

## AN POST RÁS 2012 ROUTE & TIME SCHEDULE

### DÉ SATHAIRN 19 ú BEALTAINE.

Saturday 19th May.

### DUNBOYNE CASTLE HOTEL.

Saturday 19th May:

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

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

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

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

### STAGE 1, DÉ DOMHNAIG 20ú BEALTAINE

Sunday 20th May.

### DUNBOYNE - KILKENNY 147KMS

Riders Sign-On at the podium in centre of town.			10:30 - 11:30		
Assemble riders at Sign-On area.			12:10		
CEREMONIAL START - Dunboyne			12:30		
<i>Neutralised 5.1Kms to GAA Grounds.</i>					
Kms.	Mls.	Estimated Time of Arrival at Kilometres per Hour.	48	40	32
0.0	0.0	<b>Ceremonial Start Dunboyne</b>	12:30	12:30	12:30
<b><i>Neutralised Section</i></b>					
0.9	0.6	<i>Roundabout on Summerhill road, 1st exit, dir Maynooth on R157</i>	12:31	12:31	12:31
2.3	1.4	<i>Roundabout, 1st exit, dir Dunboyne</i>	12:32	12:33	12:34
2.6	1.6	<b>Dunboyne</b>	12:33	12:33	12:34
3.6	2.2	<i>Left at traffic lights in centre to R156</i>	12:34	12:35	12:36
5.1	3.2	<b><i>End of Neutral Zone at GAA Grounds</i></b>	12:36	12:37	12:39
0.0	0.0	<b><i>0Kms signs for Start of Racing</i></b>	12:36	12:37	12:39
16.9	10.5	<i>Roundabout, 1st exit, dir Kilcock on R158</i>	12:57	13:03	13:11
		<b>On R158</b>			
20.2	12.6	<b>Garadice</b>	13:01	13:07	13:17
25.5	15.8	<i>Roundabout, 2nd exit, dir Kilcock</i>	13:08	13:15	13:27
25.8	16.0	<b>Kilcock 50 signs</b>	13:08	13:16	13:27
26.3	16.3	<i>Right at T-junction, dir Clane on N4</i>	13:09	13:17	13:28
		<b>On N4</b>			
26.8	16.7	<i>Roundabout, 1st exit, dir Clane on R407</i>	13:09	13:17	13:29
		<b>On R407</b>			
27.4	17.0	<i>Roundabout, 2nd exit, dir Clane.</i>	13:10	13:18	13:30
28.7	17.8	<i>Roundabout, 2nd exit, dir Clane on R407</i>	13:12	13:20	13:33
35.1	21.8	<b>Baltreacy Cross</b>	13:20	13:30	13:45
36.5	22.7	<b>Painestown Cross</b>	13:22	13:32	13:48
37.9	23.6	<i>Right, dir Prosperous on R408</i>	13:23	13:34	13:50
		<b>On R408</b>			
42.7	26.5	<i>Prosperous: left at T-junction; right at traffic lights; left, dir Kilmeague 7kms.</i>	13:29	13:41	13:59
45.5	28.3	<i>Straight at Stop signs at 4rdsX, dir Kilmeague.</i>	13:33	13:45	14:04
50.8	31.6	<b>Kilmeague</b>	13:39	13:53	14:14
		<b>On R415</b>			
52.1	32.4	<b>Allen</b>	13:41	13:55	14:17
52.3	32.5	<b>CAUTION - multiple ramps</b>			

54.1	33.6	<b>Hill of Allen Hot Spot Sprint</b>	13:44	13:58	14:21
56.5	35.1	Milltown: <i>right, dir Kildare on R415.</i> <b>CAUTION - multiple ramps.</b>	13:47	14:02	14:25
61.7	38.3	Kildare: <i>straight at 2 sets of traffic lights; right at T-junction, dir Athy.</i>	13:53	14:10	14:35
64.6	40.1	Left at T-junction, dir Nurney	13:57	14:14	14:40
		<b>On R415</b>			
70.6	43.9	Nurney <b>CAUTION - multiple ramps.</b>	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
		<b>On R418</b>			
79.5	49.4	Kilmead	14:15	14:36	15:08
85.5	53.1	Athy: <i>straight at roundabouts &amp; traffic lights.</i>	14:23	14:45	15:19
89.4	55.6	<b>Start of Feed Zone at 100 signs</b>			
90.6	56.3	<b>End of Feed Zone at end of hard shoulder.</b>			
		<b>On N78</b>			
94.5	58.7	<b>Ballylynan Post Office Hot Spot Sprint</b>	14:34	14:59	15:36
100.0	62.1	<b>Start KOM Climb.</b>			
102.0	63.4	<b>Farnons Category 3 KOM</b>	14:43	15:10	15:50
105.5	65.6	Newtown <b>CAUTION - multiple ramps</b>	14:48	15:15	15:57
108.0	67.1	Crettyard	14:51	15:19	16:02
115.0	71.5	Castlecomer: <i>right at complex junction to R694, right at Y-junction at fire station, dir Ballyraggett.</i>	15:00	15:30	16:15
		<b>Start KOM Climb</b>			
		<b>On R694</b>			
120.2	74.7	<b>Glenmagoo Category 2 KOM &amp; Hot Spot Prime</b>	15:06	15:37	16:24
126.0	78.3	Ballyragget: <i>straight at Stop sign, dir Kilkenny.</i>	15:13	15:46	16:35
		<b>On N77</b>			
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: <i>straight at painted roundabouts; left at 2nd set traffic lights to John Street.</i>	15:37	16:15	17:11
		<b>Team cars divert right 25m before finish line and proceed to team car-park</b>			
147.2	91.5	<b>KILKENNY FINISH LINE ON PATRICK STREET.</b>	15:40	16:18	17:15
<b>Race HQ; Springhill Court Hotel, Tel. 056 7721122</b>					
<b>Service Crew accommodation; Springhill Court Hotel, Tel. 056 7721122</b>					
<b>Anti-Doping Control Location; Butler House</b>					

