



POST

Rás

Celebrating
60 years

2012 RACE TECHNICAL GUIDE

8 Day International Cycle Race | 20 – 27 May



An Post Rás Receives Financial Support From The Irish Sports Council

The Irish Sports Council plans, leads and co-ordinates the sustainable development of competitive and recreational sport in Ireland. In 2012, the Irish public, through the Irish Sports Council, will invest over €1,000,000 in cycling programmes supporting:

- NATIONAL CYCLING TRAILS
- CYCLING EVENTS & RACES
- LOCAL SPORTS PARTNERSHIPS
- RECREATIONAL CYCLING
- HIGH PERFORMANCE/ELITE CYCLING
- OLYMPIC AND PARALYMPIC ATHLETES
- WOMEN IN SPORT PROGRAMMES
- NATIONAL GOVERNING BODIES
- COACHING
- THE AN POST CYCLE SERIES

It is only through the continued support of the Irish public that cycling initiatives such as these can be achieved.

The success that we see in sport is thanks to you.

Thank You!

**THE
IRISH SPORTS
COUNCIL**



AN CHOMHAIRLE SPÓIRT

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Stage	Date	From	To	Distance
1	Sunday 20 May	Dunboyne	Kilkenny	147kms
2	Monday 21 May	Kilkenny	Gort	158kms
3	Tuesday 22 May	Gort	Westport	145kms
4	Wednesday 23 May	Westport	Bundoran	135kms
5	Thursday 24 May	Bundoran	Buncrana	149kms
6	Friday 25 May	Buncrana	Killybegs	134kms
7	Saturday 26 May	Donegal	Cootehill	161kms
8	Sunday 27 May	Cootehill	Skerries	139kms

RACE OFFICIALS

Race Director	Dermot Dignam
Asst. Race Director/Route	Tony Campbell
Asst. Race Director/Accommodation	Edward Dawson
Commissaire President	Carla Geyer (USA)
Commissaire 2	Paul Watson
Commissaire 3	Jack Watson
Commissaire 4	Gary McIlroy
Radio Tour Motorcycle/Commissaire	Phil O'Brien
Cavalcade Motorcycle Commissaire	Gary Sheehan
Timekeepers	Alice Sherratt, Tom Keenan
Chief Judge	Mick Twomey, Michael Campbell
Team Liaison Officer	Bróna O'Sullivan
Race Publications Officer	Eimear Dignam
IT Consultant	Seamus Shortall
Race Doctor	Dr. Conor McGrane
Safety Adviser	Kieran McIntyre
Safety Officer	Aidan Harper
Stage Finish Coordinator	Seamus Domegan
Accommodation Assistant	Cathy Mansfield
Radio Technical Manager/Lead Car 2	Paddy Fitzsimons
Lead Cars	Ted Crowley, Pat Moss, Oliver McKenna, Seán O'Hanlon
Radio Tour	Susan O'Mara
Public Address Announcer	Ray Kennedy
Asst. PA Announcer	Cian Lynch
Neutral Service	Paul Nolan, Russell Treacy, Gabriel Howard, Sean Coakley, Neil Taggart, Gerry Beggs.
Neutral Service Motorcycle	Stephen Whelan, John Nolan.
Neutral Service Motorcycle	Mark McQuaid, Darragh Staunton.
Chief Marshal	Martin Reilly
Motorcycle Judge	Ciarán McKenna, Eddie Keogh.
Blackboard Time Keeper	Pat Dowd, Therese Dowd.
Chief Motorcycle Marshal	John Galvin
Motorcycle Marshals	Richie McNamara, Gerry Barry, Adrian Corcoran, Damien McMahon, John O'Donnell, Peter Flanagan, Kevin Carolin, Gerry Goldrick, Shane Bonner, Ciaran Meade, Paul Purcell, Robbie Cowan, Mick Flynn, Noel Candon, Mervyn Hensen, Alan Cusson, Gerry Keogh, Kevin Donohue.

Press/Photo/Security Motorcyclists	Pat O'Shaughnessy, Paul Burke, Paul Davis.
Photo Finish Equipment	Frank Gibson
Route Markers	Noel Clarke, Gerard Campbell, Vincent Clarke, Liam Harte.
Stage Crew	Noel Kelly, Alan Byrne, Joe Maguire, Andy O'Brien, Denis Craven, Ken Clarke, Larry McGrane.
Schools Publicity	Vincent Cronin, Aleda Fitzpatrick.
Ambulance Service	Irish Red Cross Society
Anti-Litter Crew	Gerry Kinsella, Jim Sweeney.
Post Office/ KOM Crew	Mervyn Irvine, Aidan Higgins, Rory Wyley, Sean McIlroy, Robert Kennedy, Stephen Kennedy
Logistics	Derek Webb, Declan Halligan, Sean McNicoll, Rob Haslam, Carl Fullerton, Brendan Quigley, John Moore, Tom Moore, Joseph Kelly, Alasdair McLennan, Martin Gilbert, Harry Sherratt, Mark Kavanagh, Colm Rigley.
Broom Wagon	Michael Lawless

TEAM REGISTRATION & SIGN-ON

SATURDAY 19 MAY

Team Registration will take place on Saturday 19th 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 19th May at 8pm. The purpose of the meeting is to explain the relevant road traffic regulations which apply to driving in Ireland. A Garda (police) officer will address the meeting.

Race Radios

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

Declaration of Awareness

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

Medical Data Request Form

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

SUNDAY 20 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 12.10 hrs. 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

54.1kms Hill of Allen.

94.5kms Ballylynan.

120.2kms Glenmagoo KOM.

Other Bonus Times

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

RACE INFORMATION

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

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

Riders are advised to study the stage finish maps and be aware of the intricacies of each finish so as to exercise all due caution. The race takes place on roads which vary from well-surfaced dual carriageways to poorly surfaced winding narrow roads. Riders are advised that potholes and distressed surfaces will be encountered during the course of the race.

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

Neutral Service

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

Medical Services

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

The race doctor will be available for consultation at the following times;

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

Stage 8 – Skerries

Shower/Dressing facilities available at Skerries Rugby Club.

HOSPITALS

Name	Phone	Coordinates	
STAGE 1 - DUNBOYNE-KILKENNY			
Blanchardstown (James Connolly)	01 821 3844	53°23'19.52"N	6°22'9.18"W
Tallaght General Hospital	01 414 2000	53°17'22.34"N	6°22'45.49"W
St Luke's General Kilkenny	056 778 5000	52° 40' 1.689"N	7° 15' 47.8002"W
STAGE 2 - KILKENNY - GORT			
St Luke's General Kilkenny	056 778 5000	52° 40' 1.689"N	7° 15' 47.8002"W
Limerick Regional Hospital	061 842 219	52°38'5.06"N	8°39'12.04"W
Galway University Hospital	091 524 222	53°16'34.85"N	9° 3'56.38"W
STAGE 3 - GORT - WESTPORT			
Galway University Hospital	091 524 222	53°16'34.85"N	9° 3'56.38"W
Castlebar (Mayo) General Hospital	094 21733	53° 50' 54.7404"N	9° 18' 25.3548"W
STAGE 4 - WESTPORT - BUNDORAN			
Castlebar (Mayo) General Hospital	094 21733	53° 50' 54.7404"N	9° 18' 25.3548"W
Sligo General Hospital	071 917 1111	54° 16' 27.1668"N	8° 27' 46.173"W
STAGE 5 - BUNDORAN - BUNCRANA			
Sligo General Hospital	071 917 1111	54° 16' 27.1668"N	8° 27' 46.173"W
Letterkenny General Hospital	074 912 5888 / 074 912 3527	54° 57' 35.136"N	7° 44' 5.4414"W
STAGE 6 - BUNCRANA - KILLYBEGS			
Letterkenny General Hospital	074 912 5888 / 074 9123527	54° 57' 35.136"N	7° 44' 5.4414"W
Derry Altnagelvin Hospital	028 7134 5171	54° 59' 11.7882"N	7° 17' 46.413"W
Sligo General Hospital	071 917 1111	54° 16' 27.1668"N	8° 27' 46.173"W
STAGE 7 - DONEGAL - COOTEHILL			
Sligo General Hospital	071 917 1111	54° 16' 27.1668"N	8° 27' 46.173"W
Erne Hospital Enniskillen	028 6638 2000	54° 20' 58.2714"N	7° 38' 14.1858"W
Cavan General Hospital	049 4361 399	54° 0' 6.8106"N	7° 22' 21.3564"W
STAGE 8 - COOTEHILL - SKERRIES			
Cavan General Hospital	049 4361 399	54° 0' 6.8106"N	7° 22' 21.3564"W
Navan General (Our Ladys's)	046 21210	53°39'2.49"N	6°41'56.97"W
Lourdes Hospital Drogheda	041 983 7601	53° 43' 20.658"N	6° 21' 12.0024"W
Blanchardstown (James Connolly)	01 821 3844	53°23'19.52"N	6°22'9.18"W

Emergency calls: 112 or 999

Ambulance DB 11 Mobile No: 087-906 0325


Irish Red Cross Ambulance Officer – Frank O'Neill: 086-265 7406

Ambulance DB 13 - Mobile No: 087 906 0334

STAGE 1 DUNBOYNE - KILKENNY 147kms

Sunday 20 May / Dé Domhnaig 20 Bealtaine

	TIME
Riders Sign-On at the podium in centre of town.	10:30-11:30
Assembly Sign-on location	12:10
Ceremonial Start Dunboyne	12:30
Neutralised for 5.1Kms to GAA Grounds	

Kms	MIs	Location	Estimated time of arrival at kilometres per hour		
			48 Back wind	40 Average	32 Head wind
0.0	0.0	Ceremonial Start – Dunboyne	12:30	12:30	12:30
		<i>Team support vehicles depart at 11:45hrs.</i>			
		<i>Team cars to take up cavalcade position on leaving carpark to accompany riders.</i>			
		Neutralised Section			
0.9	0.6	Roundabout on Summerhill road, 1st exit, dir Maynooth on R157	12:31	12:31	12:31
2.3	1.4	Roundabout, 1st exit, dir Dunboyne	12:32	12:33	12:34
2.6	1.6	Dunboyne	12:33	12:33	12:34
3.6	2.2	Left at traffic lights in centre to R156	12:34	12:35	12:36
5.1	3.2	End of Neutral Zone at GAA Grounds	12:36	12:37	12:39
0.0	0.0	OKms signs for Start of Racing	12:36	12:37	12:39
16.9	10.5	Roundabout, 1st exit, dir Kilcock on R158	12:57	13:03	13:11
20.2	12.6	Garadice	13:01	13:07	13:17
25.2	15.8	Roundabout, 2nd exit, dir Kilcock	13:08	13:15	13:27
25.8	16.0	Kilcock 50 signs	13:08	13:16	13:27
26.3	16.3	Right at T-junction, dir Clane on N4	13:09	13:17	13:28
26.8	16.7	Roundabout, 1st exit, dir Clane on R407	13:09	13:17	13:29
27.4	17.0	Roundabout, 2nd exit, dir Clane	13:10	13:18	13:30
28.7	17.8	Roundabout, 2nd exit, dir Clane on R407	13:12	13:20	13:30
35.1	21.8	Baltreacy Cross	13:20	13:30	13:45
36.5	22.7	Painestown Cross	13:22	13:32	13:48
37.9	23.6	Right, dir Prosperous on R408	13:23	13:34	13:50
42.7	26.5	Prosperous: left at T-junction; right at traffic lights; left, dir Kilmeague 7kms.	13:29	13:41	13:59
45.5	28.3	Straight at Stop signs at 4rdsX, dir Kilmeague	13:33	13:45	14:04
50.8	31.6	Kilmeague on R415	13:39	13:53	14:14
52.1	32.4	Allen	13:41	13:55	14:17
52.3	32.5	Caution - multiple ramps			
54.1	33.6	Hill of Allen Hot Spot Sprint 	13:44	13:58	14:21
56.5	35.1	Milltown: right, dir Kildare on R415. Caution - multiple ramps	13:47	14:02	14:25
61.7	38.3	Kildare: straight at 2 sets of traffic lights; right at Tjunction, dir Athy	13:53	14:10	14:35
64.6	40.1	Left at T-junction, dir Nurney on R415	13:57	14:14	14:40
70.6	43.9	Nurney Caution - multiple ramps	14:04	14:23	14:51
77.9	48.4	Right at T-junction, dir Athy 9kms on R418	14:13	14:34	15:05

79.5	49.4	Kilmead	14:15	14:36	15:08
85.5	53.1	Athy: straight at roundabouts & traffic lights	14:23	14:45	15:19
89.4	55.6	Start of Feed Zone at 100 signs 			
90.6	56.3	End of Feed Zone at end of hard shoulder on N78			
94.5	58.7	Ballylynan Post Office Hot Spot Sprint 	14:34	14:59	15:36
100.0	62.1	Start KOM Climb 			
102.0	63.4	Farnons Category 3 KOM	14:43	15:10	15:50
105.5	65.6	Newtown <i>Caution - multiple ramps</i>	14:48	15:15	15:57
108.0	67.1	Crettyard	14:51	15:19	16:02
115.0	71.5	Castlecomer: right at complex junction to R694, right at Yjunction at fire station, dir Ballyraggett on R694	15:00	15:30	16:15
		Start KOM Climb 			
120.2	74.7	Glenmagoo Category 2 KOM & Hot Spot Prime 	15:06	15:37	16:24
126.0	78.3	Ballyragget: straight at Stop sign, dir Kilkenny on N77	15:13	15:46	16:35
137.4	85.4	Right at T-junction, dir Kilkenny on N77			
139.0	86.4	Dunmore	15:30	16:06	17:00
141.0	87.6	Castlecomer Road Roundabout 1st exit, dir Dublin	15:32	16:09	17:03
143.0	88.9	Orchard Road Roundabout, 2nd exit dir Dublin, etc	15:35	16:12	17:07
143.5	89.2	Johns Well Road Roundabout, 2nd exit, dir Dublin, etc	15:35	16:12	17:08
144.0	89.5	Hebron Road Roundabout, 2nd exit, City Centre	15:36	16:13	17:09
145.0	90.1	Dublin Road Roundabout, 3rd exit, dir City Centre	15:37	16:15	17:11
145.2	90.2	Kilkenny 50 signs: straight at painted roundabouts; left at 2nd set traffic lights to John Street	15:37	16:15	17:11
		<i>Caution - centre road traffic island on left turn</i>			
		<i>Caution - road narrows at 500m</i>			
		<i>Caution - Right/Left curves at 350m</i>			
		Team support vehicles to park in car-park at St. John of God School, after the finish line			
		Team cars divert right 200m before finish line and proceed to team car-park in "Desert Court" on right			
147.2	91.5	Kilkenny finish line on Patrick Street	15:40	16:18	17:15

IMPORTANT STAGE LOCATIONS

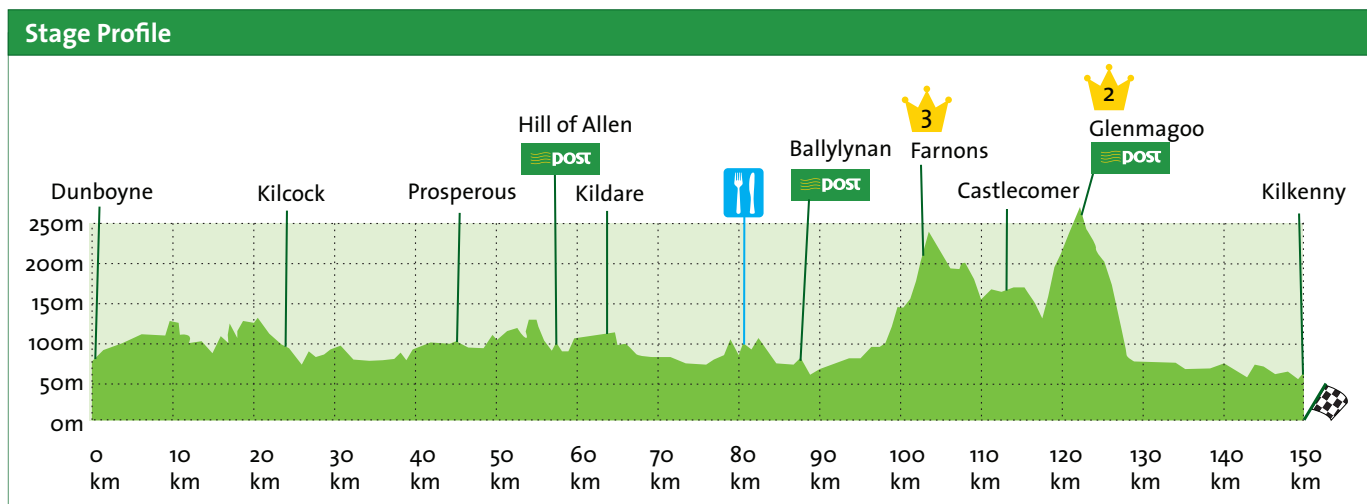
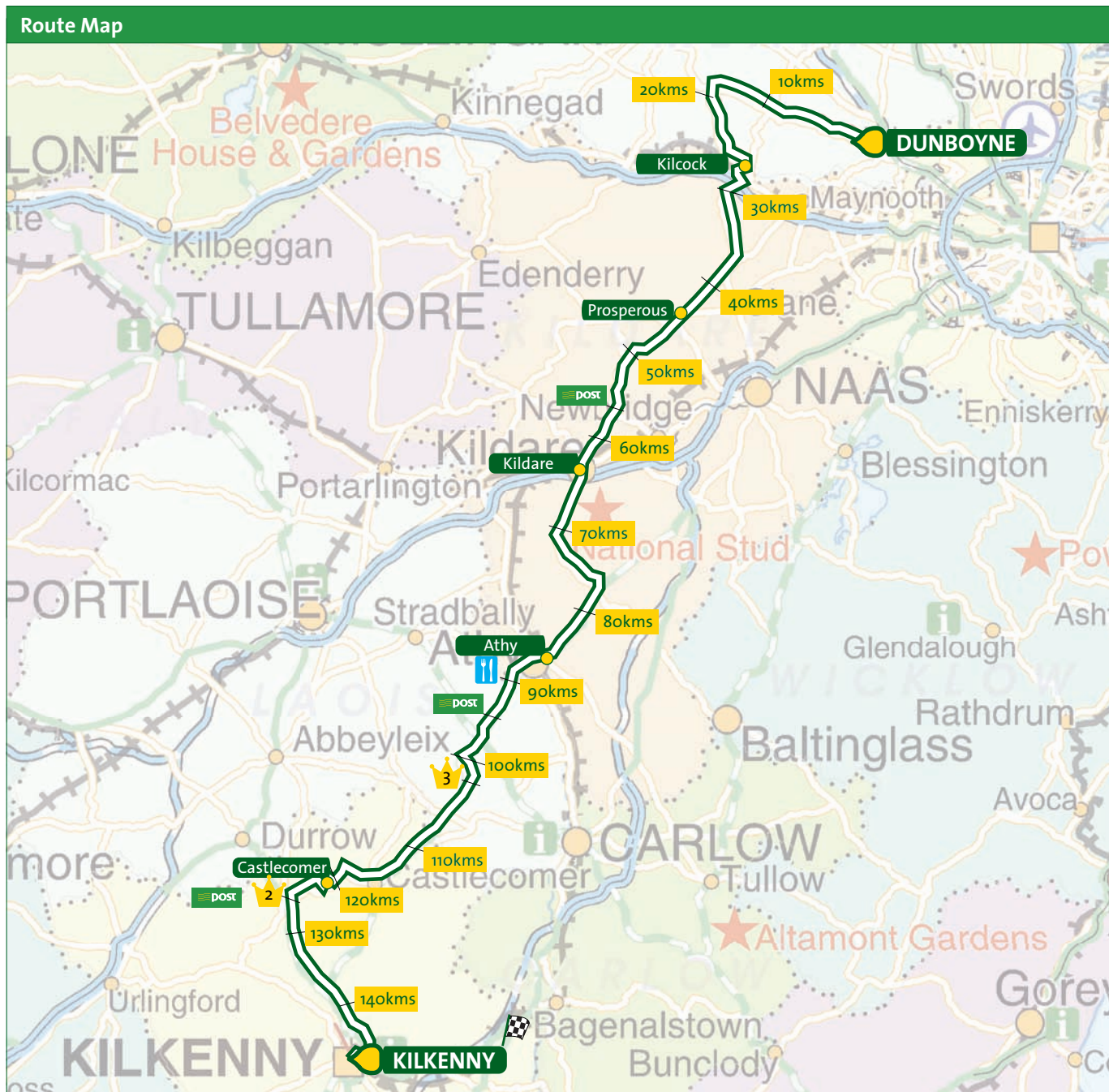
Race HQ Springhill Court Hotel, Tel. 056 7721122

