.003 of the UCI regulations teams must be formed of a minimum 4 riders and maximum of 5 riders.

### ARTICLE 4 RACE HEADQUARTERS

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

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

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

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

### ARTICLE 5

Not applicable

### ARTICLE 6 RADIO TOUR

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

### ARTICLE 7 NEUTRAL TECHNICAL SUPPORT

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

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

### ARTICLE 8

Not applicable

### ARTICLE 9

Not applicable

### ARTICLE 10 BONUSES

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

#### Stage 1 Sunday 19th May

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

**Bonuses will be awarded for the Hot Spot Primes on the following scale;**

1st to 3rd placing, 3, 2 and 1 seconds respectively.

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

### ARTICLE 11 FINISHING TIME LIMITS

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

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

### ARTICLE 12 CLASSIFICATIONS

The following classifications will be awarded:

#### Individual General Classification

#### Points General Classification.

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

## RACE RULES AND REGULATIONS continued

### King of the Mountains General Classification

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

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

### Under 23 General Classification

Restricted to riders born in 1991 and later.

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

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

Specifically, the following articles apply:

#### Individual General Classification

Article 2.6.014 and 2.6.015

#### Points Classification

Article 2.6.017.

#### King of the Mountains Classification

Article 2.6.017.

#### U23 General Classification

Article 2.6.014 and 2.6.015

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

The priority of Classification Jerseys is as follows;

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

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

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

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

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

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

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

### ARTICLE 13 PRIZES

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

### ARTICLE 14 ANTIDOPING

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

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

### ARTICLE 15 AWARDS CEREMONY

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

- First 3 riders on the stage
- The winners of the Stage Jersey and the County(Regional) Stage Jersey
- The leaders of the following classifications – Individual General Classification, Points Classification, King of the Mountains Classification, U23 General Classification.



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

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

- International Team General Classification Winners
- County (Regional) Team General Classification Winners

## ARTICLE 16 PENALTIES

The UCI penalty scale is the only one applicable.

## ADDITIONAL RACE REGULATIONS

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

### General

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

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

### Accommodation

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

### Transport

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

## RACE RULES AND REGULATIONS continued

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### Infringements

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

### Race Schedule

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

### Team Sponsorship

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

### Panel of Commissaires

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

### Presentations

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

### Racing Regulations

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

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

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

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

### King Of The Mountains

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

### Final Stage

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

### Race Service

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

## RACE RULES AND REGULATIONS continued

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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

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### APPENDIX 1.

#### Declaration of Awareness

**"I am aware and accept:**

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

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

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

Dated: 19th May 2013



## PAST WINNERS

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

## PRIZE LIST

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

### BELGIUM

An Post Chain Reaction Sean Kelly UCI Continental Team

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

### IRELAND

Polygon Sweet Nice UCI Continental Team

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

### BELGIUM

National Team

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

### TEAM CANADA

National Team

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

### GREAT BRITAIN

National Team

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

### SCOTLAND

National Team

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

### AUSTRALIA Team

Subaru-Albion

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

### AUSTRIA ARBÖ

Gebrüder Weiss- Obernodorfer UCI Continental Team

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

### AZERBAIJAN

Synergy Baku Cycling Project UCI Continental Team

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

### CZECH REPUBLIC

AC Sparta Praha UCI Continental Team

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

**DENMARK****Blue Water Cycling UCI Continental Team**

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

**GERMANY Bike Aid****Schwalbe Cycling Tea**

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

**HOLLAND****Koga Cycling Team UCI Continental Team**

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

**USA****Astellas Oncology Cycling Team**

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

**BRITAIN****Rapha Condor JLT UCI Continental Team**

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

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

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

**BRITAIN****NODE4 Giordana Racing UCI Continental Team**

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

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

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

**CORK****Aquablue**

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

**DERRY****Duffin Transport**

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

## TEAMS 2013 continued

### DOWN

#### Chain Reaction Cycles Boucher

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

### DUBLIN

#### West Eurocycles

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

### DUBLIN

#### Central UCD

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

### DUBLIN SOUTH

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

### DUBLIN

#### North GARDA Richies Bikestore/Ethos Engineering

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

### DUBLIN

#### Dundrum Town Centre Orwell

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

### GALWAY BAY

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

### LOUTH

#### Prague Charter Team

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



**MAYO****Castlebar Fedaia Bikes and Clothing**

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

**MAYO****Centra**

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

**MEATH****Dunboyne DID**

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

**MEATH****Stamullen Martin Donnelly**

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

**TIPPERARY****Carrick Iverk Produce**

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

**TIPPERARY****Visit Nenagh.ie Team DMG**

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

**WATERFORD****Comeragh**

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

**WEXFORD****Team Voicegrid**

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



# The Irish Sports Council Supporting Irish Cycling

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

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

**THE  
IRISH SPORTS  
COUNCIL**



AN CHOMHAIRLE SPÓIRT

**The Irish Sports Council - Supporting Irish Cycling**



**Race Director**

**Tony Campbell**

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Promoted under UCI & Cycling Ireland Rules  
The race receives financial support from The Irish Sports Council