## AN POST RÁS 2012 ROUTE & TIME SCHEDULE

### STAGE 2, DÉ LUAIN 21ú BEALTAINE.

Monday 21st May.

KILKENNY - GORT 158 KMS.

Riders Sign-On; The Watershed, Bohernatounish Road.			09:30 - 10:30		
Assembly; Sign-On Venue			10:40		
Ceremonial Start; Post Office, High Street.			11:00		
Neutralised for 3.8Kms on R693					
<b>Kms.</b>	<b>Mls.</b>	<b>Estimated Time of Arrival at Kilometres per Hour.</b>	<b>48</b>	<b>40</b>	<b>32</b>
		<i>Team support vehicles depart at 10:20hrs.</i>			
		<i>Team cars to take up cavalcade position on leaving car-park to accompany riders.</i>			
<b>Neutralised Section</b>					
		<i>Exit left from assembly location; 1st exit from roundabout, 1st exit from next roundabout to The Parade; High St. Irishtown; Freshford Road.</i>			
<b>0.0</b>	<b>0.0</b>	<b>Ceremonial Start; Post Office, High Street.</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
<b>3.8</b>	<b>2.4</b>	<b>End of Neutral Zone 200m after 80 signs.</b>	<b>11:04</b>	<b>11:05</b>	<b>11:07</b>
<b>0.0</b>	<b>0.0</b>	<b>0Kms signs for Start of Racing</b>	<b>11:04</b>	<b>11:05</b>	<b>11:07</b>
		<b>On R693</b>			
<b>10.5</b>	<b>6.5</b>	<b>Freshford Post Office Prime</b>	<b>11:17</b>	<b>11:21</b>	<b>11:26</b>
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
<b>25.5</b>	<b>15.8</b>	<b>Urlingford Post Office Prime</b>	<b>11:36</b>	<b>11:43</b>	<b>11:54</b>
		<b>On N8</b>			
34.7	21.6	Right, dir Thurles On N75	11:48	11:57	12:12
		<b>On N75</b>			
<b>36.2</b>	<b>22.5</b>	<b>Two Mile Borris</b>	<b>11:50</b>	<b>12:00</b>	<b>12:15</b>
37.2	23.1	Right at T-junction on N75, dir Thurles	11:51	12:01	12:16
<b>42.2</b>	<b>26.2</b>	<b>Thurles: straight at roundabout, right &amp; immediately straight at Liberty Square.</b>	<b>11:57</b>	<b>12:09</b>	<b>12:26</b>
44.2	27.5	Straight, dir Nenagh on R498	12:00	12:12	12:30
		<b>On R498</b>			
45.0	28.0	Tipperary Institute Roundabout, 1st exit, dir Nenagh	12:01	12:13	12:31
46.4	28.8	Left, dir Newport, on R503	12:02	12:15	12:34
		<b>On R503</b>			
<b>50.7</b>	<b>31.5</b>	<b>Ballycahill</b>	<b>12:08</b>	<b>12:21</b>	<b>12:42</b>
54.3	33.7	Straight at Y-junction	12:12	12:27	12:48
<b>65.0</b>	<b>40.4</b>	<b>Milestone: straight at right curve, dir Kilcommon 3kms.</b>	<b>12:26</b>	<b>12:43</b>	<b>13:09</b>
<b>71.5</b>	<b>44.4</b>	<b>Start KOM Climb.</b>	<b>12:34</b>	<b>12:52</b>	<b>13:21</b>
<b>75.0</b>	<b>46.6</b>	<b>Coonmore Cat 3 KOM</b>	<b>12:38</b>	<b>12:58</b>	<b>13:27</b>
<b>77.2</b>	<b>48.0</b>	<b>Rear Cross</b>	<b>12:41</b>	<b>13:01</b>	<b>13:31</b>
<b>89.9</b>	<b>55.9</b>	<b>Newport</b>	<b>12:57</b>	<b>13:20</b>	<b>13:55</b>
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
<b>99.5</b>	<b>61.8</b>	<b>Birdhill: right at T-junction, dir Nenagh.</b>	<b>13:09</b>	<b>13:34</b>	<b>14:13</b>
		<b>On N7</b>			
100.2	62.3	Birdhill Roundabout, 1st exit, dir Killaloe on R494	13:10	13:36	14:15
		<b>On R494</b>			
<b>103.8</b>	<b>64.5</b>	<b>Ballina: 1st exit at roundabout, dir Killaloe.</b>	<b>13:14</b>	<b>13:41</b>	<b>14:21</b>
<b>105.0</b>	<b>65.2</b>	<b>Killaloe: Right from bridge, dir Scariff 11kms.</b>	<b>13:16</b>	<b>13:43</b>	<b>14:24</b>
		<b>On R463</b>			
<b>113.0</b>	<b>70.2</b>	<b>Start KOM Climb Start.</b>			
<b>114.0</b>	<b>70.8</b>	<b>Ogonnelle Category 3 KOM</b>	<b>13:27</b>	<b>13:56</b>	<b>14:40</b>