Service Crew Accommodation Springhill Court Hotel, Tel. 056 7721122

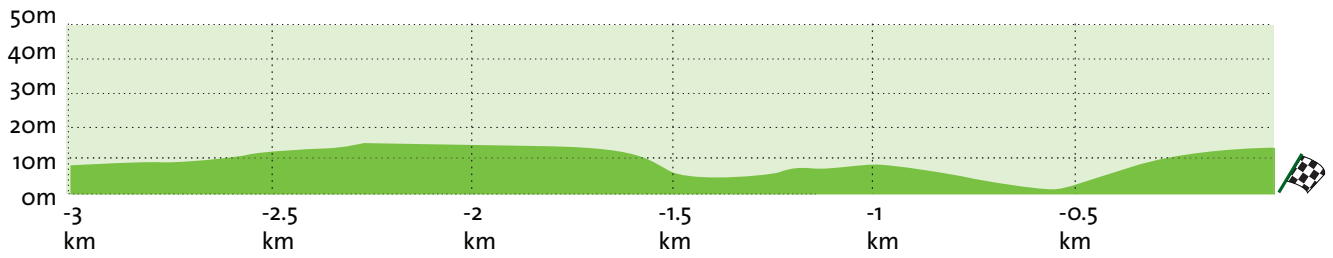
Anti-Doping Control Location Butler House

STAGE 1 DUNBOYNE - KILKENNY 147kms

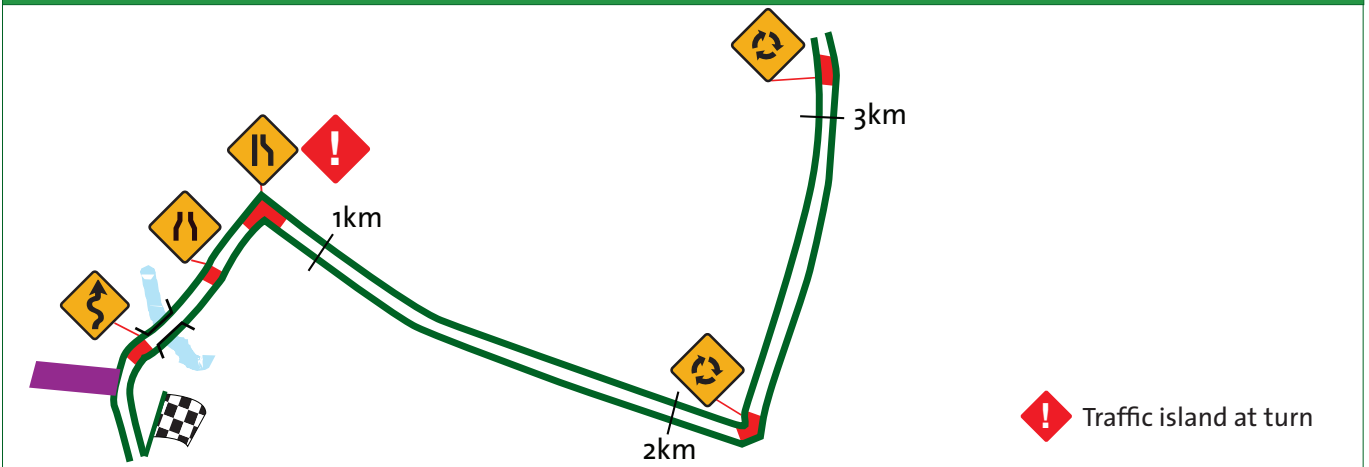
Sunday 20 May / Dé Domhnaig 20 Bealtaine



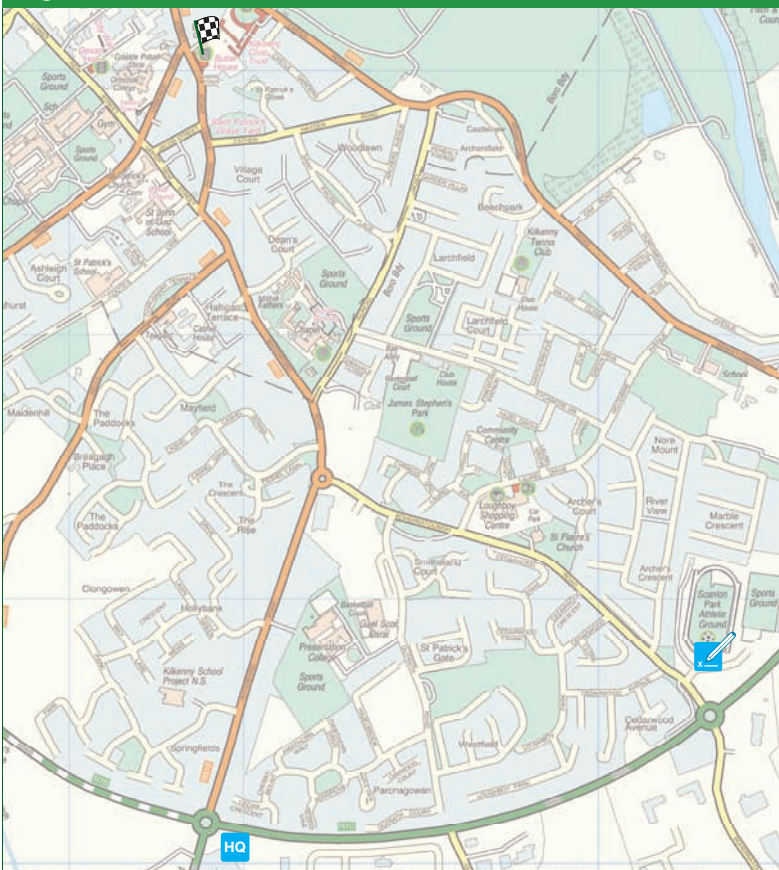
3km Profile



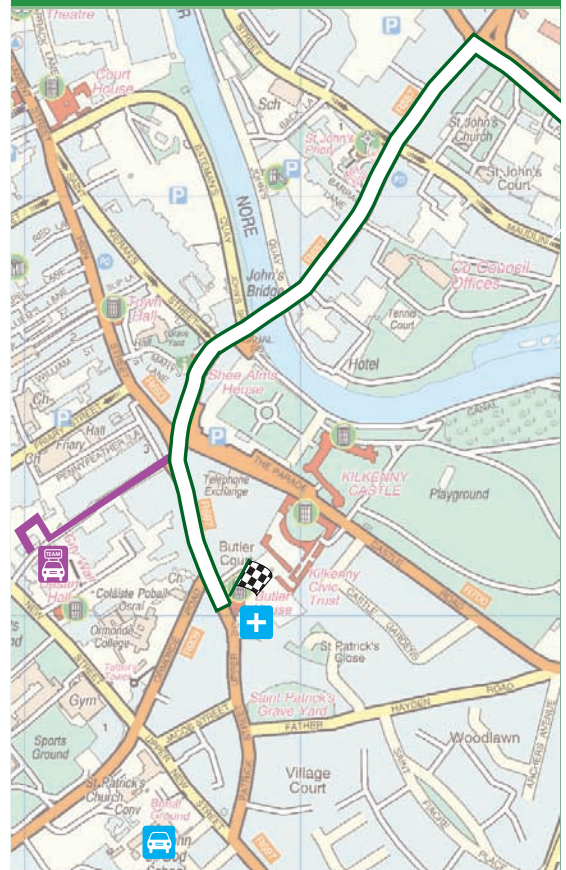
3km Route



Sign on / Race HQ



Finish




- Sign on & Assembly
- Head Quarters
- Car Park
- Anti-doping Centre
- Team Car Park
- Support Vehicles Car Park
- Finish
- Prime
- King of the Mountain
- Team Car Diversion Route
- Feeding Station

STAGE 2 KILKENNY - GORT 158kms

Monday 21 May / Dé Luain 21 Bealtaine

	TIME
Riders Sign-On The Watershed, Bohernatounish Road	9:30 - 10:30
Assembly Sign-On Venue	10:40
Ceremonial Start Post Office, High Street.	11:00
Neutralised for 3.8Kms on R693	

			Estimated time of arrival at kilometres per hour		
Kms	MIs	Location	48 Back wind	40 Average	32 Head wind
		<i>Team support vehicles depart at 10:20hrs.</i>			
		<i>Team cars to take up cavalcade position on leaving carpark to accompany riders.</i>			
		Neutralised Section			
		<i>Exit left from assembly location; 1st exit from roundabout, 1st exit from next roundabout to The Parade; High St. Irishtown; Freshford Road.</i>			
0.0	0.0	Ceremonial Start: Post Office, High Street	11:00	11:00	11:00
3.8	2.4	<i>End of Neutral Zone 200m after 80 signs</i>	11:04	11:05	11:07
0.0	0.0	<i>0Kms signs for Start of Racing on R693</i>	11:04	11:05	11:07
10.5	6.5	Freshford Post Office Prime 	11:17	11:21	11:26
11.0	6.8	Right, at Post Office to Church Street & left at Y-junction, dir Urlingford on R693	11:18	11:22	11:27
20.4	12.7	Left, dir Urlingford on R693	11:30	11:36	11:45
24.5	15.2	Roundabout, 1st exit, dir Urlingford on R639	11:35	11:42	11:53
25.5	15.8	Urlingford Post Office Prime on N8 	11:36	11:43	11:54
34.7	21.6	Right, dir Thurles on N75	11:48	11:57	12:12
36.2	22.5	Two Mile Borris	11:50	12:00	12:15
37.2	23.1	Right at T-junctiRight at T-junction on N75, dir Thurles	11:51	12:01	12:16
42.2	26.2	Thurles: straight at roundabout, right & immediately straight at Liberty Square	11:57	12:09	12:26
44.2	27.5	Straight, dir Nenagh on R498	12:00	12:12	12:30
45.0	28.0	Tipperary Institute Roundabout, 1st exit, dir Nenagh	12:01	12:13	12:31
46.4	28.8	Left, dir NewportLeft, dir Newport on R503	12:02	12:15	12:34
50.7	31.5	Ballycahill	12:08	12:21	12:42
54.3	33.7	Straight at Y-junction	12:12	12:27	12:48
65.0	40.4	Milestone: straight at right curve, dir Kilcommon 3kms.	12:26	12:43	13:09
71.5	44.4	Start KOM Climb 🏆	12:34	12:52	13:21
75.0	46.6	Coonmore Cat 3 KOM	12:38	12:58	13:27
77.2	48.0	Rear Cross	12:41	13:01	13:31
89.9	55.9	Newport	12:57	13:20	13:55
92.3	57.4	Right, dir Birdhill 6kms on R504 (no advance signage)	13:00	13:24	14:00
97.0	60.3	Roundabout, straight	13:06	13:31	14:09
99.5	61.8	Birdhill: right at T-junction, dir Nenagh on N7	13:09	13:34	14:13
100.2	62.3	Birdhill Roundabout, 1st exit, dir Killaloe on R494	13:10	13:36	14:15
103.8	64.5	Ballina: 1st exit at roundabout, dir Killaloe	13:14	13:41	14:21

105.0	65.2	Killaloe: Right from bridge, dir Scariff 11kms on R463	13:16	13:43	14:24
113.0	70.2	Start KOM Climb Start 🏆 ₃			
114.0	70.8	Ogonnelle Category 3 KOM	13:27	13:56	14:40
121.5	75.5	Tuamgraney: left at central reservation, immediately right & left	13:36	14:07	14:54
121.6	75.6	Start of Feed Zone from after left curve 🚶			
121.9	75.7	End of Feed Zone on R352			
123.0	76.4	Scariff: straight at Y-junction; left at Square & immediately left dir Gort 37kms on R461	13:38	14:10	14:57
128.6	79.9	Start KOM Climb 🏆 ₃			
131.5	81.7	Lecarrow Category 3 KOM	13:49	14:22	15:13
132.5	82.3	Right at T-junction, dir Gort	13:50	14:24	15:15
		Start KOM Climb 🏆 ₃			
134.5	83.6	Aylebaun Category 3 KOM	13:52	14:27	15:19
137.5	85.4	Left at Y-junction, dir Gort 20kms	13:56	14:31	15:24
139.1	86.4	Start KOM Climb 🏆 ₃			
142.0	88.2	Killanena Category 3 KOM	14:02	14:38	15:33
151.5	94.1	Right at T-junction to N18, dir Gort 5km on N18	14:14	14:52	15:51
156.7	97.4	RACE HQ - Lady Gregory Hotel, on left. Team cars divert left at Supermacs, 75m before finish line, to Queen Street & Church Street to Market Sq.			
157.8	98.1	Gort finish line on Bridge Street	14:22	15:02	16:03

IMPORTANT STAGE LOCATIONS

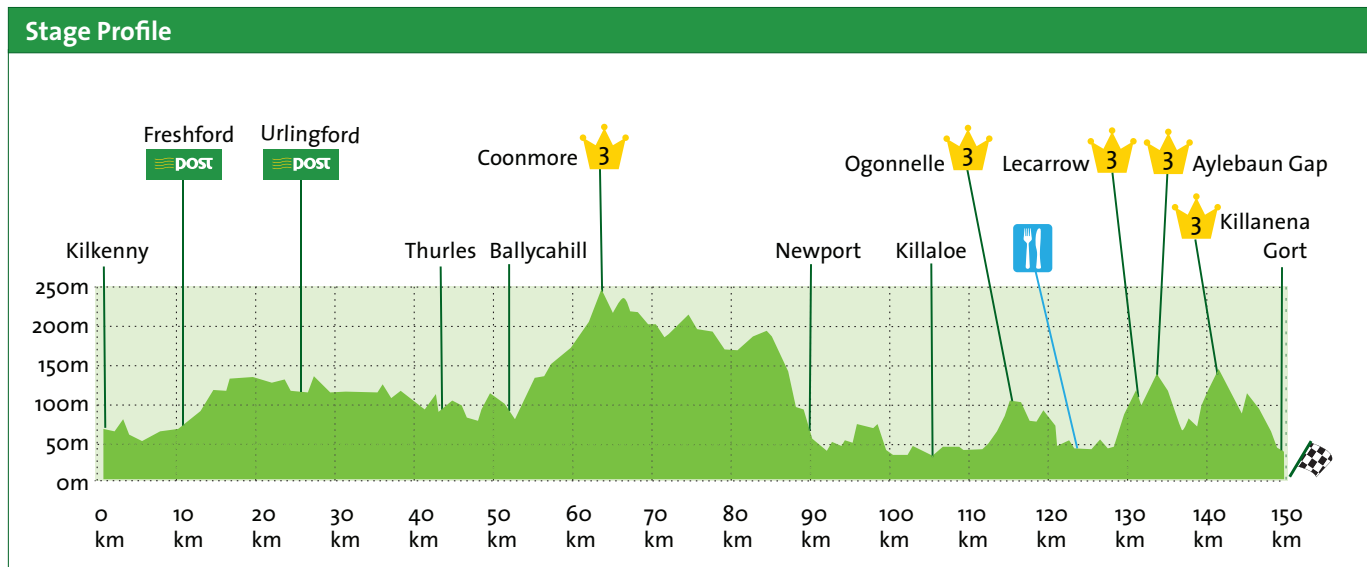
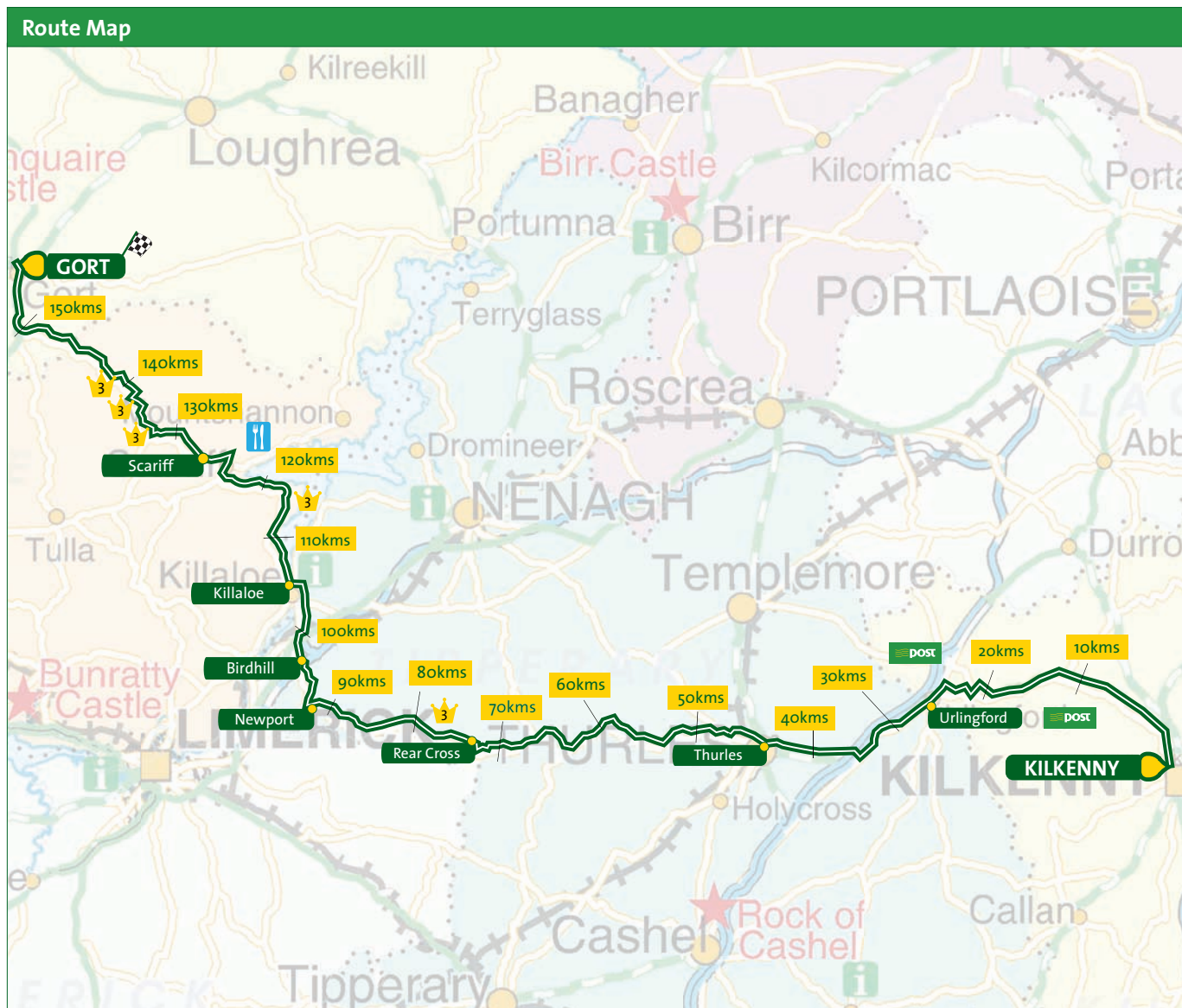
Race HQ Lady Gregory Hotel, Tel. 091 632333