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.	13:38	14:10	14:57
		On R461			
128.6	79.9	Start KOM Climb.			
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.			
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			
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.	14:14	14:52	15:51
		On N18			
156.7	97.4	RACE HQ - Lady Gregory Hotel, on left. Team cars divert left at Supermacs, 75m, to Queen Street & Church Street to Market Square..			
157.8	98.1	GORT FINISH LINE ON BRIDGE STREET.	14:22	15:02	16:03
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.					

## AN POST RÁS 2012 ROUTE & TIME SCHEDULE

### STAGE 3, DÉ MÁIRT 22ú BEALTAINE.

Tuesday 22nd May.

GORT - WESPORT 145 KMS.

Riders Sign-On ; Race HQ, Lady Gregory Hotel.			09:30 - 10:30		
Assembly; Race HQ Car-Park			10:45		
Ceremonial Start; Market Square.			11:00		
Neutralised for 1.2Kms on N18					
<b>Kms.</b>	<b>Mls.</b>	<b>Estimated Time of Arrival at Kilometres per Hour.</b>	<b>48</b>	<b>40</b>	<b>32</b>
		<i>Team support vehicles depart at 10:20hrs.</i>			
		<i>Team cars to take up cavalcade position on leaving car-park to accompany riders.</i>			
<b>0.0</b>	<b>0.0</b>	<b>Ceremonial Start, Market Square</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
		<i>Neutralised Section</i>			
0.8	0.5	<i>Roundabout, 3rd exit, dir Galway on N18</i>			
<b>1.2</b>	<b>0.7</b>	<b>End of Neutral Zone at 60 signs</b>	<b>11:01</b>	<b>11:01</b>	<b>11:02</b>
<b>0.0</b>	<b>0.0</b>	<b>Start of Racing</b>			
		<b>On N18</b>			
<b>2.8</b>	<b>1.7</b>	<b>Kiltartan Level Crossing</b>	<b>11:03</b>	<b>11:04</b>	<b>11:05</b>
<b>9.4</b>	<b>5.8</b>	<b>Ardrahan</b>	<b>11:11</b>	<b>11:14</b>	<b>11:17</b>
<b>10.2</b>	<b>6.3</b>	<b>Ardrahan Level Crossing</b>	<b>11:12</b>	<b>11:15</b>	<b>11:19</b>
<b>17.0</b>	<b>10.6</b>	<b>Kilcolgan</b> <b>Caution - multiple traffic islands</b>	<b>11:21</b>	<b>11:25</b>	<b>11:31</b>
<b>19.0</b>	<b>11.8</b>	<b>Clarinbridge</b>	<b>11:23</b>	<b>11:28</b>	<b>11:35</b>
24.0	14.9	Roundabout, straight, dir Galway 11K on N18	11:30	11:36	11:45
25.5	15.8	Roundabout 2nd exit, dir N18	11:31	11:38	11:47
		<b>On N6 West</b>			
		<b>Galway By-Pass Road</b>			
26.3	16.3	Roundabout at Maldron Hotel, 2nd exit, dir Galway on	11:32	11:39	11:49
		<b>On R446</b>			
29.4	18.3	Martin Roundabout, 2nd exit, dir Castlebar.	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	Lynch Roundabout, 2nd exit, dir Galway	11:38	11:46	11:58
32.8	20.4	Morris Roundabout, 2nd exit, dir Clifden	11:41	11:49	12:01
33.5	20.8	Font Roundabout, 2nd exit, dir Clifden	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	11:48	11:58	12:13
		<b>On N59</b>			
<b>48.3</b>	<b>30.0</b>	<b>Moycullen Post Office Prime</b>	<b>12:00</b>	<b>12:12</b>	<b>12:30</b>
<b>55.7</b>	<b>34.6</b>	<b>Rosscahill</b>	<b>12:09</b>	<b>12:23</b>	<b>12:44</b>
<b>62.0</b>	<b>38.5</b>	<b>Oughterard</b>	<b>12:17</b>	<b>12:33</b>	<b>12:56</b>
<b>79.0</b>	<b>49.1</b>	<b>An Teach Deolta (Maam Cross): right to R336, dir Leenane</b>	<b>12:38</b>	<b>12:58</b>	<b>13:28</b>
		<b>On R336</b>			
<b>81.5</b>	<b>50.6</b>	<b>Start KOM Climb.</b>			
<b>83.0</b>	<b>51.6</b>	<b>Tír na Cille Category 3 KOM</b>	<b>12:43</b>	<b>13:04</b>	<b>13:35</b>
<b>86.8</b>	<b>53.9</b>	<b>An Mám: left at T-junction, dir Leenane</b>	<b>12:48</b>	<b>13:10</b>	<b>13:42</b>
		<b>On R336</b>			
93.0	57.8	Right, dir Finny, on L1301	12:56	13:19	13:54
		<b>Start KOM Climb.</b>			
		<b>On L1301</b>			

<b>95.2</b>	<b>59.2</b>	<b>Gowlaun Category 2 KOM</b>	<b>12:59</b>	<b>13:22</b>	<b>13:58</b>
97.3	60.5	Caution - hairpin bend.			
97.5	60.6	Caution - narrow bridge			
98.0	60.9	Caution - very narrow road			
<b>102.2</b>	<b>63.5</b>	<b>Start KOM Climb</b>			
102.8	63.9	Left at Y-junction, dir Castlebar 44kms & Tuar mhic Éadaig 16kms.	13:08	13:34	14:12
<b>104.1</b>	<b>64.7</b>	<b>Maumtrasna Category 1 KOM</b>	<b>13:10</b>	<b>13:36</b>	<b>14:15</b>
		On R330			
<b>118.2</b>	<b>73.4</b>	<b>Tourmakeady</b>	<b>13:27</b>	<b>13:57</b>	<b>14:41</b>
126.5	78.6	Left at T-junction, dir Westport 11.5 miles	13:38	14:09	14:57
<b>132.5</b>	<b>82.3</b>	<b>Killavally</b>	<b>13:45</b>	<b>14:18</b>	<b>15:08</b>
143.4	89.1	Westport 50 signs.	13:59	14:35	15:28
144.4	89.7	CAUTION - slightly raised roundabout on left curve 330m from finish.			
144.5	89.8	Caution - slightly ramp 293m before finish line..			
<b>144.7</b>	<b>89.9</b>	<b>WESTPORT FINISH LINE ON MILL STREET.</b>	<b>14:00</b>	<b>14:37</b>	<b>15:31</b>
		Caution - slightly raised ramp 20m after finish line; riders divert left after ramp.			
<b>Race HQ; Clew Bay Hotel, Tel. 098 28088</b>					
<b>Service Crew accommodation; Carlton Atlantic Coast Hotel, Tel. 098 29000</b>					
<b>Anti-Doping Control Location; Mill Times Hotel.</b>					

## AN POST RÁS 2012 ROUTE & TIME SCHEDULE

### STAGE 4, DÉ CÉADAÍN 23ú BEALTAINE.

Wednesday 23rd May.

WESTPORT - BUNDORAN 135 KMS.

Riders Sign-On; Clew Bay Hotel.			09:30 - 10:30		
Assembly; Race Car-Park on Mill Street.			10:40		
Ceremonial Start; Bridge Street			10:55		
Neutralised for 1.7Kms on N5.					
Kms.	Mls.	Estimated Time of Arrival at Kilometres per Hour.	48	40	32
		<i>Team support vehicles depart at 10:20hrs.</i>			
		<i>Team cars to take up cavalcade position on leaving car-park to accompany riders.</i>			
0.0	0.0	Ceremonial Start, Bridge Street	11:00	11:00	11:00
		<i>Neutralised Section</i>			
		<i>Right from Bridge St. to James St: right after bridge to Sth Mall &amp; left to Castlebar Street.</i>			
1.7	1.1	<b>End of neutral zone at large green distance sign.</b>	11:02	11:02	11:03
0.0	0.0	<b>Start of Racing.</b>			
		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 <b>Caution - multiple traffic islands.</b>	11:33	11:39	11:49
53.6	33.3	Left, dir Charlestown	12:07	12:20	12:40
		On N17			
54.0	33.6	Roundabout, 2nd exit, dir Charlestown	12:07	12:21	12:41
54.5	33.9	Charlestown: Left at T-junction & immediately right, dir Sligo.			
55.6	34.5	<b>Caution - multiple traffic islands</b>			
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.	12:22	12:38	13:03
		On N17			
81.7	50.8	Ballinacarrow	12:42	13:02	13:33
89.4	55.6	Tobar Bhríd Roundabout, 1st exit, dir Sligo	12:51	13:14	13:47
		On N4			
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. 50 signs.	13:04	13:29	14:07
		On N15			
104.9	65.2	<b>Start of Feed Zone .</b>	13:11	13:37	14:16
105.5	65.6	<b>End Feed Zone at sign for Henry's Pub</b>			
106.0	65.9	Rathcormack <b>Caution - traffic islands.</b>	13:12	13:39	14:18
107.7	66.9	Drumcliff <b>Caution - traffic islands.</b>	13:14	13:41	14:21
115.4	71.7	Grange <b>Caution - multiple traffic islands.</b>	13:24	13:53	14:36
122.4	76.1	Cliffony <b>Caution - multiple traffic islands.</b>	13:33	14:03	14:49
133.4	82.9	Roundabout, 2nd exit, dir Bundoran, R267	13:46	14:20	15:10
		On R267			
134.1	83.3	<b>Caution - traffic island.</b>			

134.2	83.4	Bundoran 50 signs. <i>Team cars divert left to shoreside car-park opposite Allingham Arms Hotel.</i>	13:47	14:21	15:11
135.4	84.1	<b>BUNDORAN FINISH LINE ON BRIDGE.</b>	<b>13:49</b>	<b>14:23</b>	<b>15:13</b>
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					