Service Crew Accommodation Lady Gregory Hotel, Tel. 091 632333

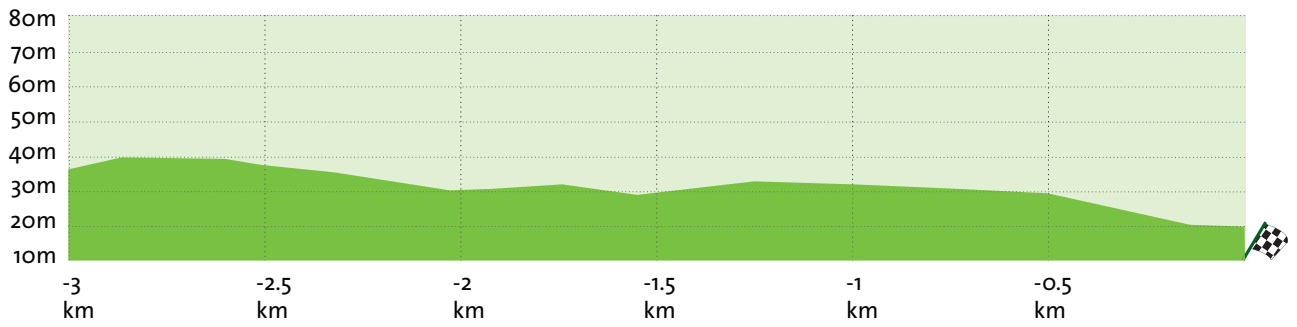
Anti-Doping Control Location O'Gradys Bar & Restaurant, Market Square

STAGE 2 KILKENNY - GORT 158kms

Monday 21 May / Dé Luain 21 Bealtaine



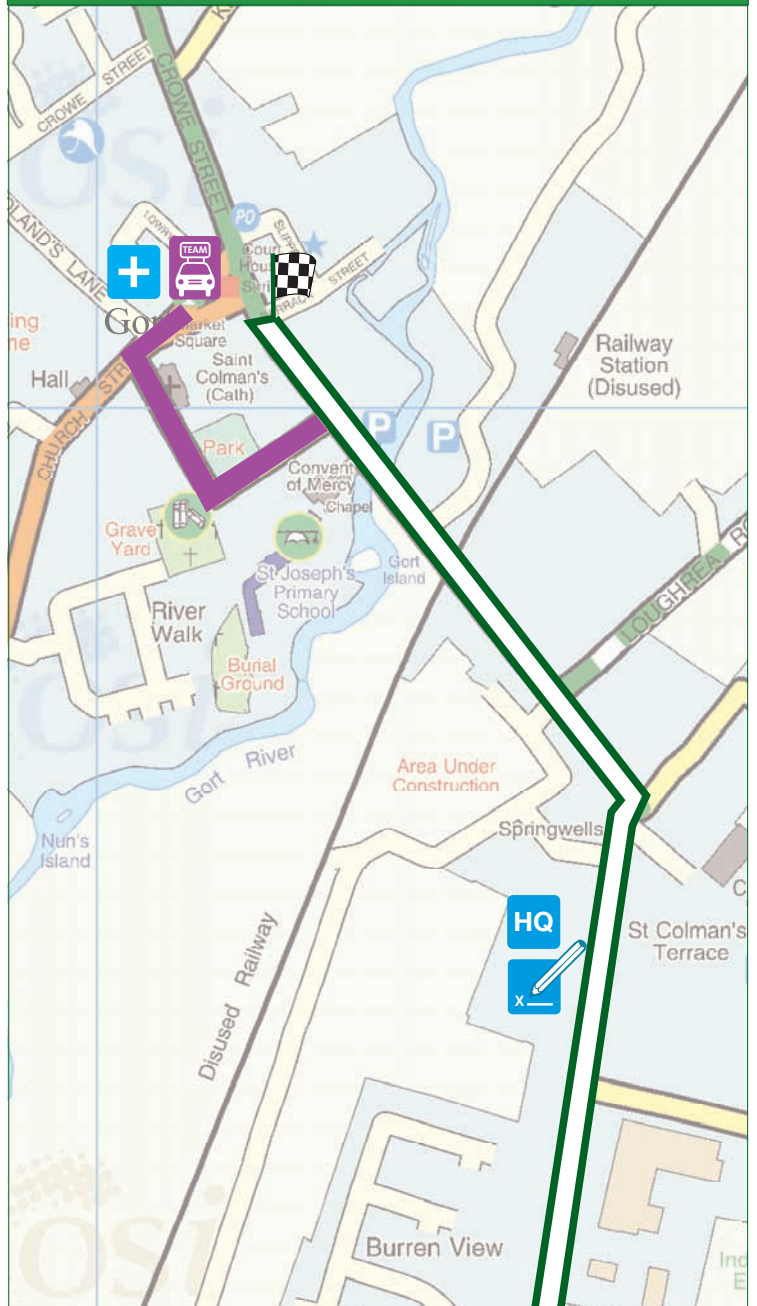
3km Profile



3km Route



Finish



HQ Head Quarters

Feeding Station

+ Anti-doping Centre

Team Car Park



POST Prime



King of the Mountain

Team Car Diversion Route

STAGE 3 GORT - WESTPORT 145kms

Tuesday 22 May / Dé Máirt 22 Bealtaine

	TIME
Riders Sign-On Race HQ, Lady Gregory Hotel	9:30 - 10:30
Assembly Race HQ Car-Park	10:45
Ceremonial Start Market Square	11:00
Neutralised for 1.2Kms on N18	

Kms	MIs	Location	Estimated time of arrival at kilometres per hour		
			48 Back wind	40 Average	32 Head wind
		<i>Team support vehicles depart at 10:20hrs</i>			
		<i>Team cars to take up cavalcade position on leaving carpark to accompany riders</i>			
0.0	0.0	Ceremonial Start, Market Square	11:00	11:00	11:00
		<i>Neutralised Section</i>			
0.8	0.5	Roundabout, 3rd exit, dir Galway on N18			
1.2	0.7	End of Neutral Zone at 60 signs	11:01	11:01	11:02
0.0	0.0	Start of Racing on N18			
2.8	0.0	Kiltartan Level Crossing	11:03	11:04	11:0
9.4	0.0	Ardrahan	11:11	11:14	11:17
10.2	0.0	Ardrahan Level Crossing	11:12	11:15	11:1
17.0	0.0	Kilcolgan	11:21	11:25	11:31
		<i>Caution - multiple traffic islands</i>			
19.0	0.0	Clarinbridge	11:23	11:28	11:35
24.0	0.0	Roundabout, straight, dir Galway 11K on N18	11:30	11:36	11:45
25.5	0.0	Roundabout 2nd exit, dir N18 on N6 West	11:31	11:38	11:47
26.3	0.0	Galway By-Pass Road	11:32	11:39	11:49
		Roundabout at Maldron Hotel, 2nd exit, dir Galway on R446			
29.4	18.3	Martin Roundabout, 2nd exit, dir Castlebar, on Bothar na Dtreabh	11:36	11:44	11:55
30.2	18.8	Roundabout, 1st exit, dir Clifden	11:37	11:45	11:56
31.0	19.3	Straight at traffic lights on N6	11:38	11:46	11:58
32.8	20.4	Straight at traffic lights on N6	11:41	11:49	12:01
33.5	20.8	Straight at traffic lights on N6	11:41	11:50	12:02
35.4	22.0	Kirwan Roundabout, 2nd exit, dir Clifden	11:44	11:53	12:06
36.0	22.4	Bodkin Roundabout (traffic lights), exit dir Clifden	11:45	11:54	12:07
37.2	23.1	Straight at traffic lights 4rdsX	11:46	11:55	12:09
37.6	23.4	Browne Roundabout, 4th exit, dir Clifden.	11:47	11:56	12:10
39.0	24.2	Left at traffic lights to N59, dir Clifden on N59	11:48	11:58	12:13
48.3	30.0	Moycullen Post Office Prime 	12:00	12:12	12:30
55.7	34.6	Rosscahill	12:09	12:23	12:44
62.0	38.5	Oughterard	12:17	12:33	12:56
79.0	49.1	An Teach Deolta (Maam Cross): right to R336, dir Leenane on R336	12:38	12:58	13:28
81.5	50.6	Start KOM Climb 			
83.0	51.6	Tir na Cille Category 3 KOM	12:43	13:04	13:35
86.8	53.9	An Mám: left at T-junction, dir Leenane on R336	12:48	13:10	13:42

93.0	57.8	Right, dir Finny on L1301	12:56	13:19	13:54
		Start KOM Climb on L1301 🏆 ₂			
95.2	59.2	Gowlaun Category 2 KOM	12:59	13:22	13:58
97.3	60.5	<i>Caution - hairpin bend</i>			
97.5	60.6	<i>Caution - narrow bridge</i>			
98.0	60.9	<i>Caution - very narrow road</i>			
102.2	63.5	Start KOM Climb 🏆 ₁			
102.8	63.9	Left at Y-junction, dir Castlebar 44kms & Tuar mhic Éadaig 16kms	13:08	13:34	14:12
104.1	64.7	Maumtrasna Category 1 KOM on R330	13:10	13:36	14:15
118.2	73.4	Tourmakeady	13:27	13:57	14:15
126.5	78.6	Left at T-junction, dir Westport 11.5 miles	13:38	14:09	14:57
132.5	82.3	Killavally	13:45	14:18	15:08
143.4	89.1	Westport 50 signs	13:59	14:35	15:28
144.4	89.7	<i>Caution - slightly raised roundabout on left curve 330m from finish.</i>			
144.5	89.8	<i>Caution - ramp 293m before finish line.</i>			
144.7	89.9	Westport finish line on Mill Street	14:00	14:37	15:31
		<i>Caution - slightly raised ramp 20m after finish line; riders divert left after ramp.</i>			

IMPORTANT STAGE LOCATIONS

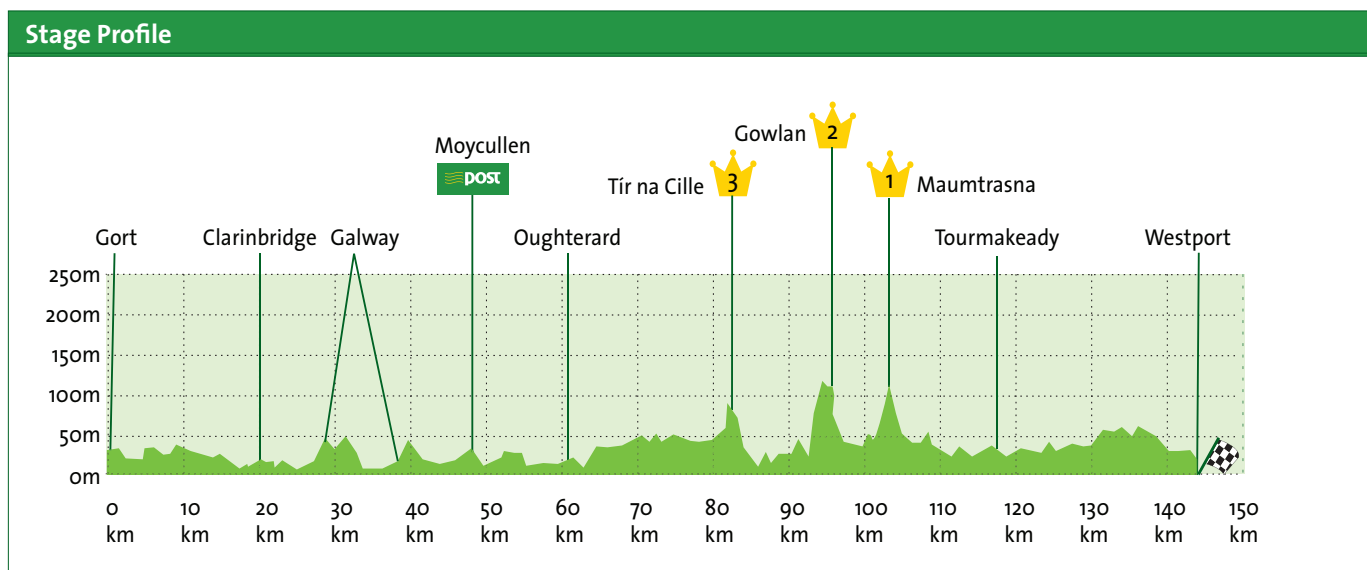
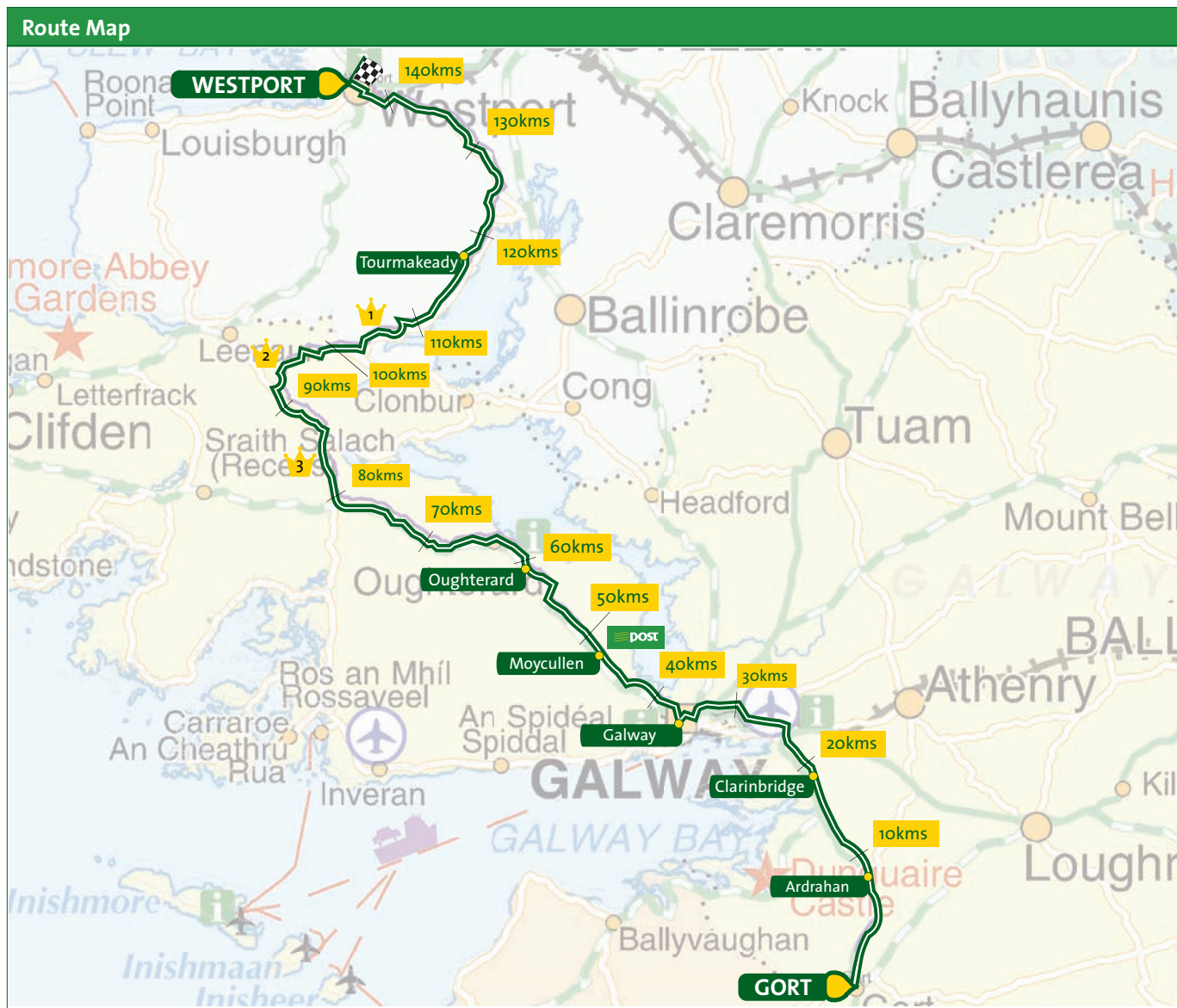
Race HQ Clew Bay Hotel, Tel. 098 28088

Service Crew Accommodation Carlton Atlantic Coast Hotel, Tel. 098 29000

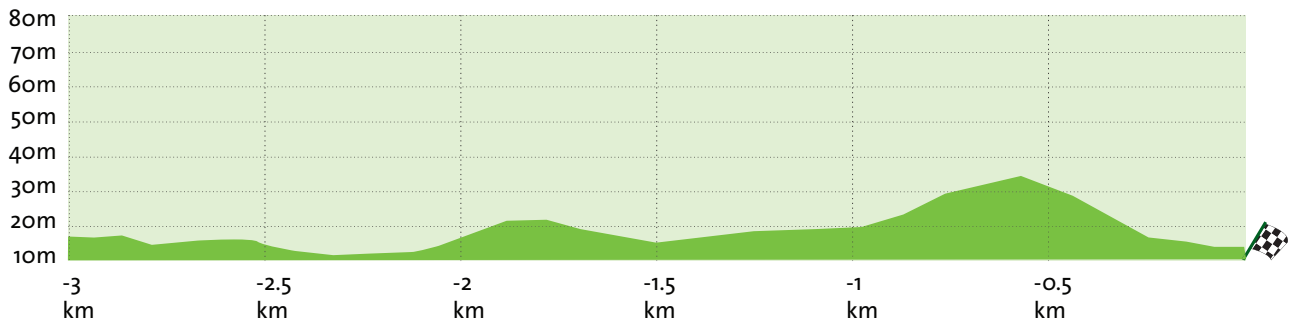
Anti-Doping Control Location Mill Times Hotel