AN POST RÁS 2012 ROUTE & TIME SCHEDULE					
STAGE 5, DÉARDAOIN 24ú BEALTAINE.					
Thursday 24th May.					
BUNDORAN - BUNCRANA 149 KMS					
Riders Sign-On; Bundoran Town Council Office				09:30 - 10:30	
Assembly; Sign-on location.				10:45	
Ceremonial Start, Tourist Office, Main Street.				11:00	
Neutralised for 1.8Kms on R267					
Kms.	MIs.	Estimated Time of Arrival at Kilometres per Hour.	48	40	32
Kms.	MIs	Location	Back wind	Average	Head wind
		<i>Team support vehicles depart at 10:20hrs.</i>			
		<i>Team cars to take up cavalcade position on leaving car-park to accompany riders.</i>			
0.0	0.0	<b>Ceremonial Start - Tourist Office</b>	11:00	11:00	11:00
<i>Neutralised Section</i>					
1.3	0.8	Roundabout, 1st exit, dir Ballyshannon on R267	11:01	11:01	11:02
On R267					
1.8	1.1	<b>End of Neutral Section.</b>	11:02	11:02	11:03
0.0	0.0	<b>Start of Racing</b>			
3.9	2.4	<b>Ballyshannon: 1st exit at roundabout; left at Y-junction on Main Street; 2nd exit at roundabout, dir Donegal on N15.</b>	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	<b>Start KOM Climb</b>	11:38	11:46	11:58
41.0	25.5	<b>Barnesmore Gap Cat. 3 KOM</b>	11:51	12:01	12:16
50.8	31.6	<b>Ballybofey</b> <i>Caution - multiple traffic islands.</i>	12:03	12:16	12:35
53.2	33.1	<b>Stranorlar: left at Emo garage, dir Letterkenny.</b>	12:06	12:19	12:39
On N13					
57.3	35.6	Left, dir Letterkenny	12:11	12:25	12:47
61.2	38.0	<b>Drumkeen</b>	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	<b>Start KOM Climb</b>			
78.8	49.0	<b>Maghera Beg Category 3 KOM</b>	12:38	12:58	13:27
92.5	57.5	<b>Burt Post Office Prime</b>	12:55	13:18	13:53
93.4	58.0	Left, dir Buncrana on R239	12:56	13:20	13:55
On R239					
95.7	59.5	<b>Burnfoot: left at 4rdsX, dir Buncrana.</b> <i>Caution - multiple traffic islands.</i>	12:59	13:23	13:59
On R238					
97.8	60.8	<b>Feed Zone from large traffic sign on right.</b>			
98.1	61.0	<b>Feed Zone ends at Halfway House Pub.</b>			
100.8	62.6	<b>Fahan 60 signs.</b>	13:06	13:31	14:09
106.5	66.2	<b>Buncrana: 1st exit from roundabout; Left, dir Town Centre; straight at roundabout to Cockhill Road.</b> <i>Caution - traffic island 20 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	<b>Start KOM Climb</b>			
109.4	68.0	Right at Y, dir Dunree 9kms.	13:16	13:44	14:25
111.5	69.3	<b>Slavery Category 3 KOM</b>	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
<b>Start KOM Climb</b>					

		<b>On L1531</b>			
<b>117.0</b>	<b>72.7</b>	<b>Old Mountain Category 3 KOM</b>	<b>13:26</b>	<b>13:55</b>	<b>14:39</b>
119.0	73.9	Right at T-junction, dir Clonmany 7km	13:28	13:58	14:43
<b>119.1</b>	<b>74.0</b>	<b>Start KOM Climb.</b>			
<b>120.7</b>	<b>75.0</b>	<b>Pinch Mountain Category 2 KOM</b>	<b>13:30</b>	<b>14:01</b>	<b>14:46</b>
<b>125.9</b>	<b>78.2</b>	<b>Clonmany: left at T-junction dir Inis Eoghan 100.</b>	<b>13:37</b>	<b>14:08</b>	<b>14:56</b>
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
		<b>Start KOM Climb</b>			
<b>136.9</b>	<b>85.1</b>	<b>Mamore Gap Category 1 KOM</b>	<b>13:51</b>	<b>14:25</b>	<b>15:16</b>
138.5	86.1	Right at T-junction, dir Dunree & immediately left dir Buncrana..	13:53	14:27	15:19
<b>138.6</b>	<b>86.1</b>	<b>Start KOM Climb.</b>			
<b>139.5</b>	<b>86.7</b>	<b>Old Mountain Category 3 KOM</b>	<b>13:54</b>	<b>14:29</b>	<b>15:21</b>
146.5	91.0	Right at Y-junction, dir Buncrana 2kms.			
<b>147.2</b>	<b>91.5</b>	<b>Buncrana 50 signs.</b>	<b>14:04</b>	<b>14:40</b>	<b>15:36</b>
148.1	92.0	Left at T-junction, dir Buncrana 1K			
<b>148.5</b>	<b>92.3</b>	<b>Caution - narrow bridge.</b>			
148.6	92.3	Right at Stop sign at T-junction. <b>Team cars divert right to car-park on Nailors Row.</b> <b>Team support vehicles to park in car-park on Ferris Lane, left after finish line.</b>	14:05	14:42	15:38
<b>149.4</b>	<b>92.8</b>	<b>Finish Line in line with the theatre on left &amp; O'Dohertys pub on right.</b>	<b>14:06</b>	<b>14:44</b>	<b>15:40</b>
<b>Race HQ; Inishowen Gateway Hotel, Tel. 074 936 1144</b>					
<b>Service Crew Accommodation; Ballyliffen Lodge Hotel, Ballyliffin, Tel. 074 937 8200</b>					
<b>Anti-Doping Control Location; Plaza Theatre</b>					

## AN POST RÁS 2012 ROUTE & TIME SCHEDULE

### STAGE 6, DÉ hAOINE 25ú BEALTAINE.

Friday 25th May.