STAGE 3 GORT - WESTPORT 145kms

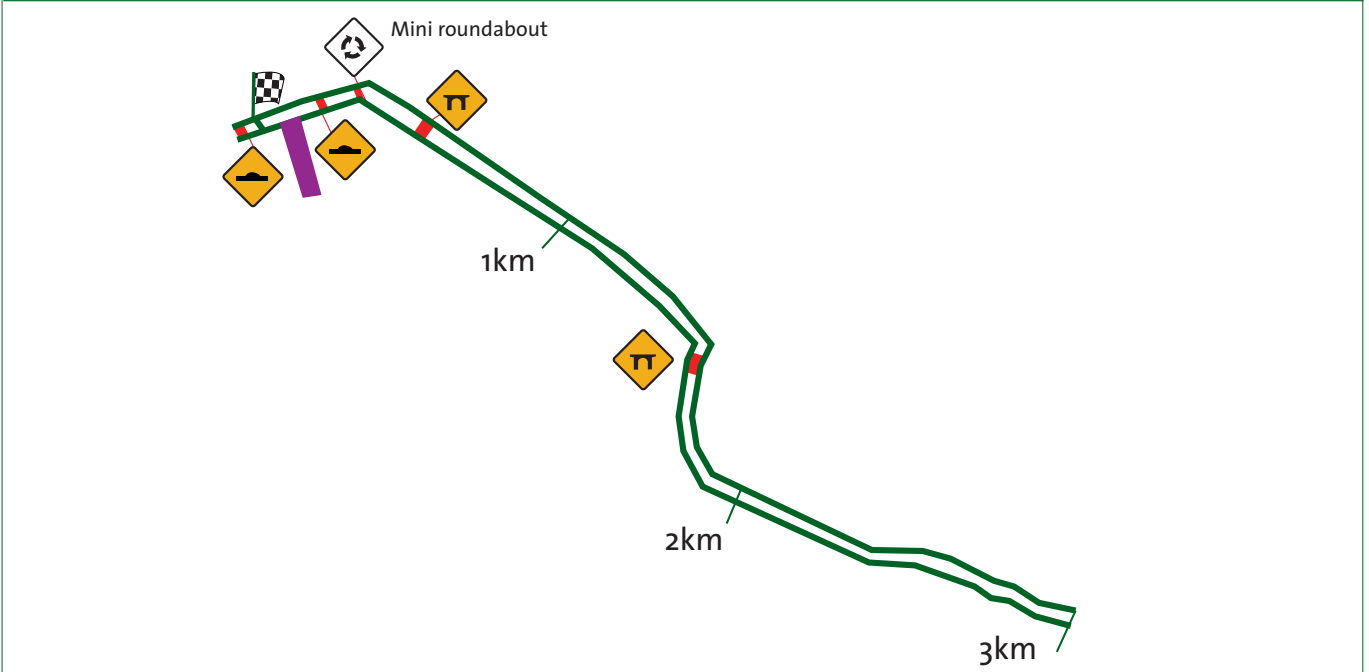
Tuesday 22 May / Dé Máirt 22 Bealtaine



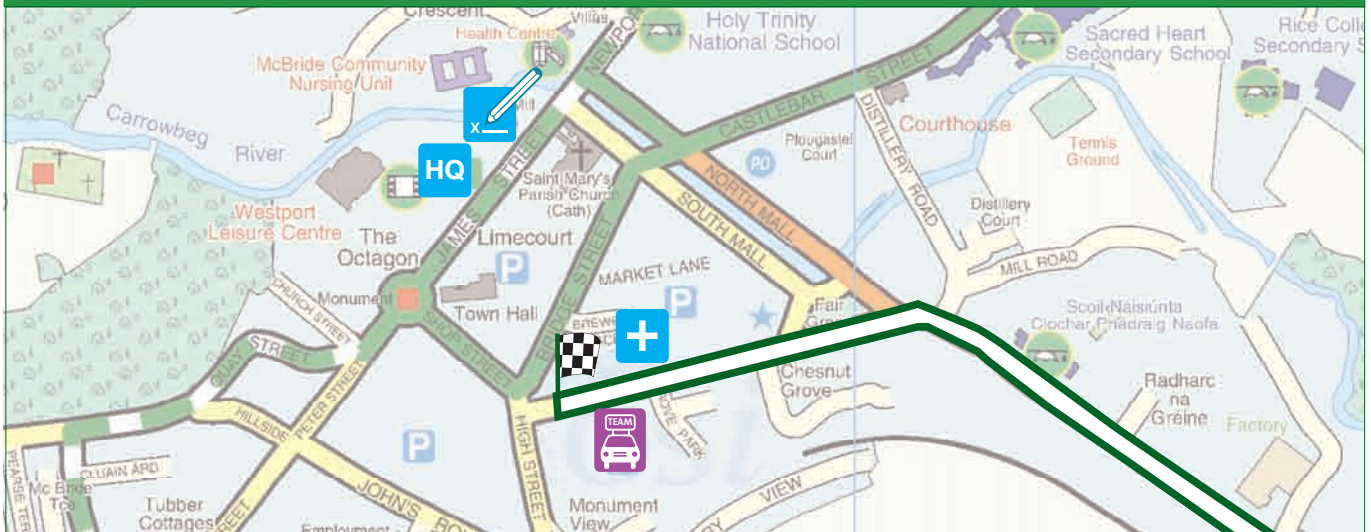
3km Profile











3km Route



Finish



-  Sign on & Assembly
-  Head Quarters
-  Team Car Park
-  Anti-doping Centre
-  Finish
-  Prime
-  King of the Mountain
-  Team Car Diversion Route

STAGE 4 WESTPORT - BUNDORAN 135kms

Wednesday 23 May / Dé Céadaoin 23 Bealtaine

	TIME
Riders Sign-On Clew Bay Hotel	9:30 - 10:30
Assembly Race Car-Park on Mill Street	10:40
Ceremonial Start Bridge Street	10:55
Neutralised for 1.7Kms on N5	

Kms	MIs	Location	Estimated time of arrival at kilometres per hour		
			48 Back wind	40 Average	32 Head wind
		<i>Team support vehicles depart at 10:20hrs</i>			
		<i>Team cars to take up cavalcade position on leaving carpark to accompany riders</i>			
0.0	0.0	Ceremonial Start, Bridge Street	11:00	11:00	11:00
		<i>Neutralised Section</i>			
		Right from Bridge St. to James St: right after bridge to Sth Mall & left to Castlebar Street			
1.7	1.1	End of neutral zone at green distance sign	11:02	11:02	11:03
0.0	0.0	Start of Racing on N5			
12.8	8.0	Castlebar: 2nd exit at 3 roundabouts, dir Dublin	11:16	11:19	11:24
26.5	16.5	Ballyavary <i>Caution - multiple traffic islands</i>	11:33	11:39	11:49
53.6	33.3	Left, dir Charlestown on N17	12:07	12:20	12:40
54.0	33.6	Roundabout, 2nd exit, dir Charlestown	12:07	12:21	12:41
54.5	33.9	Charlestown: Left at T & immediately right, dir Sligo			
55.6	34.5	<i>Caution - multiple traffic islands</i>			
59.5	37.0	Curry	12:14	12:29	12:51
65.7	40.8	Tobercurry: straight dir Town Centre & right at T-junction to rejoin N17, dir Sligo on N17	12:22	12:38	13:03
81.7	50.8	Ballinacarrow	12:42	13:02	13:33
89.4	55.6	Tobar Bhrí Roundabout, 1st exit, dir Sligo on N4	12:51	13:14	13:47
90.0	55.9	Collooney Roundabout, 2nd exit, dir Sligo	12:52	13:15	13:48
99.8	62.0	Sligo: straight on by-pass road on N15	13:04	13:29	14:07
104.9	65.2	Start of Feed Zone 	13:11	13:37	14:16
105.5	65.6	End Feed Zone at sign for Henry's Pub			
106.0	65.9	Rathcormack <i>Caution - multiple traffic islands</i>	13:12	13:39	14:18
107.7	66.9	Drumcliff <i>Caution - multiple traffic islands</i>	13:14	13:41	14:21
115.4	71.7	Grange <i>Caution - multiple traffic islands</i>	13:24	13:53	14:36
122.4	76.1	Cliffony <i>Caution - multiple traffic islands</i>	13:33	14:03	14:49
133.4	82.9	Roundabout, 2nd exit, dir Bundoran on R267	13:46	14:20	15:10
134.1	83.3	<i>Caution - traffic island</i>			

134.2	83.4	Bundoran 50 signs Team vehicles divert left to shoreside car-park opposite Allingham Arms Hotel; team support vehicles park left end of car-park.	13:47	14:21	15:11
135.4	84.1	Bundoran finish line on bridge	13:49	14:23	15:13

IMPORTANT STAGE LOCATIONS

Race HQ Allingham Arms Hotel, Tel. 071 984 1075

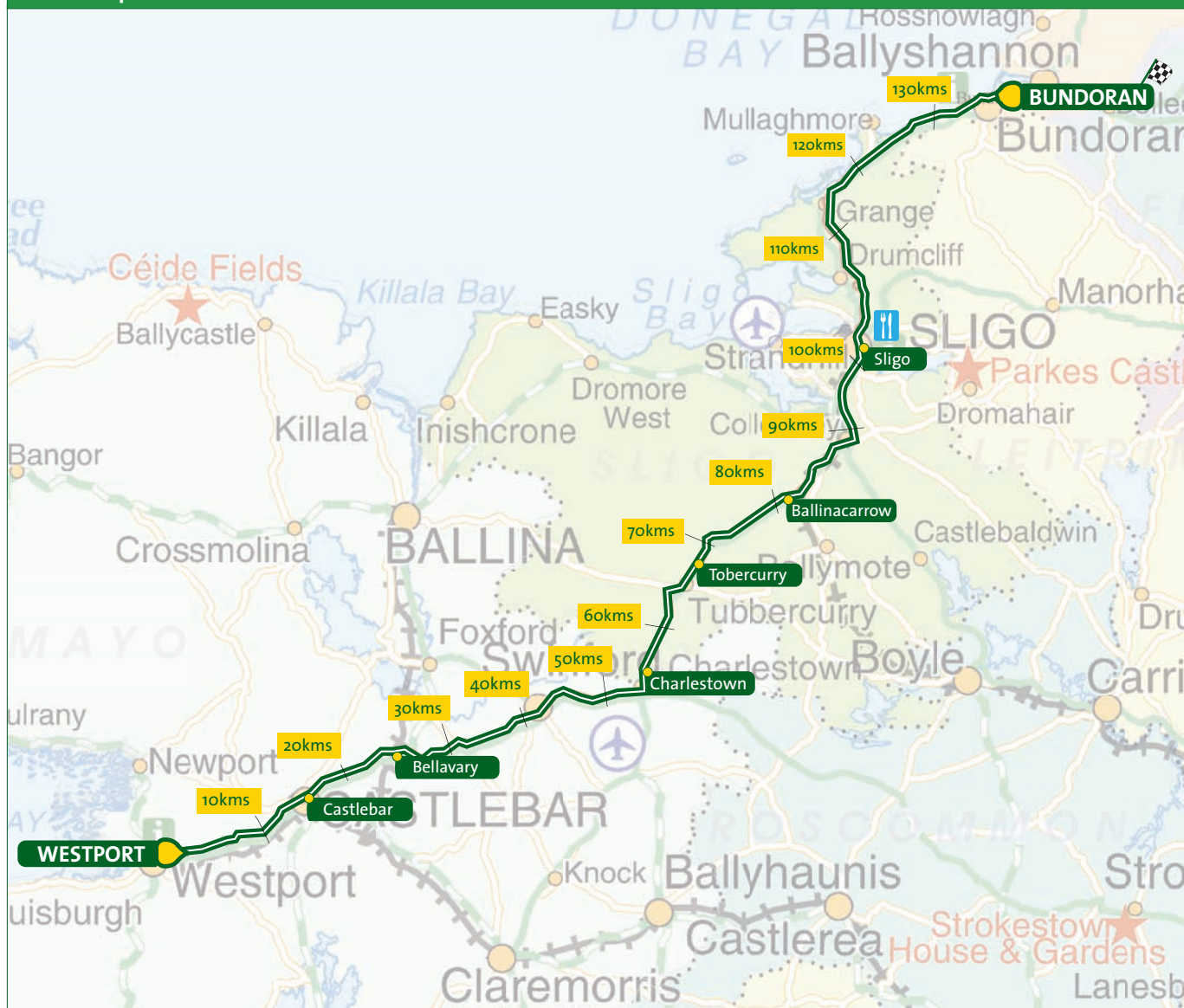
Service Crew Accommodation Allingham Arms Hotel, Tel. 071 984 1075

Anti-Doping Control Location Holyrood Hotel

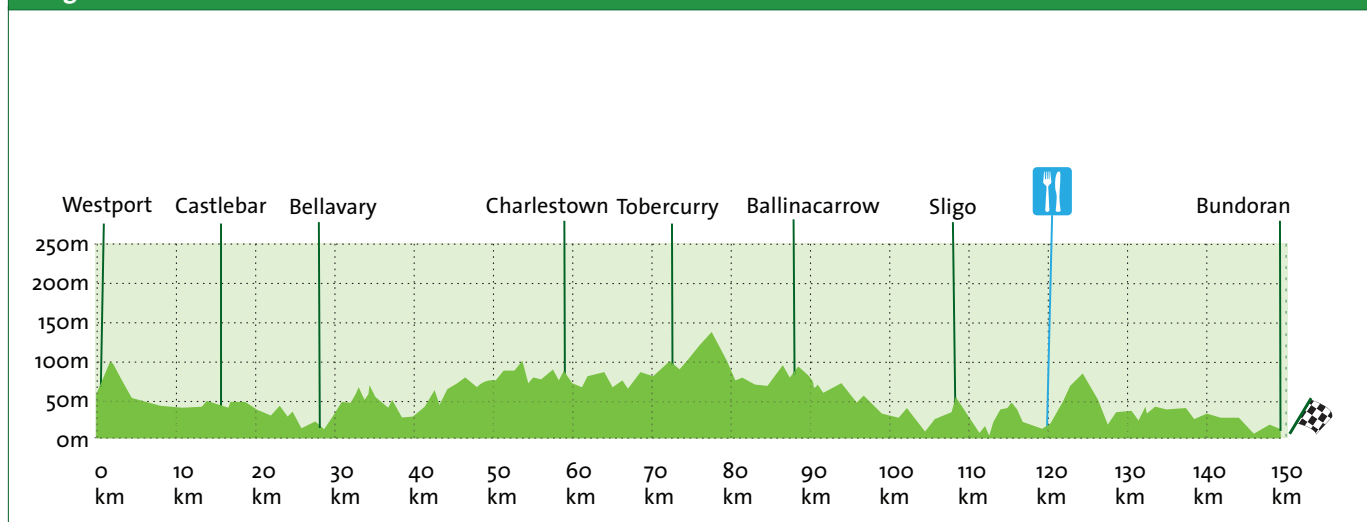
STAGE 4 WESTPORT - BUNDORAN 135kms

Wednesday 23 May / Dé Céadaoin 23 Bealtaine

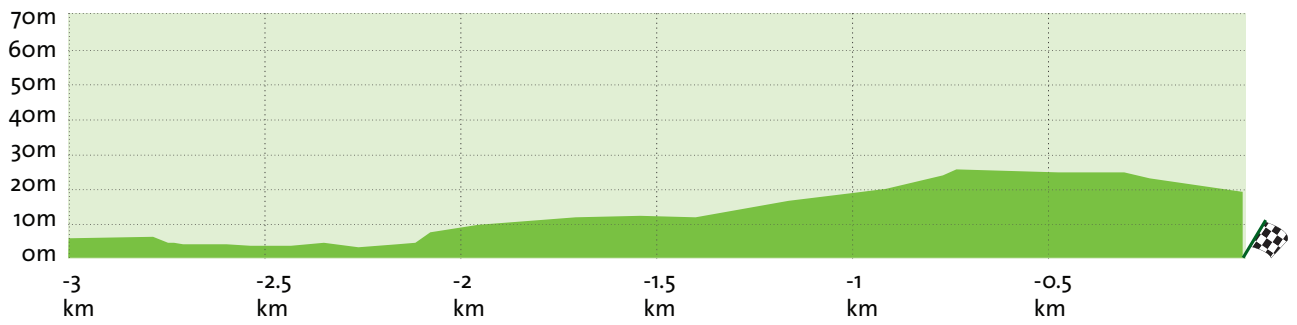
Route Map



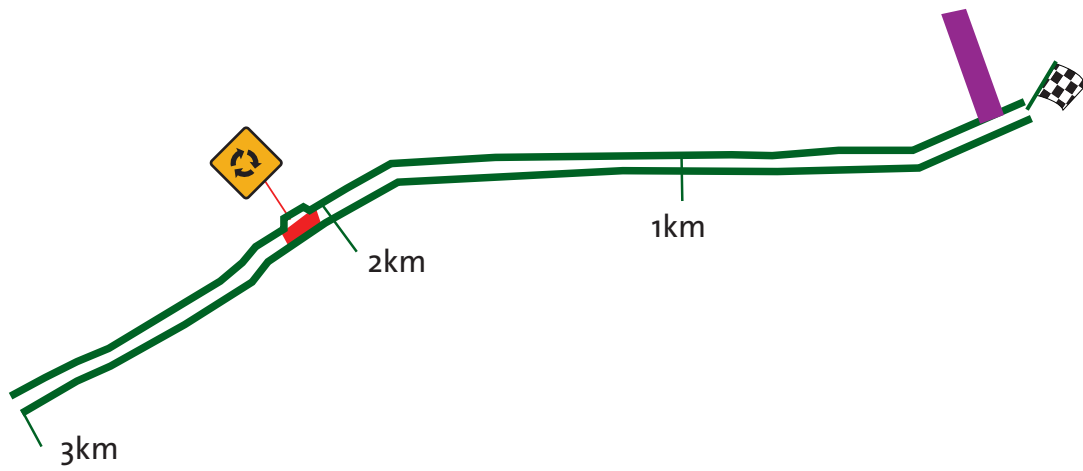
Stage Profile



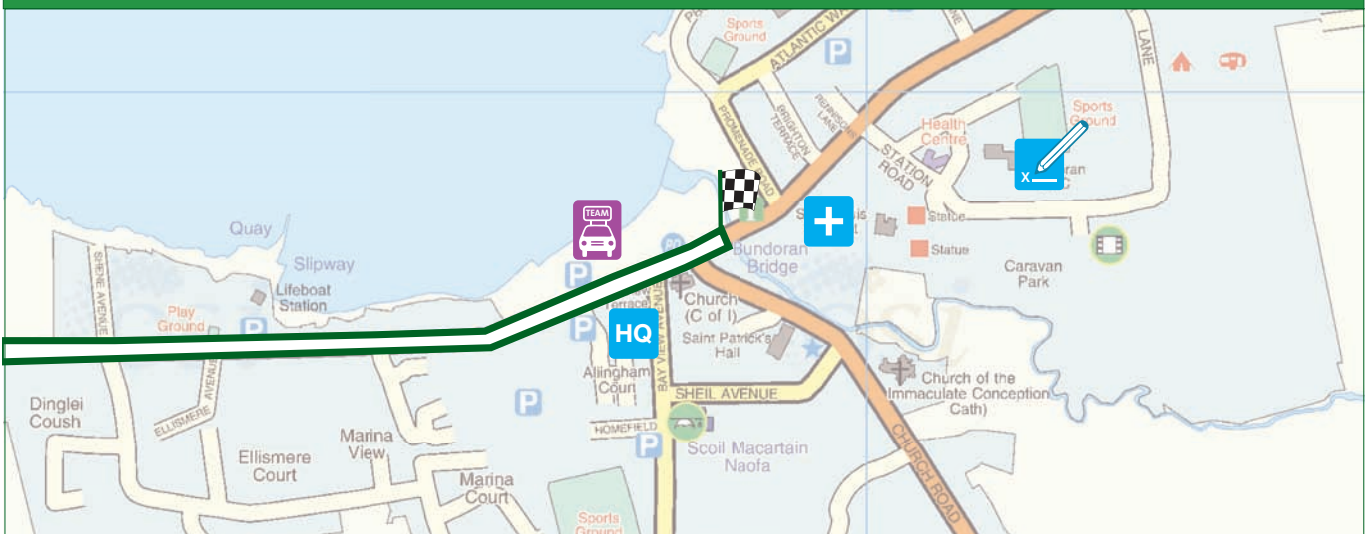
3km Profile









3km Route



Finish




-  Sign on & Assembly
-  HQ Head Quarters
-  Feeding Station
-  Anti-doping Centre
-  Finish
-  Team Car Park

STAGE 5 BUNDORAN - BUNCRANA 149kms

Thursday 24 May / Déardaoin 24 Bealtaine

	TIME
Riders Sign-On Bundoran Town Council Office	9:30 - 10:30
Assembly Sign-on location	10:45
Ceremonial Start Tourist Office, Main Street	11:00
Neutralised for 1.8Kms on R267	

Kms	MIs	Location	Estimated time of arrival at kilometres per hour		
			48 Back wind	40 Average	32 Head wind
		<i>Team support vehicles depart at 10:20hrs</i>			
		<i>Team cars to take up cavalcade position on leaving carpark to accompany riders</i>			
0.0	0.0	Ceremonial Start -Tourist Office	11:00	11:00	11:00
		Neutralised Section			
1.3	0.8	Roundabout, 1st exit, dir Ballyshannon on R267	11:01	11:01	11:02
1.8	1.1	End of Neutral Section	11:02	11:02	11:03
0.0	0.0	Start of Racing			
3.9	2.4	Ballyshannon: 1st exit at roundabout; left at Y-junction on Main Street; 2nd exit at roundabout, dir Donegal, on N15	11:04	11:05	11:07
22.9	14.2	Roundabout, 2nd exit, dir Lifford	11:28	11:34	11:42
26.6	16.5	Roundabout, 3rd exit, dir Ballybofey, etc	11:33	11:39	11:49
31.0	19.3	Start KOM Climb 🏆	11:38	11:46	11:58
41.0	25.5	Barnesmore Gap Category 3 KOM	11:51	12:01	12:16
50.8	31.6	Ballybofey <i>Caution - multiple traffic islands</i>	12:03	12:16	12:35
53.2	33.1	Stranorlar: left at Emo garage, dir Letterkenny on N13	12:06	12:19	12:39
57.3	35.6	Left, dir Letterkenny	12:11	12:25	12:47
61.2	38.0	Drumkeen	12:16	12:31	12:54
70.7	43.9	Dry Arch Roundabout, 2nd exit, dir Derry, Lifford	12:28	12:46	13:12
75.0	46.6	Roundabout, 1st exit, dir Buncrana	12:33	12:52	13:20
75.2	46.7	Start KOM Climb 🏆			
78.8	49.0	Maghera Beg Category 3 KOM	12:38	12:58	13:27
92.5	57.5	Burt Post Office Prime 	12:55	13:18	13:53
93.4	58.0	Left, dir Buncrana on R239	12:56	13:20	13:55
95.7	59.5	Burnfoot: left at 4rdsX, dir Buncrana <i>Caution - multiple traffic islands on R238</i>	12:59	13:23	13:59
97.8	60.8	Feed Zone from large traffic sign on right			
98.1	61.0	Feed Zone ends at Halfway House Pub			
100.8	62.6	Fahan 60 signs	13:06	13:31	14:09
106.5	66.2	Buncrana: 1st exit from roundabout; Left, dir Town Centre; straight at roundabout to Cockhill Road <i>Caution - traffic island 20m after 1st roundabout</i>	13:13	13:39	14:19
109.0	67.7	Left to cross Westbrook Bridge. Advance signage warns of Dangerous Bridge	13:16	13:43	14:24
109.2	67.9	Start KOM Climb 🏆			