BUNCRANA - KILLYBEGS 134 KMS.

Riders Sign-On; Leisure Centre, Aileach Road			09:30 - 10:30		
Assembly; Leisure Centre Car-Park.			10:45		
Ceremonial Start; Main Street			11:00		
Neutralised for 2 Kms on R238					
Kms.	Mls.	Estimated Time of Arrival at Kilometres per Hour.	48	40	32
		<i>Team support vehicles depart at 10:20hrs.</i>			
		<i>Team cars to take up cavalcade position on leaving car-park to accompany riders.</i>			
<b>0.0</b>	<b>0.0</b>	<b>Ceremonial Start - Main Street</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
		<i>Neutralised Section.</i>			
0.3	0.2	<i>Right from Main Street to St. Orans Road, dir Letterkenny; 2nd exit from roundabout.</i>			
		<b>On R238</b>			
<b>2.0</b>	<b>1.2</b>	<b>End of Neutral Section.</b>	<b>11:02</b>	<b>11:03</b>	<b>11:03</b>
<b>0.0</b>	<b>0.0</b>	<b>Start of Racing</b>			
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	<i>Bridgend: 2nd exit from roundabout, dir Letterkenny.</i>	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	14.6	<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
		<b>On N14</b>			
<b>39.0</b>	<b>24.2</b>	<b>Caution - central reservation.</b>			
39.3	24.4	Polestar Roundabout, 1st exit, dir Glenties	11:49	11:58	12:13
<b>40.0</b>	<b>24.9</b>	<b>Letterkenny: 1st exit from roundabout; left at T-junction/roundabout, dir Glenties; exit right from roundabout to Oldtown Rd; 1st exit from roundabout, dir Glenties on R250.</b>	<b>11:50</b>	<b>12:00</b>	<b>12:15</b>
		<b>On R250</b>			
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
		<b>On R250</b>			
52.9	32.9	Right at Y-junction, dir Glenties.	12:06	12:19	12:39
<b>57.7</b>	<b>35.9</b>	<b>Start KOM Climb.</b>	<b>12:12</b>	<b>12:26</b>	<b>12:48</b>
<b>59.4</b>	<b>36.9</b>	<b>Meenirroy Category 2 KOM</b>	<b>12:14</b>	<b>12:29</b>	<b>12:51</b>
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	<i>Start Feed Zone at layby after village.</i>			
69.9	43.4	<i>End Feed Zone.</i>			
83.0	51.6	Glenties <i>Caution - traffic island</i>	12:43	13:04	13:35
		<b>On N56</b>			
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	<b>Start KOM Climb</b>			
102.4	63.6	<b>Glengesh Pass Category 1 KOM</b>	13:08	13:33	14:12
102.7	63.8	Straight at Y-junction.			
111.1	69.0	<b>Meenaneary</b>	13:18	13:46	14:28
116.4	72.3	<b>Carrick: left at T-junction &amp; immediately left at Y-junction, dir Killybegs.</b>	13:25	13:54	14:38
		<b>Start KOM Climb</b>			
118.4	73.6	<b>Bogagh Category 2 KOM</b>	13:28	13:57	14:42
		<b>On R263</b>			
120.6	74.9	Right at Y-junction at Y, dir An Carthaigh (Kilcar)	13:30	14:00	14:46
120.9	75.1	<b>Kilcar: left in centre</b>	13:31	14:01	14:46
		<b>Start KOM Climb</b>			
122.5	76.1	Right at T-junction, dir Killybegs on R263	13:33	14:03	14:49
124.4	77.3	<b>Bavin Category 2 KOM</b>	13:35	14:06	14:53
131.6	81.8	Straight at roundabout.			
132.4	82.3	<b>Killybegs 50 signs</b>	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	<b>Team cars divert left to car-park at Killybegs Fishermens Organisation.</b>	13:48	14:21	15:12
134.4	83.5	<b>KILLYBEGS FINISH LINE ON SHORE ROAD</b>	13:48	14:21	15:12
<b>Race HQ; Tara Hotel, Tel. 074 974 1700</b>					
<b>Service Crew Accommodation; Philis Mealy, Bannagh House, Killybegs, Tel. 074 973 1108</b>					
<b>Anti-Doping Control Location; Tourism Information Centre, Shore Road.</b>					