109.4	68.0	Right at Y, dir Dunree 9kms	13:16	13:44	14:25
111.5	69.3	Slavery Category 3 KOM	13:19	13:47	14:29
113.6	70.6	Straight (right) at Y junction on left curve, dir Clonmany 13K on L1531	13:22	13:50	14:33
		Start KOM Climb on L1531 			
117.0	72.7	Old Mountain Category 3 KOM	13:26	13:55	14:39
119.0	73.9	Right at T-junction, dir Clonmany 7km	13:28	13:58	14:43
119.1	74.0	Start KOM Climb 			
120.7	75.0	Pinch Mountain Category 2 KOM	13:30	14:01	14:46
125.9	78.2	Clonmany: left at T-junction dir Inis Eoghan 100	13:37	14:08	14:56
129.4	80.4	Right at Y junction at "Welcome to Urris" sign, dir Mamore Gap 7kms	13:41	14:14	15:02
132.8	82.5	Left at Y junction, dir Mamore Gap 4kms	13:46	14:19	15:09
134.9	83.8	Straight at 4rds junction, dir Mamore Gap 2kms	13:48	14:22	15:12
		Start KOM Climb 			
136.9	85.1	Mamore Gap Category 1 KOM	13:51	14:25	15:16
138.6	86.1	Start KOM Climb 			
139.5	86.7	Old Mountain Category 3 KOM	13:54	14:29	15:21
146.5	91.0	Right at T-junction, dir Dunree & immediately left dir Buncrana			
147.2	91.5	Buncrana 50 signs	14:04	14:40	15:36
148.1	92.0	Left at T-junction, dir Buncrana 1K			
148.5	92.3	<i>Caution - narrow bridge</i>			
148.6	92.3	Right at Stop sign at T-junction Team cars divert right to car-park on Nailors Row. Team support vehicles to park in car-park on Ferris Lane, left after finish line.	14:05	14:42	15:38
149.4	92.8	Buncrana finish line on Main Street	14:06	14:44	15:40

IMPORTANT STAGE LOCATIONS

Race HQ Inishowen Gateway Hotel, Tel. 074 936 1144

Service Crew Accommodation Ballyliffen Lodge Hotel, Ballyliffin, Tel. 074 937 8200

Anti-Doping Control Location Plaza Theatre

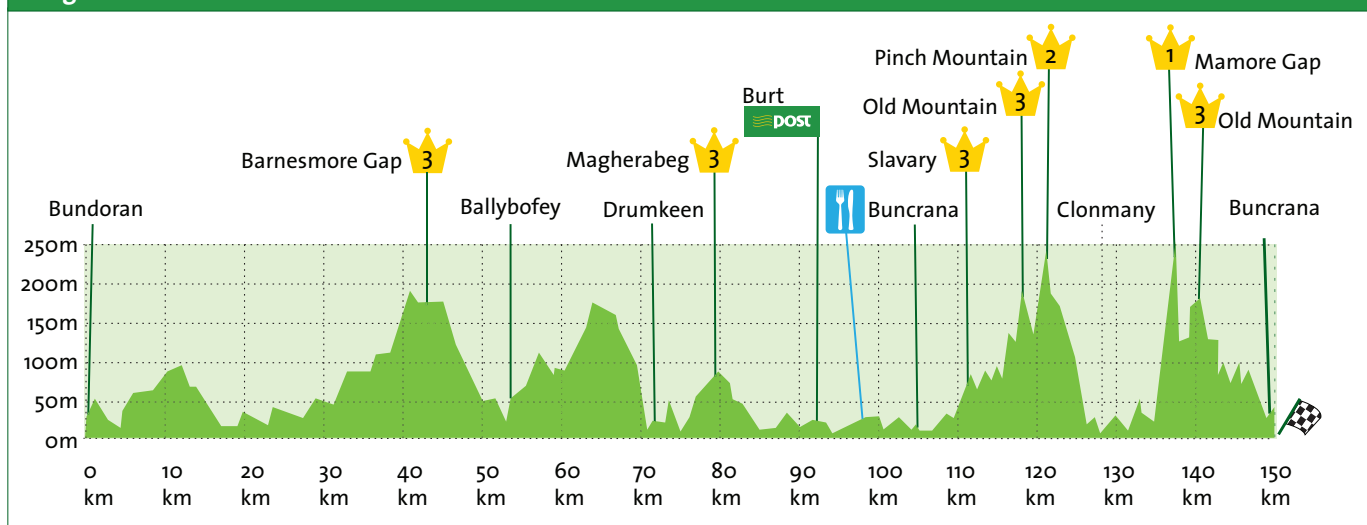
STAGE 5 BUNDORAN – BUNCRANA 149kms

Thursday 24 May / Déardaoin 24 Bealtaine

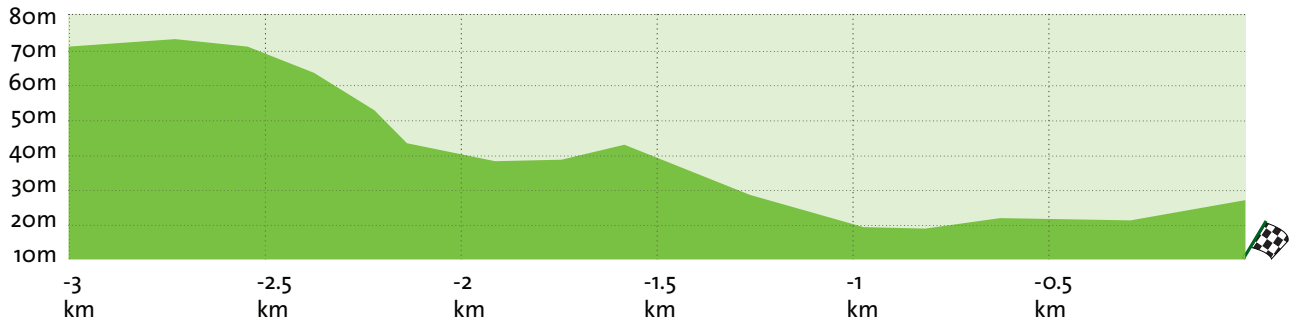
Route Map



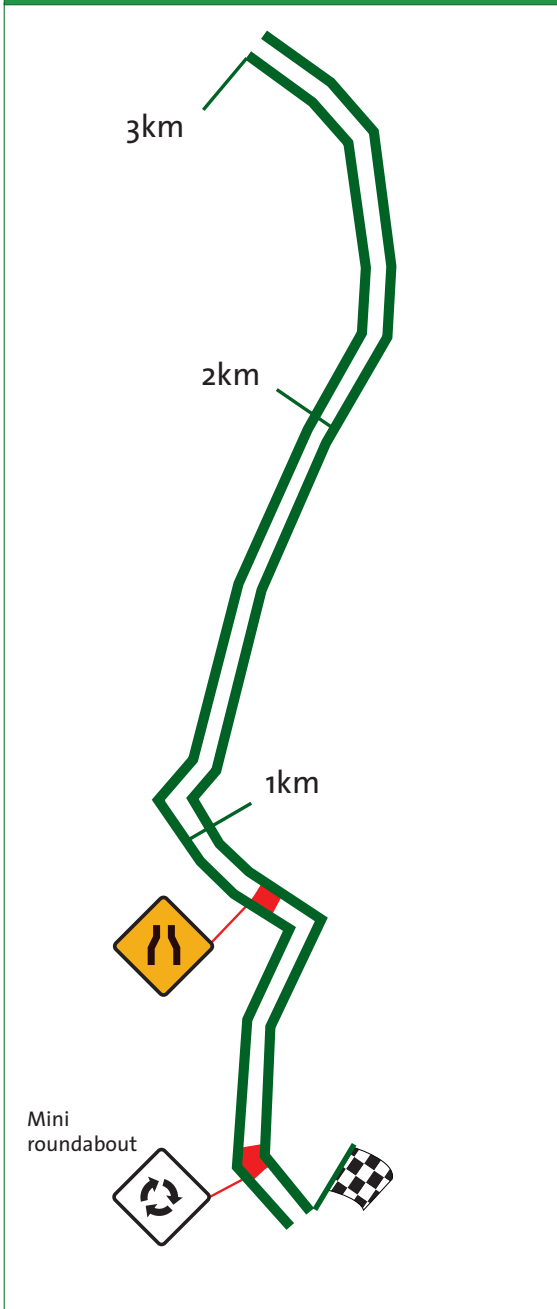
Stage Profile



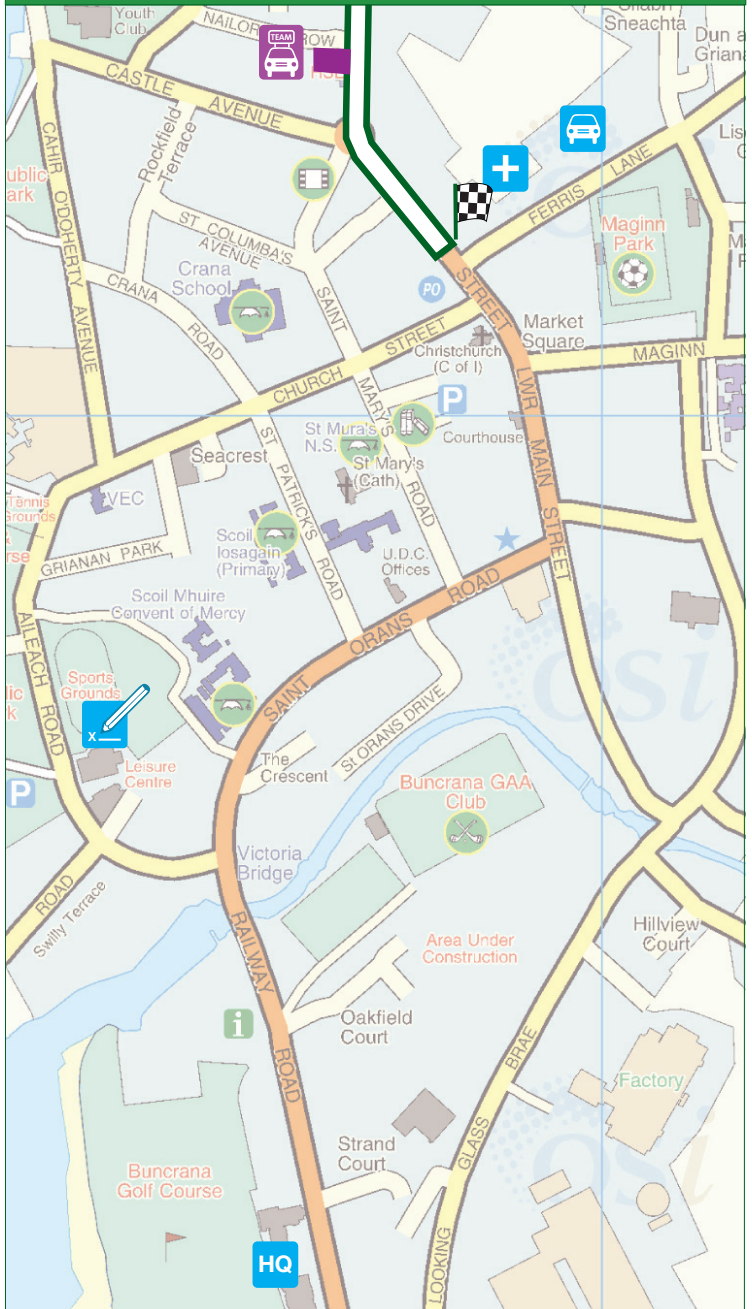
3km Profile



3km Route



Finish



- Sign on & Assembly
- HQ Head Quarters
- Feeding Station
- Anti-doping Centre
- Team Car Park
- Finish
- Prime
- King of the Mountain
- Support Vehicles Car Park

STAGE 6 BUNCRANA - KILLYBEGS 134kms

Friday 25 May / Dé hAoine 25 Bealtaine

	TIME
Riders Sign-On Leisure Centre, Aileach Road	9:30 - 10:30
Assembly Leisure Centre Car-Park.	10:45
Ceremonial Start Main Street	11:00
Neutralised for 2 Kms on R238	

Kms	MIs	Location	Estimated time of arrival at kilometres per hour		
			48 Back wind	40 Average	32 Head wind
		<i>Team support vehicles depart at 10:20hrs</i>			
		<i>Team cars to take up cavalcade position on leaving carpark to accompany riders</i>			
0.3	0.2	Ceremonial Start - Tourist Office	11:00	11:00	11:00
		<i>Neutralised Section</i>			
		Right from Main Street to St. Oran's Road, dir Letterkenny; 2nd exit from roundabout on R238			
2.0	1.2	End of Neutral Section	11:02	11:03	11:03
0.0	0.0	Start of Racing			
3.7	2.3	Fahan	11:04	11:05	11:06
7.3	4.5	Tooban	11:09	11:10	11:13
9.3	5.8	Burnfoot <i>Caution - multiple traffic islands</i>	11:11	11:13	11:17
12.0	7.5	Bridgend: 2nd exit from roundabout, dir Letterkenny	11:15	11:18	11:22
17.2	10.7	<i>Caution - traffic island</i>			
17.3	10.8	<i>Caution - traffic island</i>			
17.5	10.9	<i>Caution - traffic island</i>			
22.4	13.9	<i>Caution - traffic island</i>			
22.9	14.2	<i>Caution - traffic island</i>			
23.5	23.5	<i>Caution - traffic island</i>			
33.4	20.8	Roundabout, 2nd exit, dir Letterkenny	11:41	11:50	12:02
37.8	23.5	Dry Arch Roundabout, 2nd exit, dir Letterkenny on N14	11:47	11:56	12:10
39.0	24.2	<i>Caution - central reservation</i>			
39.3	24.4	Polestar Roundabout, 1st exit, dir Glenties	11:49	11:58	12:13
40.0	24.9	Letterkenny: 1st exit from roundabout; left at Tjunction/roundabout, dir Glenties; exit right from roundabout to Oldtown Rd; 1st exit from roundabout, dir Glenties on R250	11:50	12:00	12:15
42.2	26.2	Roundabout at GAA grounds, 1st exit, dir Glenties	11:52	12:03	12:19
48.4	30.1	Left, dir Glenties, etc.	12:00	12:12	12:30
52.9	32.9	Right at Y-junction, dir Glenties	12:06	12:19	12:39
57.7	35.9	Start KOM Climb 🏆	12:12	12:26	12:48
59.4	36.9	Meenirroy Category 2 KOM	12:14	12:29	12:51
67.5	41.9	Right at T-junction, dir Glenties	12:24	12:41	13:06
69.5	43.2	Fintown	12:26	12:44	13:10
69.7	43.3	Start Feed Zone at layby after village 🍴			
69.9	43.4	End Feed Zone			

83.0	51.6	Glenties <i>Caution - traffic island on N56</i>	12:43	13:04	13:35
87.5	54.4	Straight, dir Ardara			
93.2	57.9	Ardara	12:56	13:19	13:54
96.7	60.1	Right to unnumbered road, dir Glencolmcille	13:00	13:25	14:01
101.1	62.8	Start KOM Climb 			
102.4	63.6	Glengesh Pass Category 1 KOM	13:08	13:33	14:12
102.7	63.8	Straight at Y-junction			
111.1	69.0	Meenaneary	13:18	13:46	14:28
116.4	72.3	Carrick: left at T-junction & immediately left at Y-junction, dir Killybegs Start KOM Climb 	13:25	13:54	14:38
118.4	73.6	Bogagh Category 2 KOM on R263	13:28	13:57	14:42
120.6	74.9	Right at Y-junction at Y, dir An Carthaigh (Kilcar)	13:30	14:00	14:46
120.9	75.1	Kilcar: left in centre Start KOM Climb 	13:31	14:01	14:46
122.5	76.1	Right at T-junction, dir Killybegs on R263	13:33	14:03	14:49
124.4	77.3	Bavin Category 2 KOM	13:35	14:06	14:53
131.6	81.8	Straight at roundabout			
132.4	82.3	Killybegs 50 signs	13:45	14:18	15:08
133.1	82.7	Right, at hairpin bend to un-numbered road, dir Maritime Heritage	13:46	14:19	15:09
133.6	83.0	Roundabout, 1st exit			
134.6	83.6	Team cars divert left to car-park at Killybegs Fishermens Organisation	13:48	14:21	15:12
134.4	83.5	Killybegs Finish Line on Shore Rd.	13:48	14:21	15:12