AN POST RÁS 2012 ROUTE & TIME SCHEDULE					
STAGE 7, DÉ SATHAIRN 26ú BEALTAINE.					
Saturday 26th May.					
DONEGAL - COOTEHILL 161 KMS.					
Sign-On; St. John Bosco Community Centre, Donegal Town.				09:30 - 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.	Estimated Time of Arrival at Kilometres per Hour.	48	40	32
		<i>Team support vehicles depart at 10:20hrs.</i>			
		<i>Team cars to take up cavalcade position on leaving car-park to accompany riders.</i>			
0.0	0.0	Ceremonial Start; The Diamond, Donegal Town.	11:00	11:00	11:00
		<i>Neutralised Section.</i>			
		<i>Left from The Diamond to R267</i>			
		<b>On R267</b>			
3.8	2.4	Roundabout, 2nd exit, dir Sligo on N15	11:04	11:05	11:07
		<b>On N15</b>			
4.1	2.5	<b>End of Neutral Zone at large green distance sign.</b>	11:05	11:06	11:07
0.0	0.0	<b>Start of Racing</b>	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.			
		<b>On R267</b>			
23.4	14.5	Bundoran: left, dir Kinlough on R250	11:34	11:41	11:50
		<b>On R250</b>			
25.7	16.0	<b>Caution - multiple traffic islands.</b>			
		<b>On R280</b>			
26.8	16.7	<b>CAUTION - narrow bridge</b>			
27.7	17.2	Kinlough: left at PO, dir Rossinver on R281	11:39	11:47	11:58
		<b>On R281</b>			
30.6	19.0	<b>Start of very narrow, undulating road</b>			
34.6	21.5	<b>CAUTION - narrow bridge</b>			
41.7	25.9	<b>CAUTION - narrow bridge</b>			
42.1	26.2	<b>CAUTION - narrow bridge</b>			
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 Kiltyclogher	11:59	12:11	12:28
50.0	31.1	Kiltyclogher: straight at centre road memorial, dir Glenfarne.	12:07	12:21	12:40
		<b>CAUTION - narrow bridge</b>			
59.3	36.8	Glenfarne: left at T-junction, dir Blacklion.	12:19	12:34	12:58
		<b>Glenfarne Post Office Prime</b>			
		<b>On N16</b>			
64.0	39.8	Right, dir Dowra, on R207	12:25	12:42	13:07
		<b>On R207</b>			
76.5	47.5	Dowra: left after bridge, dir Ballyconnell	12:40	13:00	13:30
		<b>On R200</b>			
86.5	53.8	Right at T-junction, dir Ballyconnell at the Glan Bar.	12:53	13:15	13:49
88.7	123.7	<b>Start KOM Climb</b>			
92.3	57.4	<b>Bellavalley Category 2 KOM</b>	13:00	13:24	14:00
95.1	59.1	<b>Black Rocks Cross</b>	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	13:10	13:36	14:15
		<b>On N87</b>			
104.6	65.0	<b>Bawnboy</b>	13:15	13:42	14:23

111.2	69.1	<b>Ballyconnell</b>	<b>13:24</b>	<b>13:52</b>	<b>14:35</b>
111.4	69.2	<b>Start of Feed Zone immediately after Ballyconnell</b>	13:24	13:53	14:35
111.7	69.4	<b>End Feed Zone.</b>			
122.2	75.9	Roundabout, 2nd exit, dir Belturbet	13:37	14:09	14:56
		<b>On N3</b>			
122.8	76.3	<b>Belturbet</b>	<b>13:38</b>	<b>14:10</b>	<b>14:57</b>
125.0	77.7	Left at 80 signs, dir Monaghan on R197	13:41	14:13	15:01
		<b>On R197</b>			
129.3	80.3	Straight at Stop sign at 4rdsX to cross N54, unsigned	13:46	14:19	15:09
129.7	80.6	<b>CAUTION - narrow bridge</b>	<b>13:47</b>	<b>14:20</b>	<b>15:10</b>
		<b>Narrow, twisting, undulating road</b>			
132.2	82.1	Right at unsigned T-junction	13:50	14:24	15:14
132.5	82.3	<b>Redhills: left entering village, dir Scothouse.</b>	<b>13:50</b>	<b>14:24</b>	<b>15:15</b>
		<b>On L2240</b>			
135.0	83.9	Right at unsigned 4rdsX.	13:53	14:28	15:20
139.0	86.4	<b>Scotshouse: left at T-junction, unsigned.</b>	<b>13:58</b>	<b>14:34</b>	<b>15:27</b>
		<b>On R212</b>			
141.4	87.9	Right at sharp left curve, dir Newbliss 7K	14:01	14:38	15:32
		<b>Start KOM Climb.</b>			
144.4	89.7	<b>Kavanaghs Hill Category 3 KOM</b>	<b>14:05</b>	<b>14:42</b>	<b>15:37</b>
148.4	92.2	<b>Newbliss: right at T-junction, unsigned</b>	<b>14:10</b>	<b>14:48</b>	<b>15:45</b>
		<b>On R189</b>			
		<b>Twisting, undulating road.</b>			
158.4	98.4	Right at T-junction, dir Cootehill 3K on R188	14:23	15:03	16:04
		<b>On R188</b>			
160.2	99.5	<b>Cootehill 50 signs</b>	<b>14:25</b>	<b>15:06</b>	<b>16:07</b>
161.2	100.2	<b>Team cars divert left 80m before Texaco garage, to car-park at HSE &amp; St. Michaels Hall.</b> Left at 4rdsX from Bridge St. to Market Street, 225m from finish line.			
161.4	100.3	<b>COOTEHILL FINISH LINE ON MAIN STREET.</b>	<b>14:26</b>	<b>15:08</b>	<b>16:09</b>
<b>Race HQ; Hillgrove Hotel, Old Armagh Road, Monaghan, Tel. 047 81288</b>					
<b>Service Crew Accommodation; Hillgrove Hotel, Old Armagh Road, Monaghan, Tel. 047 81288</b>					
<b>Anti-Doping Control Location; St. Michaels Hall.</b>					

## AN POST RÁS 2012 ROUTE & TIME SCHEDULE

### STAGE 8, DÉ DOMHNAIGH 27ú BEALTAINE.

Sunday 27th May.