IMPORTANT STAGE LOCATIONS

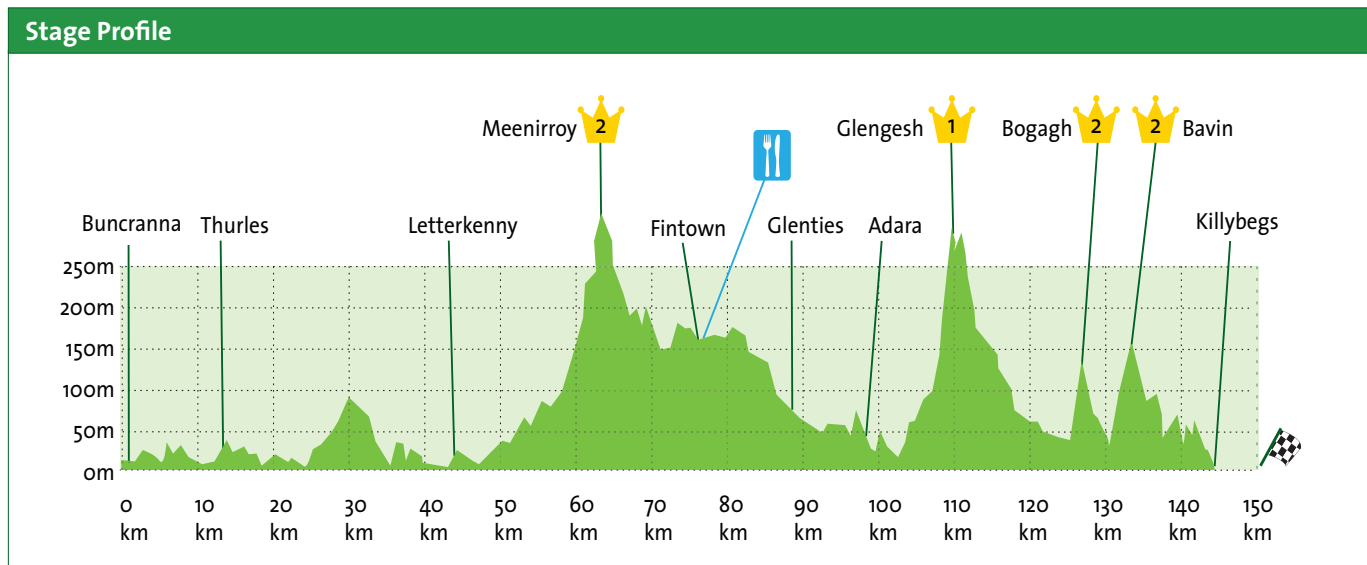
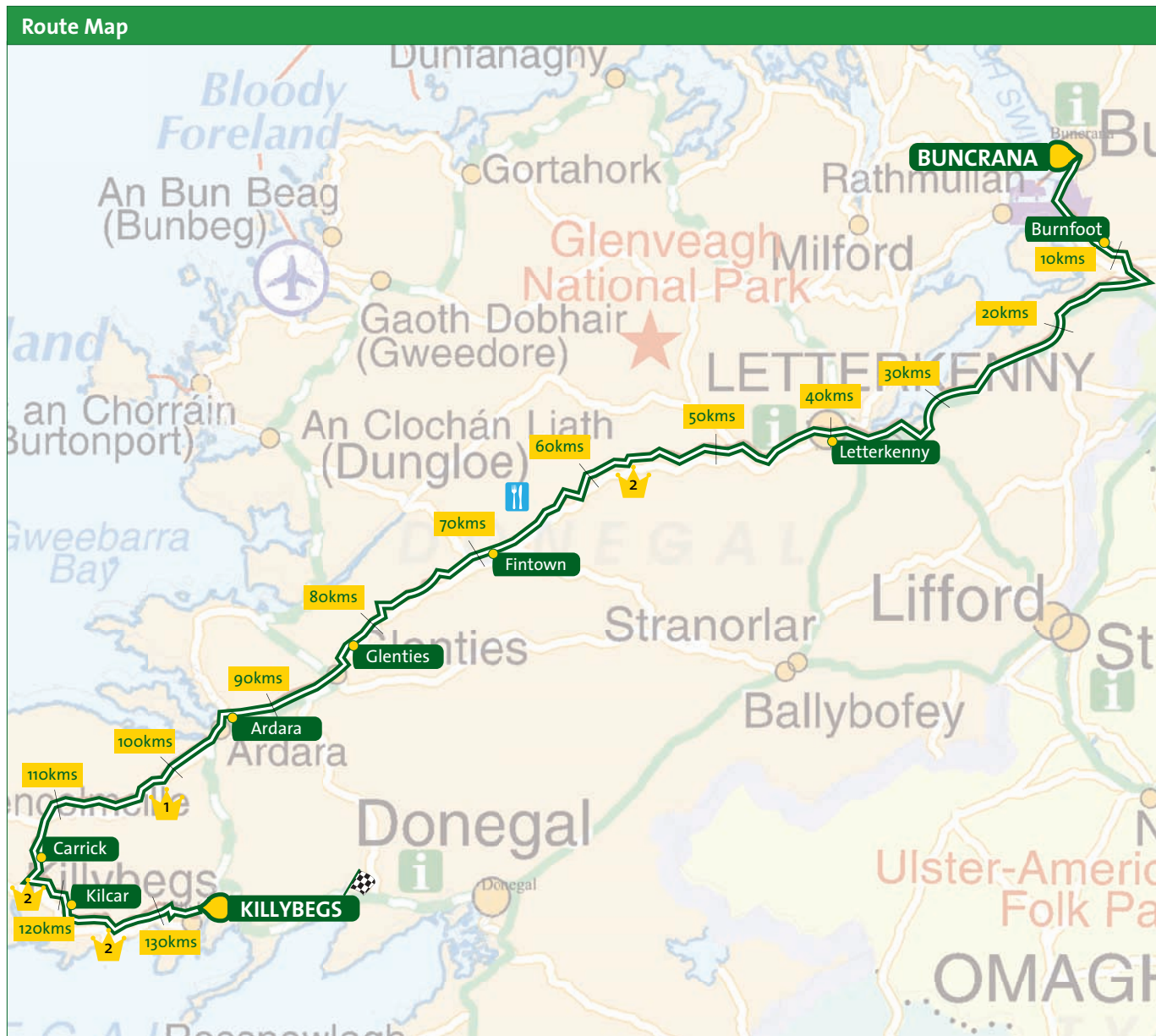
Race HQ Tara Hotel, Tel. 074 974 1700

Service Crew Accommodation Philis Mealy, Bannagh House, Killybegs, Tel. 074 973 1108

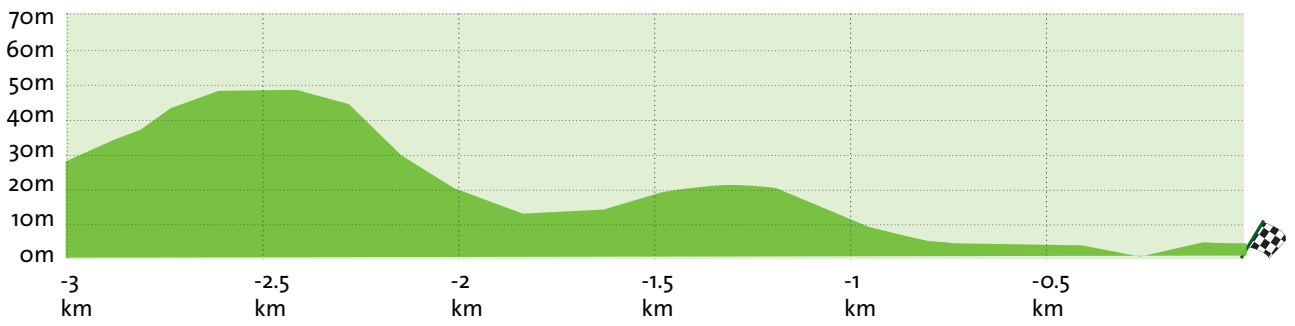
Anti-Doping Control Location Tourism Information Centre, Shore Road

STAGE 6 BUNCRANA - KILLYBEGS 134kms

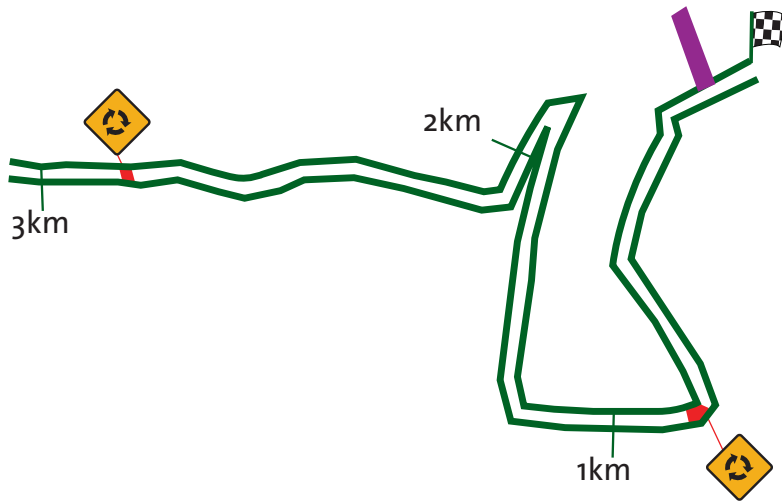
Friday 25 May / Dé hAoine 25 Bealtaine



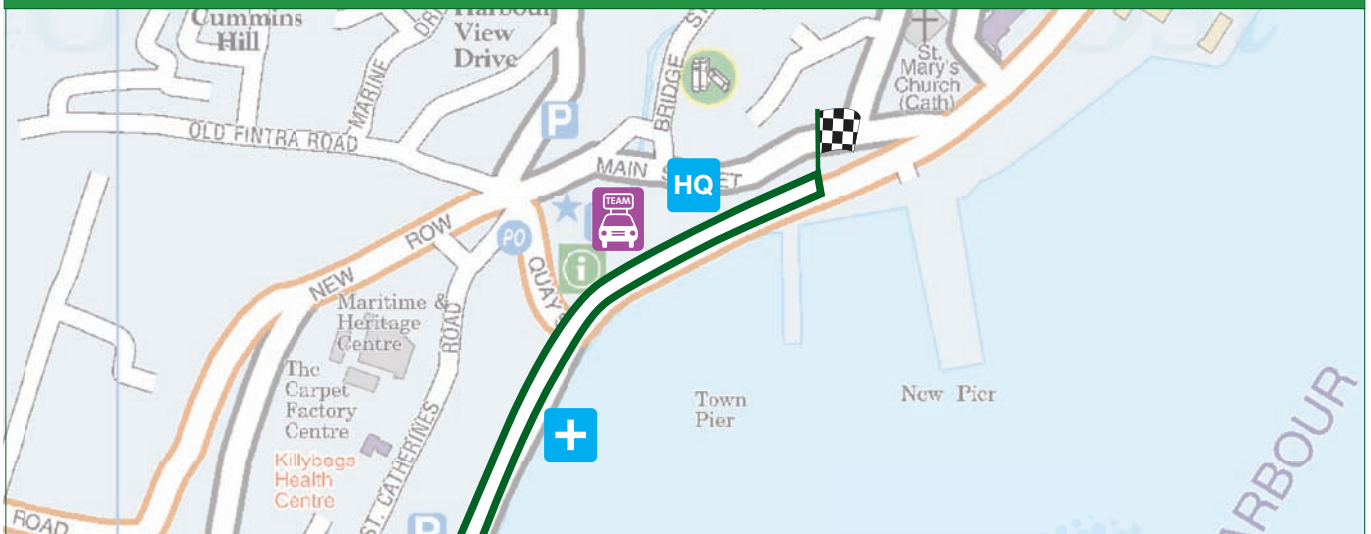
3km Profile










3km Route



Finish



-  Head Quarters
-  Feeding Station
-  Anti-doping Centre
-  Team Car Park
-  Finish
-  Prime
-  King of the Mountain

STAGE 7 DONEGAL - COOTEHILL 161kms

Saturday 26 May / Dé Sathairn 26 Bealtaine

	TIME
Riders Sign-On St. John Bosco Community Centre, Donegal Town	9:30 - 10:30
Assembly St. John Bosco Centre	10:45
Ceremonial Start The Diamond, Donegal	11:00
Neutralised for 4.1 Kms on R267/N15	

Kms	Mls	Location	Estimated time of arrival at kilometres per hour		
			48 Back wind	40 Average	32 Head wind
		<i>Team support vehicles depart at 10:20hrs</i>			
		<i>Team cars to take up cavalcade position on leaving carpark to accompany riders</i>			
0.0	0.0	Ceremonial Start - The Diamond, Donegal Town	11:00	11:00	11:00
		Neutralised Section			
		Left from The Diamond to R267			
3.8	2.4	Roundabout, 2nd exit, dir Sligo on N15	11:04	11:05	11:07
4.1	2.5	End of Neutral Zone at green distance sign	11:05	11:06	11:07
0.0	0.0	Start of Racing	11:05	11:06	11:07
16.5	10.3	Roundabout, 1st exit, dir Bundoran on N15	11:25	11:30	11:37
23.0	14.3	Roundabout, 2nd exit, dir Bundoran on R267	11:33	11:40	11:50
23.2	14.4	Roundabout, 1st exit on R267			
23.4	14.5	Bundoran: left, dir Kinlough on R250	11:34	11:41	11:50
25.7	16.0	Caution - multiple traffic islands on R280			
26.8	16.7	Caution - narrow bridge			
27.7	17.2	Kinlough: left at PO, dir Rossinver on R281	11:39	11:47	11:58
30.6	19.0	Start of very narrow, undulating road			
34.6	21.5	Caution - narrow bridge			
41.7	25.9	Caution - narrow bridge			
42.1	26.2	Caution - narrow bridge			
42.7	26.5	Right at Stop sign at T-junction, unsigned	11:58	12:10	12:27
43.5	27.0	Rossinver: left, dir Kilthyclogher	11:59	12:11	12:28
50.0	31.1	Kilthyclogher: straight at centre road memorial, dir Glenfarne. Caution - narrow bridge	12:07	12:21	12:40
59.3	36.8	Glenfarne: left at T-junction, dir Blacklion	12:19	12:34	12:58
		Glenfarne Post Office Prime on N16 			
64.0	39.8	Right, dir Dowra, on R207	12:25	12:42	13:07
76.5	47.5	Dowra: left after bridge, dir Ballyconnell on R200	12:40	13:00	13:30
86.5	53.8	Right at T-junction, dir Ballyconnell at the Glan Bar	12:53	13:15	13:49
88.7	55.1	Start KOM Climb 			
92.3	57.4	Bellavalley Category 2 KOM	13:00	13:24	14:00
95.1	59.1	Black Rocks Cross	13:03	13:28	14:05
100.0	62.1	Left at T-junction, dir Belturbet on N87	13:10	13:36	14:14
100.4	62.4	Right at T-junction, dir Ballyconnel, Belturbet on N87	13:10	13:36	14:15
104.6	65.0	Bawnboy	13:15	13:42	14:23
111.2	69.1	Ballyconnell	13:24	13:52	14:35

111.4	69.2	Start of Feed Zone 	13:24	13:53	14:35
111.7	69.4	End Feed Zone			
122.2	75.9	Roundabout, 2nd exit, dir Belturbet on N3	13:37	14:09	14:56
122.8	76.3	Belturbet	13:38	14:10	14:57
125.0	77.7	Left at 80 signs, dir Monaghan on R197	13:41	14:13	15:01
129.3	80.3	Straight at Stop sign at 4rdsX to cross N54, unsigned	13:46	14:19	15:09
129.7	80.6	Caution - narrow bridge	13:47	14:20	15:10
		<i>Narrow, twisting, undulating road</i>			
132.2	82.1	Right at unsigned T-junction	13:50	14:24	15:14
132.5	82.3	Redhills: left entering village, dir Scothouse on L2240	13:50	14:24	15:15
135.0	83.9	Right at unsigned 4rdsX.	13:53	14:28	15:20
139.0	86.4	Scotshouse: left at T-junction, unsigned on R212	13:58	14:34	15:27
141.4	87.9	Right at sharp left curve, dir Newbliss 7K	14:01	14:38	15:32
		Start KOM Climb 			
144.4	89.7	Kavanagh's Hill Category 3 KOM	14:05	14:42	15:37
148.4	92.2	Newbliss: right at T-junction, unsigned on R189	14:10	14:48	15:45
		Twisting, undulating road			
158.4	98.4	Right at T-junction, dir Cootehill 3K on R188	14:23	15:03	16:04
160.2	99.5	Cootehill 50 signs	14:25	15:06	16:07
161.2	100.2	Team cars divert left 80m before Texaco garage, to carpark at HSE & St. Michaels Hall Left at 4rdsX from Bridge St. to Market Street, 225m from finish line.			
161.4	100.3	Cootehill finish line on Main St.	14:26	15:08	16:09

IMPORTANT STAGE LOCATIONS

Race HQ Hillgrove Hotel, Old Armagh Road, Monaghan, Tel. 047 81288

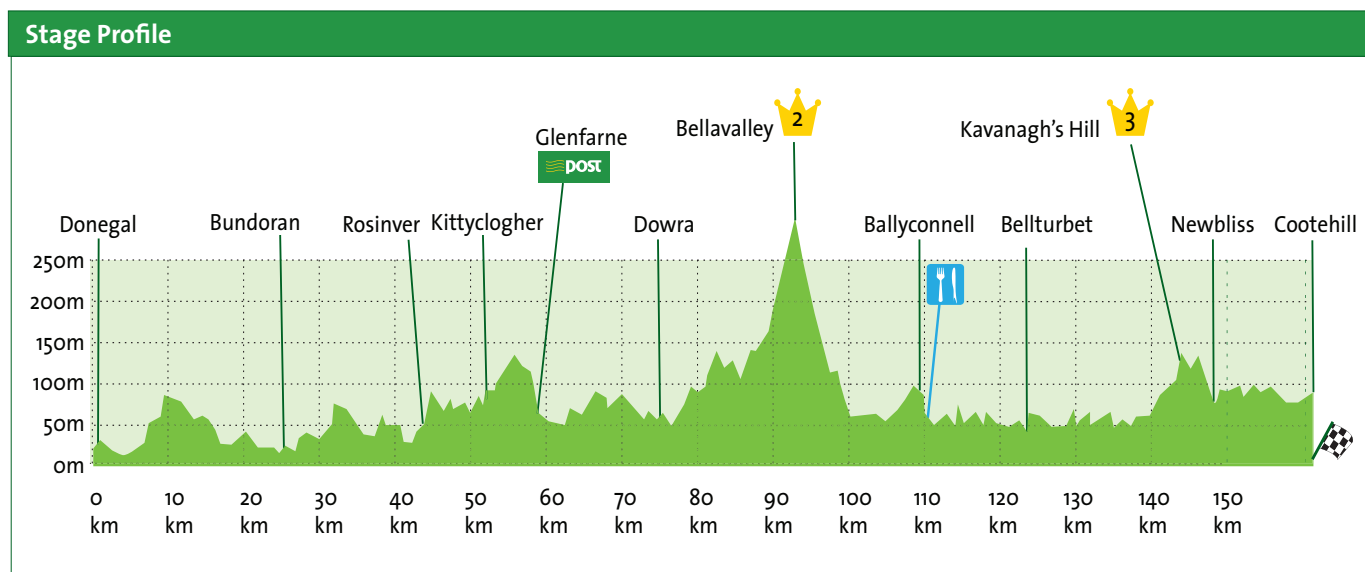
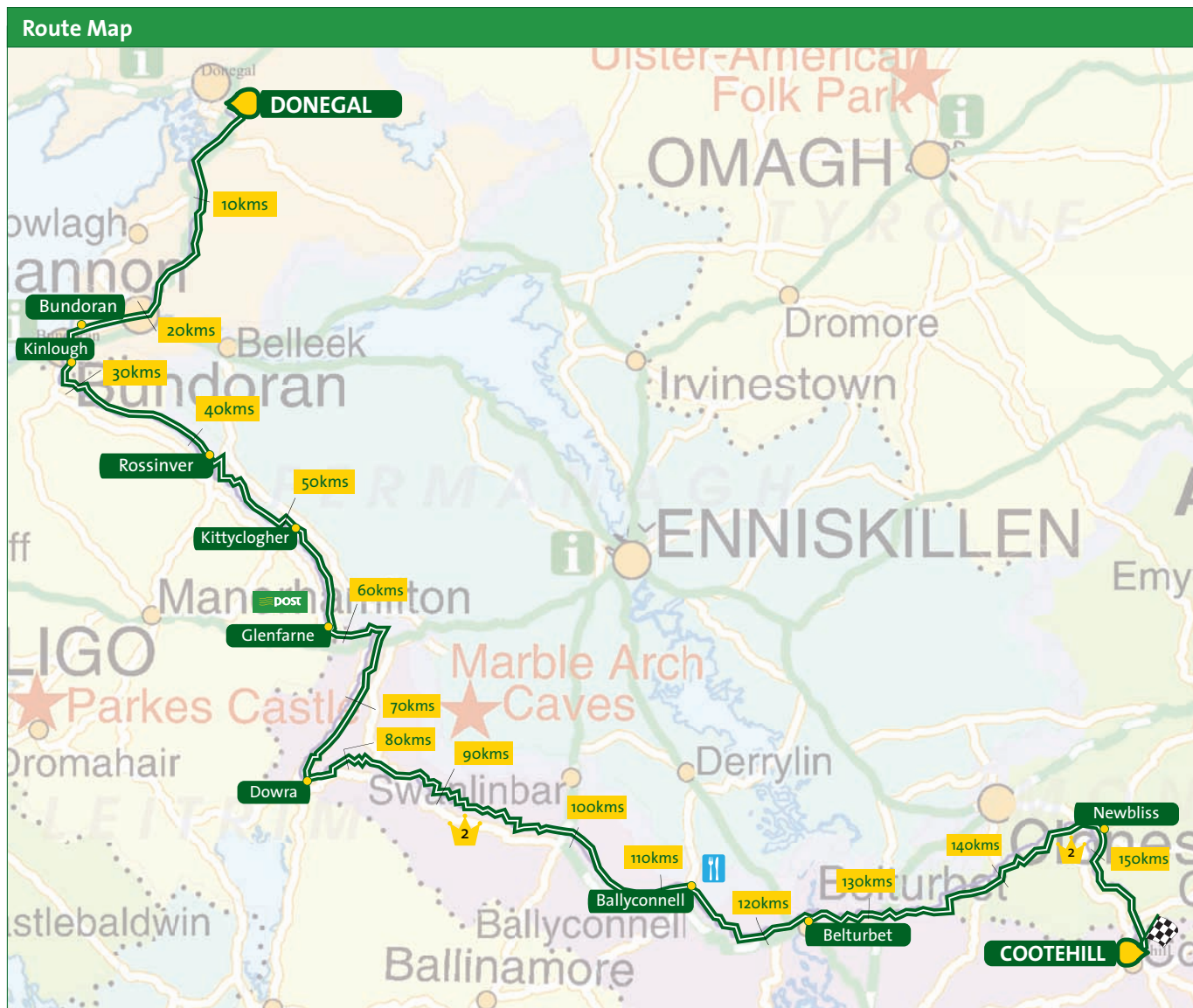
Race Administration for 2 hours after finish in St. Michaels Hall