**COOTEHILL - SKERRIES + 2 LAPS OF 13.7KMS CIRCUIT, 139 KMS.**

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.	Estimated Time of Arrival at Kilometres per Hour.	48	40	32
		<i>Team support vehicles depart at 10:20hrs.</i>			
		<i>Team cars to take up cavalcade position on leaving car-park to accompany riders.</i>			
<b>0.0</b>	<b>0.0</b>	<b>Ceremonial Start at Post Office on Market Street.</b>	<b>12:00</b>	<b>12:00</b>	<b>12:00</b>
		<i>Neutralised Section.</i>			
1.5	0.9	<i>Left at Y-junction, dir Shercock, on R190</i>	12:01	12:02	12:02
1.5	0.9	<b>End of Neutral Zone at garage.</b>	12:01	12:02	12:02
0.0	0.0	<b>0Kms signs for Start of Racing</b>			
		On R190/R192			
10.8	6.7	On R162	12:13	12:16	12:20
14.5	9.0	Shercock: <i>left at T-junction, unsigned.</i>	12:18	12:21	12:27
26.3	16.3	Kingscourt: <i>straight at 3 roundabouts.</i>	12:32	12:39	12:49
		On R162			
38.6	24.0	<b>Nobber Post Office Prime</b>	12:48	12:57	13:12
48.6	30.2	Wilkestown	13:00	13:12	13:31
49.1	30.5	<b>CAUTION - disused rail tracks.</b>			
52.7	32.7	Left, dir Slane on R163	13:05	13:19	13:38
		On R163			
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	13:16	13:32	13:55
		On N51			
62.1	38.6	Slane: <i>right at traffic lights in centre, to N2</i> <b>CAUTION - traffic island; 2 sets of traffic lights &amp; sharp right curve to and left curve off bridge.</b>	13:17	13:33	13:56
64.0	39.8	<b>Start KOM Climb</b>			
		On N2			
65.6	40.8	<b>Slane Category 3 KOM</b>	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	13:41	14:01	14:32
		On L5007			
81.2	50.5	<b>Start KOM Climb</b>	13:41	14:01	14:32
84.0	52.2	<b>Pluckhimin Category 3 KOM</b>	13:45	14:06	14:37
84.3	52.4	Garristown: <i>right at 4rdsX and immediately left.</i> On R130	13:45	14:06	14:38
88.7	55.1	Left at T, dir Naul 4K	13:50	14:13	14:46
		On R122			
93.5	58.1	Right at T, dir Naul	13:56	14:20	14:55
93.6	58.2	Naul: <i>left, dir Balbriggan.</i>	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.	14:03	14:28	15:05
		On L1125			
101.2	62.9	Left at T-junction & immediately right, dir Skerries. <b>Caution - traffic island.</b>	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	<b>Start KOM Climb.</b>	14:07	14:32	15:10
101.8	63.3	Roundabout, left, Black Hills, Skerries	14:07	14:32	15:10
103.3	64.2	<b>Cross of the Cage Category 3 KOM</b>	14:09	14:34	15:13
103.8	64.5	<b>Point of entry to Skerries circuit</b>	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	14:13	14:40	15:20
		<b>On R127</b>			
110.3	68.5	<b>Skerries 50 signs CAUTION - narrow bridge followed by roundabout, 2nd exit to Millers Lane.</b>	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	<b>First passage through Finish Line.</b>	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.	14:24	14:52	15:36
		<b>Start KOM Climb</b>			
116.5	72.4	<b>Black Hills Category 3 KOM</b>	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	14:30	15:00	15:45
		<b>On R127</b>			
124.0	77.1	<b>Skerries 50 signs CAUTION - narrow bridge followed by roundabout, 2nd exit to Millers Lane.</b>	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	<b>Second passage through Finish Line.</b>	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.	14:41	15:13	16:01
		<b>Start KOM Climb</b>			
130.3	81.0	<b>Black Hills Category 3 KOM</b>	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	14:47	15:21	16:11
		<b>On R127</b>			
137.7	85.6	<b>Skerries 50 signs CAUTION - narrow bridge followed by roundabout, 2nd exit to Millers Lane.</b>	14:52	15:26	16:18
138.3	85.9	Left at 4rdsX.			
		<b>Team cars divert left to car-park at Skerries Mills at 496 metres.</b>			
139.0	86.4	Left at T to Holmpatrick	14:53	15:28	16:20
139.3	86.6	<b>SKERRIES FINISH LINE ON STRAND STREET.</b>	14:54	15:28	16:21
<b>Race Administration; Holmpatrick School for 2 hours after stage finish.</b>					
<b>Anti-Doping Control Location; Holmpatrick School, Convent Lane, 200m after finish line.</b>					
<b>Service Crew; Dunboyne Castle Hotel, Tel. 01 801 3500</b>					