Service Crew Accommodation Hillgrove Hotel, Old Armagh Road, Monaghan, Tel. 047 81288

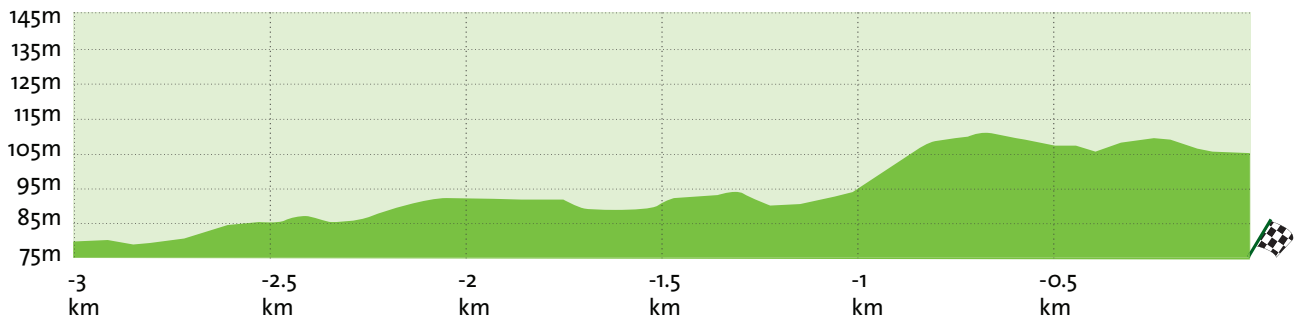
Anti-Doping Control Location St. Michaels Hall

STAGE 7 DONEGAL - COOTEHILL 161kms

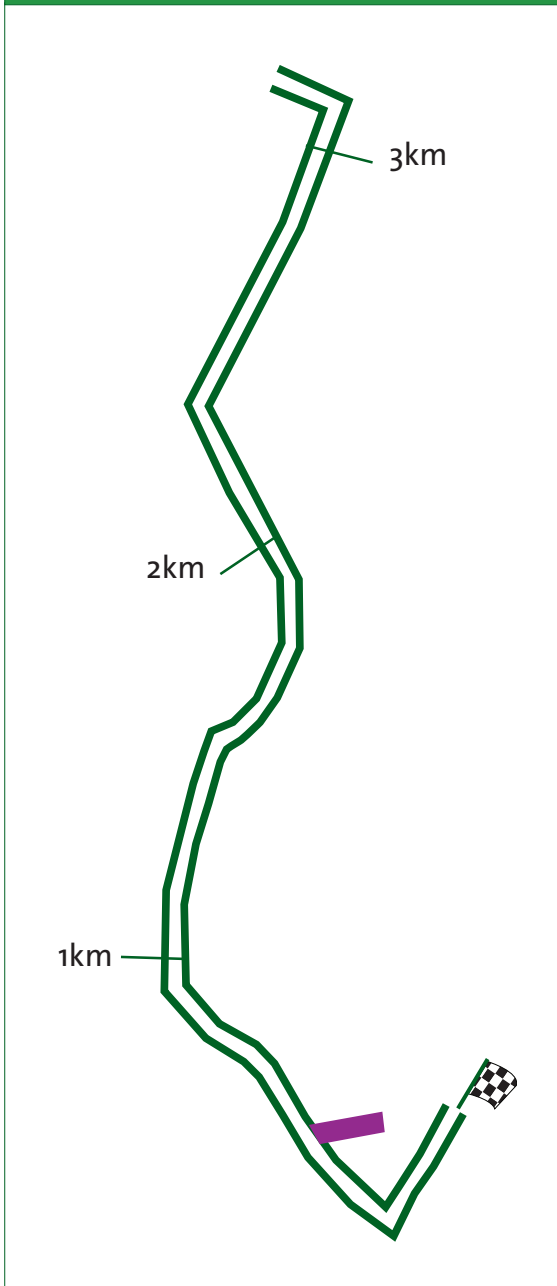
Saturday 26 May / Dé Sathairn 26 Bealtaine



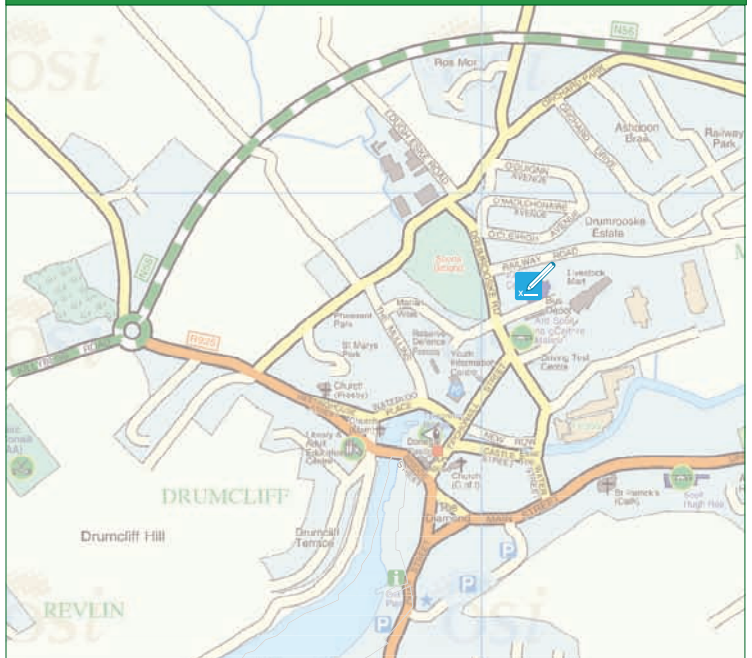
3km Profile



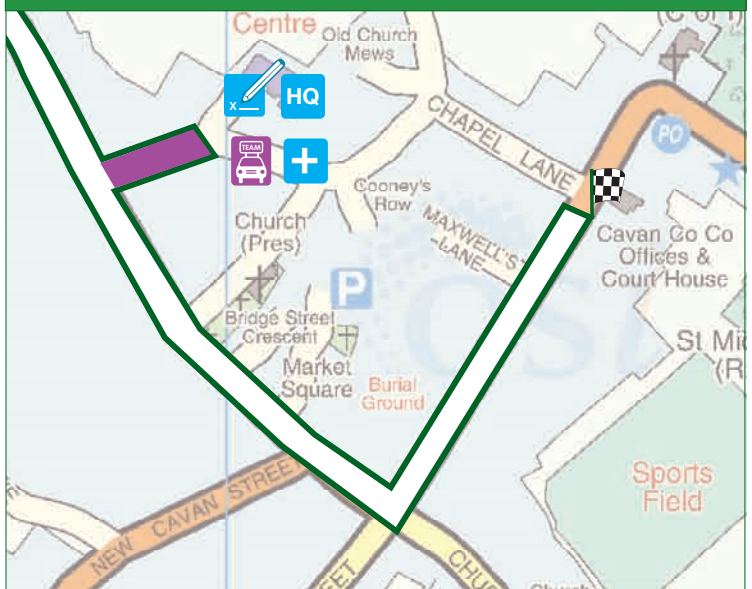
3km Route



Start - Donegal



Finish - Cootehill



Sign on & Assembly



Head Quarters



Feeding Station



Anti-doping Centre



Team Car Park



Finish



Prime



King of the Mountain




Team Car Diversion Route

STAGE 8 COOTEHILL - SKERRIES + 2 LAPS OF 13.7KMS CIRCUIT 139kms

Sunday 27 May / Dé Domhnaigh 27 Bealtaine

	TIME
Riders Sign-On St. Michaels Hall	10:30 - 11:30
Assembly Race Car-park	11:45
Ceremonial Start Main Street	12:00
Neutralised for 1.5kms	

Kms	Mls	Location	Estimated time of arrival at kilometres per hour		
			48 Back wind	40 Average	32 Head wind
		Team support vehicles depart at 10:20hrs			
		Team cars to take up cavalcade position on leaving carpark to accompany riders			
0.0	0.0	Ceremonial Start - Post Office on Market Street	12:00	12:00	12:00
		<i>Neutralised Section</i>			
1.5	0.9	Left at Y -junction, dir Shercock, on R190	12:01	12:02	12:02
1.5	0.9	End of Neutral Zone at garage	12:01	12:02	12:02
0.0	0.0	oKms signs for Start of Racing on R190/R192			
10.8	6.7	On R162	12:13	12:16	12:20
14.5	9.0	Shercock: left at T-junction, unsigned	12:18	12:21	12:27
26.3	16.3	Kingscourt: straight at 3 roundabouts On R162	12:32	12:39	12:49
38.6	24.0	Nobber Post Office Prime 	12:48	12:57	13:12
48.6	30.2	Wilkinstown	13:00	13:12	13:31
49.1	30.5	<i>Caution - disused rail tracks</i>			
52.7	32.7	Left, dir Slane on R163	13:05	13:19	13:38
56.3	35.0	Gormanlough	13:10	13:24	13:45
60.8	37.8	Right at T-junction, dir Slane 2kms on R163	13:16	13:31	13:54
61.4	38.2	Left at T-junction to N51, dir Slane 2kms On N51	13:16	13:32	13:55
62.1	38.6	Slane: right at traffic lights in centre, to N2 <i>Caution - traffic island; 2 sets of traffic lights & sharp right curve to and left curve off bridge</i>	13:17	13:33	13:56
64.0	39.8	Start KOM Climb on N2 			
65.6	40.8	Slane Category 3 KOM	13:22	13:38	14:03
74.0	46.0	Balrath Cross	13:32	13:51	14:18
80.2	49.8	Kilmoon Cross	13:40	14:00	14:30
81.2	50.5	Left to L5007, dir Garristown on L5007	13:41	14:01	14:32
81.2	50.5	Start KOM Climb 	13:41	14:01	14:32
84.0	52.2	Pluckhimin Category 3 KOM	13:45	14:06	14:37
84.3	52.4	Garristown: right at 4rdsX and immediately left on R130	13:45	14:06	14:38
88.7	55.1	Left at T, dir Naul 4K on R122	13:50	14:13	14:46
93.5	58.1	Right at T, dir Naul	13:56	14:20	14:55
93.6	58.2	Naul: left, dir Balbriggan	13:57	14:20	14:55
98.5	61.2	Roundabout, exit dir Balbriggan	14:03	14:27	15:04
98.6	61.3	Roundabout, exit dir Balbriggan	14:03	14:27	15:04
98.7	61.3	Right, immediately after 2nd roundabout, dir Balrothery on L1125	14:03	14:28	15:05

101.2	62.9	Left at T-junction & immediately right, dir Skerries <i>Caution - traffic island</i>	14:06	14:31	15:09
101.3	62.9	Balrothery: left at T-junction; right at roundabout	14:06	14:31	15:09
101.6	63.1	Start KOM Climb 🏰	14:07	4:32	15:10
101.8	63.3	Roundabout, left, Black Hills, Skerries	14:07	14:32	15:10
103.3	64.2	Cross of the Cage Category 3 KOM	14:09	14:34	15:13
103.8	64.5	Point of entry to Skerries circuit	14:09	14:35	15:14
105.7	65.7	Left at T, unsigned	14:12	14:38	15:18
106.7	66.3	Left at T, dir Skerries 5K on R127	14:13	14:40	15:20
110.3	68.5	Skerries 50 signs <i>Caution - narrow bridge followed by roundabout, 2nd exit to Millers Lane</i>	14:17	14:45	15:26
111.3	69.2	Left at 4rdsX	14:19	14:46	15:28
111.5	69.3	Left at T to Holmpatrick	14:19	14:47	15:29
111.9	69.5	First passage through Finish Line	14:19	14:47	15:29
112.2	69.7	Left at the monument to Thomas Hand St.	14:20	14:48	15:30
112.4	69.8	Right at traffic lights to Balbriggan Street	14:20	14:48	15:30
115.2	71.6	Left, under rail bridge, unsigned Start KOM Climb 🏰	14:24	14:52	15:36
116.5	72.4	Black Hills Category 3 KOM	14:25	14:54	15:38
117.2	72.8	Left at T, dir Lusk 4K	14:26	14:55	15:39
119.5	74.3	Left at T, unsigned	14:29	14:59	15:44
120.4	74.8	Left at T, dir Skerries 5K on R127	14:30	15:00	15:45
124.0	77.1	Skerries 50 signs <i>Caution - narrow bridge followed by roundabout, 2nd exit to Millers Lane.</i>	14:35	15:06	15:52
124.6	77.4	Left at 4rdsX	14:35	15:06	15:53
125.3	77.9	Left at T to Holmpatrick	14:36	15:07	15:54
125.7	78.1	Second passage through Finish Line	14:37	15:08	15:55
126.0	78.3	Left at the monument to Thomas Hand Street	14:37	15:09	15:56
126.2	78.4	Right at traffic lights to Balbriggan Street	14:37	15:09	15:56
129.0	80.2	Left, under rail bridge, unsigned Start KOM Climb 🏰	14:41	15:13	16:01
130.3	81.0	Black Hills Category 3 KOM	14:42	15:15	16:04
131.0	81.4	Left at T, dir Lusk 4K	14:43	15:16	16:05
133.3	82.8	Left at T, unsigned			
134.2	83.4	Left at T, dir Skerries 5K on R127	14:47	15:21	16:11
137.7	85.6	Skerries 50 signs <i>Caution - narrow bridge followed by roundabout, 2nd exit to Millers Lane</i>	14:52	15:26	16:18
138.3	85.9	Left at 4rdsX Team cars divert left to car-park at Skerries Mills at 496 metres.			
139.0	86.4	Left at T to Holmpatrick	14:53	15:28	16:20
139.3	86.6	Skerries finish line on Strand St.	14:54	15:28	16:21

IMPORTANT STAGE LOCATIONS

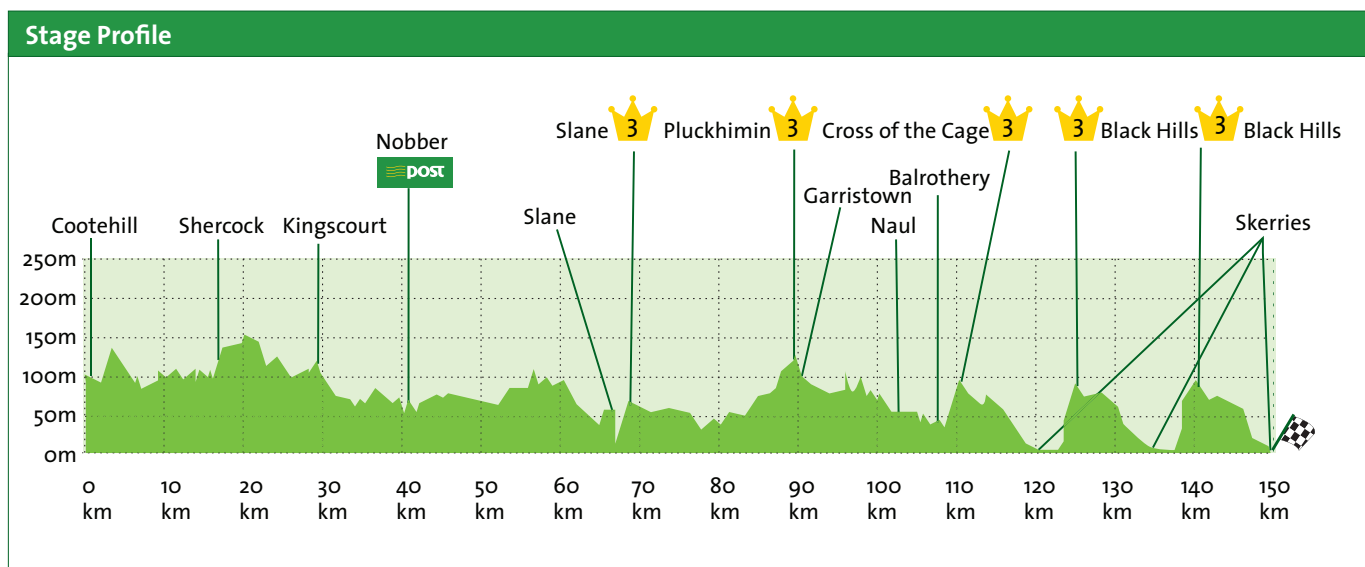
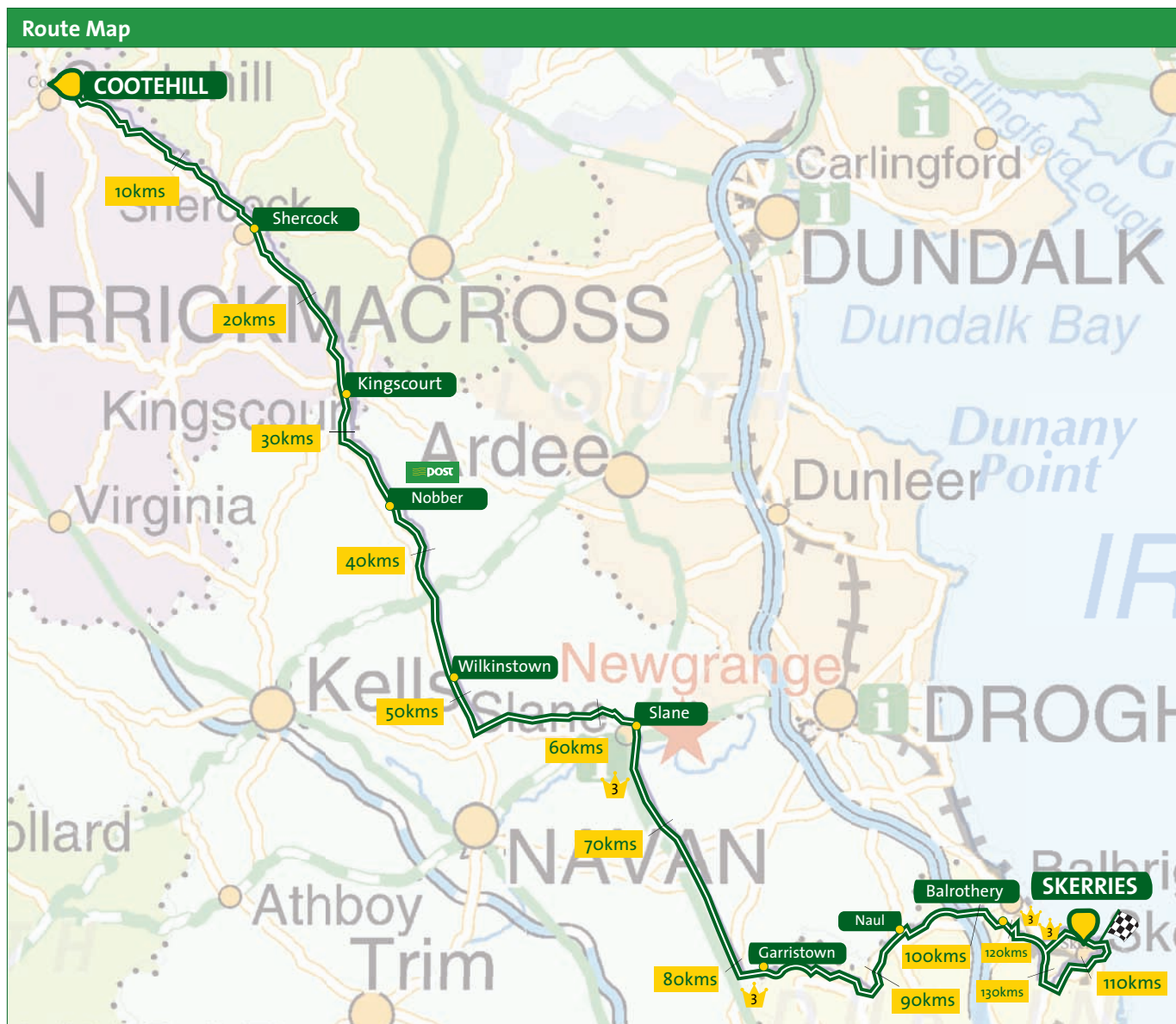
Race HQ Holmpatrick School for 2 hours after stage finish

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

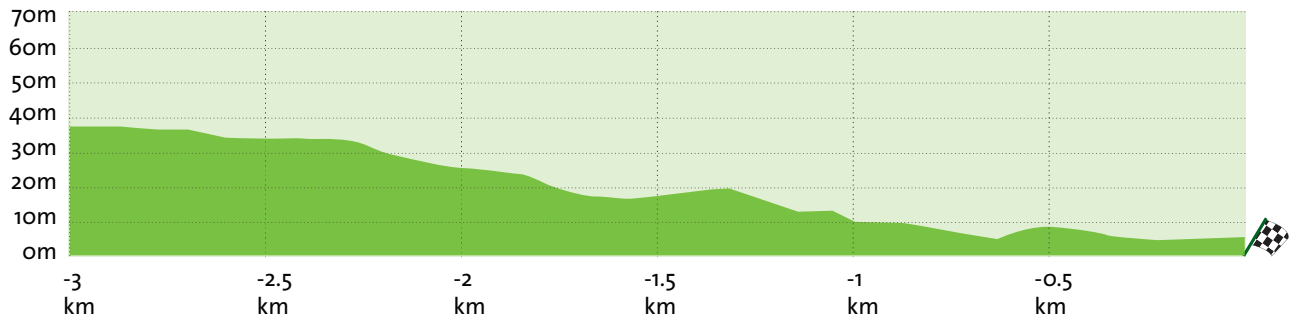
Anti-Doping Control Location Holmpatrick School, Convent Lane, 200m after finish line

STAGE 8 COOTEHILL - SKERRIES + 2 LAPS OF 13.7KMS CIRCUIT 139kms

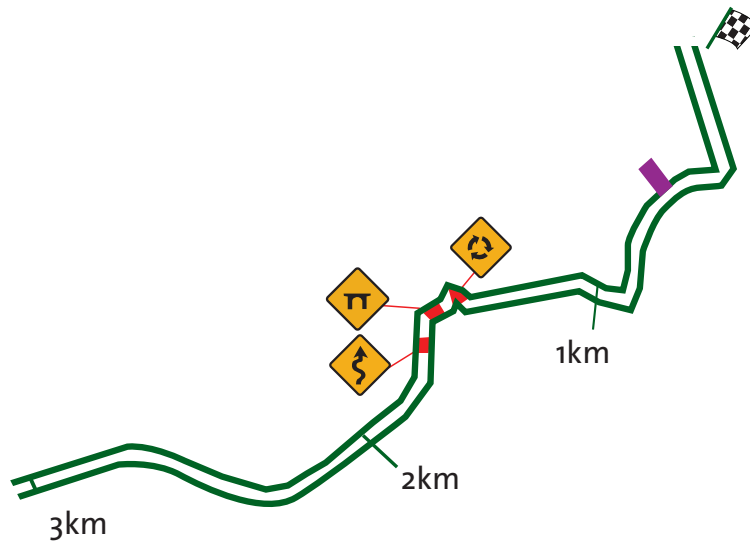
Sunday 27 May / Dé Domhnaigh 27 Bealtaine



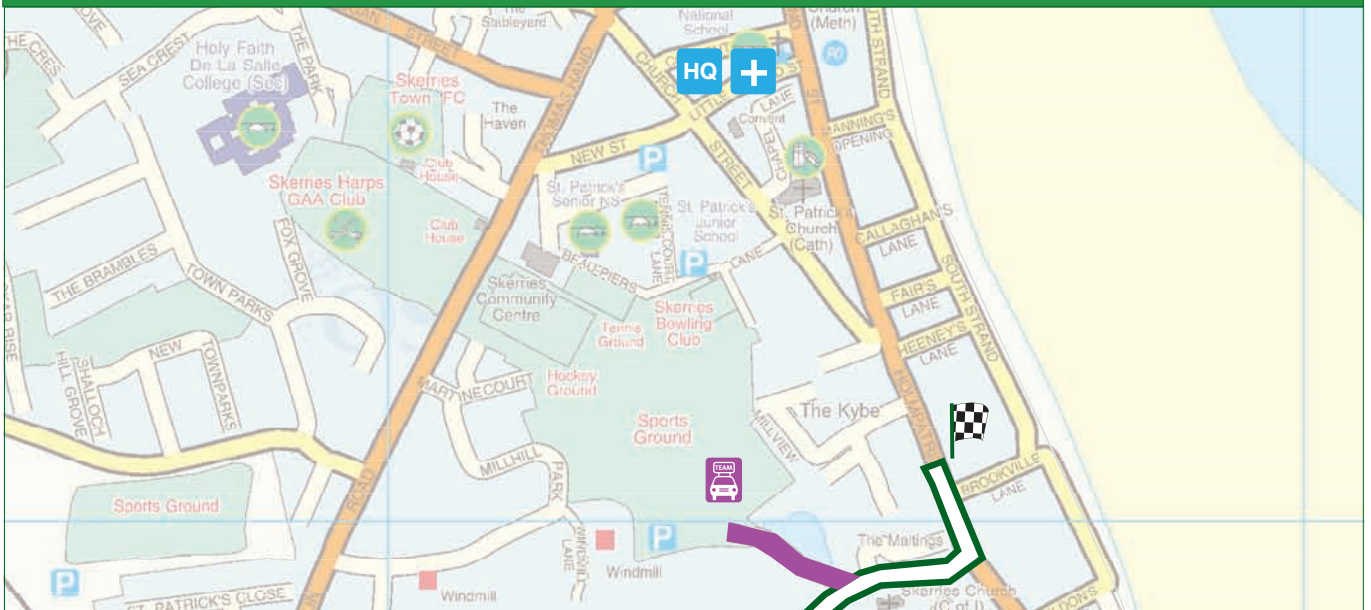
3km Profile










3km Route



Finish



-  Head Quarters
-  Anti-doping Centre
-  Team Car Park
-  Finish
-  POST
-  King of the Mountain
-  Team Car Diversion Route

RULES AND REGULATIONS

ARTICLE 1- ORGANISATION

AN POST RÁS is organized by Cumann RÁS TAILTEANN, 95 St. Brendans Avenue, Dublin 5, under the regulations of the International Cycling Union. It is to be held from 20 to 27 May 2012.

ARTICLE 2 - TYPE OF EVENT

The event is open to riders of the Men Elite and Under 23 categories. The event is entered on the UCI Europe Tour calendar. The event is registered as a class 2.2 event. In conformity with the UCI rules, points are awarded as follows:

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

ARTICLE 3 - PARTICIPATION

As per Article 2.1.005 of the UCI Regulations the event is open to the following teams: UCI Continental Teams, National Teams, International Regional/Club Teams and Irish County 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 19 May 2012 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 19 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 19 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 20 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: 5 clearly identifiable Neutral Race Service. Vehicles, 3 cars and 2 motorcycles.

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 20 May

The intermediate bonuses will be awarded at Hot Spot Primes at Hill of Allen (54.1kms) Ballylinan (94.5kms) Glenmagoo Category 2 KOM (120.2).

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% (was 25%) of the stage winner's time.

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

ARTICLE 12 - CLASSIFICATIONS

The following classifications will be awarded:

Individual General Classification

Points General Classification

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

King of the Mountains General Classification

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

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

Under 23 General Classification

Restricted to riders born in 1990 and later.

Team Stage and Team General Classification (International & County)

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

Specifically, the following articles apply:

Individual General Classification

Article 2.6.014 and 2.6.015

Points Classification

para 2.6.017.

King of the Mountains Classification

para 2.6.017.

U23 General Classification

Article 2.6.014 and 2.6.015

Team Stage and Team General Classification (International & County)

paras 2.6.016

The priority of Classification Jerseys is as follows;

- (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.

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

ARTICLE 13 - PRIZES

The full list of prize money is included in the Race 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 tests will take place at the locations as 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 winner of the Stage Jersey
- The leaders of the following classifications – Individual General Classification, Points Classification, King of the Mountains Classification, U23 General Classification.

The riders must present themselves on the Presentation Platform immediately after the finish of each stage. At the finish of the final stage in addition to the above riders the following riders must also present themselves:

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

ARTICLE 16 - PENALTIES

The UCI penalty scale is the only one applicable.

ADDITIONAL RACE REGULATIONS

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

General

1. Entrants for AN POST RÁS should be cognizant 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 authorized by the Race Director, may enter or drive any transport provided by the Director.

Infringements

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

Race Schedule

1. The Schedule for the Race will be as set out by the Director in the Race Schedule. 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 full team in the Race Cavalcade. Only officially approved vehicles will be allowed in the Race Cavalcade, these vehicles must not be equipped with extended "prong type" boot racks. Any cavalcade vehicle not adhering to this rule may be removed from the cavalcade for the following stage. Should any outside vehicle or motor-cycle interfere with the running of the race in any way and be identified as having a connection with a rider or team in the race, that rider or team may be penalized.
10. In addition to the driver, the approved vehicle referred to in Rule 9 must contain at least one other competent person.
11. The Commissaire President may limit the number of vehicles servicing individual riders or incomplete teams if this is deemed necessary. Riders affected may make alternative arrangements to keep them on an equal footing with other teams. The Commissaire President must approve these arrangements.
12. Team vehicles in the Race Cavalcade will follow in the order of individual classification on the basis of one vehicle per team.
13. Numbers will be provided for team vehicle showing their place in the following cavalcade on each stage. These numbers shall be positioned on the front and rear windows of the vehicle nearest the road centre. The numbers will be replaced for each stage and only the current numbers may be displayed. A draw for team vehicle placing on Stage 1 will be conducted by the Commissaire President at the team managers meeting in Dunboyne Castle Hotel on Saturday 19th May at 21:30hrs.

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

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.

5. Race cavalcade team vehicles may not exceed 1.6 meters in height.
6. Team service vehicles are obliged to supplement race service on specific stages (or part thereof) where requested by the Commissaire President. These will be listed on the General Classification Sheet prior to the stage.

Control Flags

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

APPENDIX 1

Declaration Of Awareness

"I am aware 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. and accept that no liability whatsoever shall attach to the race organisation, race sponsors, consultants, Cycling Ireland, or any race official or member of Cycling Ireland in respect of any injury loss or damage suffered by me in or by reason of the race, however caused.

Signed: _____

Race Number: _____

Dated: 20 May 2012

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)		

PRIZE LIST

Pl.	Year		Classifications							
	Stage X 8	Overall	FitzCycles.ie GC County rider award	Points	KOM	U23 GC	Cat. 2* GC	Int. Team	County Team	
1	€1,000	€2,000	€300	€400	€350	€350	€350	€500	€450	
2	€500	€1,500	€200	€300	€250	€250	€280	€300	€300	
3	€300	€1,200	€120	€200	€150	€150	€150	€200	€200	
4	€150	€1,000	€100			€100	€100			
5	€120	€900	€80			€70	€90			
6	€100	€800	€60			€50	€70			
7	€90	€700								
8	€80	€600								
9	€70	€500		One4all KOM Primes, Category 1 €100 X 3						
10	€60	€400		Category 2 €50 X 7						
11	€40	€300		Category 3 €35 X 17						
12	€40	€250		Post Office Hot Spot Primes €60 X 3						
13	€40	€220		Post Office Primes €50 X 9						
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										

TEAMS 2012

BELGIUM

An Post Sean Kelly UCI Continental Team

1 - Gediminas Bagdonas
2 - Sam Bennett
3 - Ronan McLaughlin
4 - Sean Downey
5 - Connor McConvey
Manager: Kurt Bogaerts

MOROCCO

National Team

6 - Adil Jelloul
7 - Mouhcine Lahsaini
8 - Tamk Chaoufi
9 - Ismail Ayoune
10 - Essaid Abelouache
Manager: Andreas Petermann

NEW ZEALAND

National Team

11 - Taylor Gunman
12 - Dion Smith
13 - Alex Frame
14 - Cameron Karwowski
15 - Scott Creighton
Manager: Daniel Healey

CZECH REPUBLIC

AC Sparta Praha UCI Continental Team

16 - Martin Hunal
17 - Ondrej Pavek
18 - Rostislav Krotky
19 - Jan Klabouch
20 - Daniel Vejmelka
Manager: Zdenek Rubas

DENMARK

Blue Water Cycling UCI Continental Team

21 - Jacob Nielsen
22 - Jesper Odgaard Nielsen
23 - Rolf Broge
24 - Morten Larsen
25 - Christian Jersild Jensen
Manager: Brian Henriksen

NETHERLANDS

Koga UCI Continental Team

26 - Bouke Kuipern
27 - Geert Jan Jonkman
28 - Lars Vierbergen
29 - Michael Vingerling
30 - Nick Stopler
Manager: Will Vink

NORWAY

OneCo - Mesterhus UCI Continental Team

31 - Kristian Forbord
32 - Christian Hannestad
33 - Sondre Hurum
34 - Andreas Landa
35 - Magnus Borresen
Manager: Fred Enger

SWITZERLAND

Atlas Personal - Jakroo UCI Continental Team

36 - Michael Baer
37 - Pirmin Lang
38 - Simon Pellaud
39 - David Rösch
40 - Florian Salzinger
Manager: Gustav Mosimann

TAIWAN

RTS Racing UCI Continental Team

41 - David McCann
42 - Martyn Irvine
43 - Alex Coutts
44 - Chang Wei Kei
45 - Huang Chin Lung
Manager: Cormac McCann

FRANCE

AVC Aix en Provence Elite Team

46 - Antoine Lavieau
47 - Jelle Lugten
48 - Thomas Miquel
49 - Thomas Rostollan
50 - Rémi Sarreboubee
Manager: Eric Drubay

GERMANY**Bike Aid Cycling Team**

51 - Timo Schäfer
 52 - Christian Poth
 53 - Marius Prunte
 54 - Kai Exner
 55 - Andreas Miessen
 Manager: Nicole Keller

BRITAIN**Rapha Condor Sharp UCI Continental Team**

56 - Richard Handley
 57 - Richard Lang
 58 - Michael Cuming
 59 - Felix English
 60 - Christopher Jennings
 Manager: John Herety

BRITAIN**Team IG - Sigma Sport (IGS) UCI Continental Team**

61 - Simon Richardson
 62 - Dan Craven
 63 - Steve Lampier
 64 - Wouter Sybrandy
 65 - Peter Hawkins
 Manager: James Williamson

BRITAIN**NODE4 Giordana Racing UCI Continental Team**

66 - Marcin Bialoblocki
 67 - Peter Williams
 68 - James Sampson
 69 - David Clarke
 70 - Philip Lavery
 Manager: Malcolm Elliott

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

71 - Feddy Johansson
 72 - David McGowan
 73 - Gruff Lewis
 74 - Richard Tanguy
 75 - James Lowsley-Williams
 Manager: David Povall

BRITAIN EAST MIDLAND**Metaltek-Scott**

76 - Stephen Halpin
 77 - Dale Appleby
 78 - Rhys Lloyd
 79 - Ben Stockdale
 80 - Marcel Six
 Manager: Andrew Swain

ISLE OF MAN**Microgaming**

81 - Christian Varley
 82 - Andrew Roche
 83 - Graeme Hatcher
 84 - Chris Nicholson
 85 - Tom Black
 Manager: Gary Hinds

ANTRIM**Chain Reaction Cycles / Vitus**

86 - Conor McAllister
 87 - Kyle Houston
 88 - Bryan McKinney
 89 - Sean McFadden
 90 - A.N. Other
 Manager: John McAllister

CARLOW**Dan Morrissey Speedy Spokes**

91 - Joe Fenlon
 92 - Séan Lacey
 93 - Michael Fitzgerald
 94 - Michael O'Reilly
 95 - Tim Barry
 Manager: Philip Finegan

CORK**First Finance Will's Wheels**

96 - Dave Kenneally
 97 - Bryan Long
 98 - Donnacha O'Brien
 99 - A.N.Other
 100 - A.N. Other
 Manager: Eric Drubay

DONEGAL

LK Bikes

101 - Séan Stewart
102 - Rory Devlin
103 - Damien Lagan
104- Cormac Keeney
105 - Ciarán O'Sullivan
Manager: Michael Black

DUBLIN WEST

Eurocycles

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

DUBLIN DUNDRUM

Town Centre Orwell

111 - Brian Ahern
112 - David Coughlan
113 - Patrick O'Brien
114 - Daniel Whitting
115 - Aidan Collins
Manager: David McLoughlin

DUBLIN SOUTH

UCD

116 - Mike Brookfield
117 - Noel McGlynn
118 - Colm Cassidy
119 - Anthony Walsh
120 - Con Collins
Manager: Jason O'Callaghan

GALWAY

Black Rose Racing

121 - Eoghan Considine
122 - Stuart Cox
123 - Keith Fox
124 - Alan Loftus
125 - Edward Barry
Manager: Aidan Reade

KILDARE NEWBRIDGE

Pfizer

126 - Michael Storan
127 - Richard Malone
128 - Robert Looby
129 - Stephen Looby
130 - Enda Connolly
Manager: John Malone

KILDARE KILCULLEN

Murphy Surveys Apex Construction Elite Electrical

131 - John Lynch
132 - Kieran Kelly
133 - David Peelo
134 - Alan Burke
135 - Gareth Enright
Manager: Liam Walker

LOUTH

Cuchulainn Crystal

136 - Ray O'Shaughnessey
137 - Myles McCorry
138 - Michael Barry
139 - Daragh Mortimer
140 - Colm Quinn
Manager: Dominic Brannigan

MAYO CASTLEBAR

Western Edge Medical Communications

141 - David Brennan
142 - Ciarán Clarke
143 - Patrick Clarke
144 - Chris Coyle
145 - Bernard Twomey
Manager: Kevin Dunleavy

MAYO

Centra

146 - Pdraig Marrey
147 - JJ Flaherty
148 - Barry Holian
149 - Michael Flanagan
150 - Michael Brady
Manager: Myles Gallagher

MEATH DUNBOYNE

DID Electrical

151 - Mark Dowling
152 - Fiachra O'Muire
153 - Daniel Clifford
154 - Tim O'Regan
155 - John Mason
Manager: Philip Cassidy

MEATH EAST

156 - Stephen O'Sullivan
157 - Eugene Moriaty
158 - Andrew Meehan
159 - Aidan Crowley
160 - Keith Walls
Manager: John Wall

MEATH STAMULLEN

Martin Donnelly

161 - Colin Robinson
162 - Frank O'Connor
163 - Chris Reilly
164 - Declan Byrne
165 - A.N. Other
Manager: James Gough

TIPPERARY CARRICK

Iverk Produce

166 - John O'Shea
167 - Ryan Sherlock
168 - Martin Mizjayski
169 - Michael Lucey
170 - John Dempsey
Manager: Paul Lonergan

TIPPERARY

Team DMG Visit Nenagh N7 Cycling

171 - Michael Butler
172 - Richard Hooton
173 - Simon Ryan
174 - Denis Dunworth
175 - Stephen Butler
Manager: Rene van Dam



AN POST RÁS THANKS

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 **POST**

**Rás**

*Celebrating
60 years*

Race Director

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