

# RÁS TAILTEANN



RÁS  
TAILTEANN  
2023



## 2023 RACE TECHNICAL GUIDE

5 Day International Cycle Race

17th – 21<sup>st</sup> May 2023



## Contents

<b>RACE OFFICIALS</b>	<b>2</b>
<b>TEAM REGISTRATION &amp; SIGN ON</b>	<b>3</b>
<b>LOGISTICAL INFORMATION STAGE 1</b>	<b>4</b>
<b>RACE HEADQUARTERS AND LOCAL HOSPITALS</b>	<b>5</b>
<b>STAGE 1</b>	<b>6</b>
<b>STAGE 2</b>	<b>10</b>
<b>STAGE 3</b>	<b>17</b>
<b>STAGE 4</b>	<b>22</b>
<b>STAGE 5</b>	<b>26</b>
<b>SPECIAL RACE REGULATIONS</b>	<b>30</b>
<b>DECLARATION OF AWARENESS</b>	<b>33</b>
<b>PAST WINNERS</b>	<b>34</b>
<b>PRIZE LIST</b>	<b>35</b>
<b>TEAMS</b>	<b>36</b>



## RACE OFFICIALS

2023 RACE OFFICIALS	
Race Director	Gerard Campbell
Stage Finish Coordinator	Seamus Domegan
Commissaire President	John Breen
Commissaire 2	Aaron Wallace
Commissaire 3	Henry Whitston
Commissaire 4 - Moto	James McLaughlin
Cavalcade moto	Tom Gentleman
Timekeepers	Alice Sherratt, Tom Keenan
Chief/Finish Judge	Mick Twomey
Assistant Accommodation Officer	Angela Topping
IT Manager	Seamus Shortall
IT Results	Brian Carolan
Race Doctors	Dr Dominic O'Brannigan
Chief Marshal	John Galvin
Chief Marshal Driver	Ray Staunton
Chief Motorcycle Marshal	Richie McNamara
Lead Car 1	Derek Webb
Lead Car 2	Pat Moss
Lead Car 3	Robbie Kennedy
Lead Car 4	Cathal Clarke
Radio Technical Manager	Paddy Fitzsimons
Podium Manager	Claire Young
Sponsor Driver	Conor Campbell
Transport Manager	Ciaran Campbell
Social Media	Dominick Fitzgerald
Sound Engineer	Patrick Leddy

Radio Tour	Gary McIlroy
Doctor Driver	Alan Grey
Commissaire drivers	Colm Rigley, Sean McIlroy, David Maguire
Public Address Announcer	Cian Lynch
Neutral Service	Neil Teggart, Niall Doggett, Noel Mulroy, Trevor Costelloe
Results and Media updates	Gearoid Campbell, Daragh Campbell
Motorcycle Judge	Ciarán McKenna, Mick McKenna,
Blackboard Time Keeper	Noel Candon, Therese Dowd
Motorcycle Marshals	Stephen Whelan, Paul Burke, Mervyn Henson, Robbie Cowan, Alan Cussen, Damien McMahon, Ted O'Malley, David O'Donohoe, Mark McQuaid, Alex Tracey, Pete Flanagan, , Damien Phelan, Barry Heffernan, Mick Flynn, Dominic Noonan, Paul Govern.
Press/Photo Motorcyclist	Pat O'Shaughnessy
Photo Finish Equipment	Dave Mullen
Route Markers	Noel Clarke, Declan Brannigan, Padraig Browne, Liam Harte.
Stage Crew	Matt Nolan, Martin Clarke, Denis Craven, Larry McGrane, Stephen Carroll, Christopher Gorman, Pat Savage
Ambulance Service	Drogheda St John Ambulance
Logistics	Brendan Quigley, William Vickers
Broom Wagon	Michael Noonan
Transport	Gerry Smith, Aaron Smith, Alan Byrne



## TEAM REGISTRATION & SIGN-ON

### Tuesday 16th May 2023

Team Registration will take place on Tuesday 16th May from 18:00hrs to 20:30hrs and located at the following address: Ardboyne Hotel, Dublin Road, Navan, Co, Meath. C15 C9YA.

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

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

### Team managers will receive

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

Team managers and all Race Drivers are required to attend briefing meeting in Ardboyne Hotel, Dublin Road, Navan, Co, Meath. C15 C9YA. at 21:15hrs. The meeting will be opened by the Race Organiser and addressed by the Commissaire President, Garda Moto 1. Race Technical Staff will also be in attendance.

## RESPONSIBILITIES ON BEHALF OF RÁS TAILTEANN

### ACCOMMODATION

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

### TRANSPORT

1. All vehicles supplied by the Race Director shall be used only for the purpose of the event as authorised by the Race Director. Drivers of such vehicles are responsible for immediately reporting any damage to the vehicle in their charge and should check their vehicle before assuming responsibility and then, on each morning of the race.
2. Race officials using their own vehicles do so entirely

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

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

### Race radios

A rental fee of €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.

### The Declaration of Awareness

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

### The Medical Data Request Form

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

### Prize Money

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

at their own risk. The Race Director is not liable for any damage caused to, or by, such a vehicle.

3. No one, unless authorised by the Race Director, may enter or drive any transport provided by the Race Director.

### RACE RULES – INFRINGEMENTS AFFECTING PUBLIC IMAGE

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

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

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



## LOGISTICAL INFORMATION – STAGE 1 Wednesday 17th May

### Sign-On

Riders will Sign-On at the Sign-On Podium in O' Mahoney's GFC from 9.30am to 11:00am.

Team support vehicles to depart car park at 11:30am.

### Neutral Service

Teams will equip race neutral service vehicles.

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

## GENERAL RACE INFORMATION

Riders, team drivers and race officials are advised that roads for RÁS TAILTEANN are not closed to other traffic.

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

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

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

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

### Medical Services

Race Medical Services consists of two Race Doctors, 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.

### Assembly

Assembly in O Mahoney's GFC car park at 11:40hrs. Teams are requested to line up in team formation behind the respective team banner. Team Managers are requested to assist in forming their teams as per "TEAMS" in the Race Manual.

### Ceremonial Start

Ceremonial Start at 11.45am from O Mahoney's GFC. Following the Ceremonial Start the race is neutralized for 7km. The race will stop at the entrance to Bective Stud for 5 min.

### Bonus Times

Stage 1 Hot Spot Time Bonus Primes at;  
22.4km Longwood  
45.8km Milltownpass  
99.2km Mountmellick  
Stage Finish: Birr

See Race Regulations, Art. 7, Bonuses.

### CONTROL FLAGS

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







## RACE HQ HOTELS

PRE RACE	Ardboyne Hotel	Dublin Rd, Navan, Co Meath. C15 C9YA	(046) 902 3119
Stage 1	County Arms Hotel	Seefin, Bir, Co Offaly. R42 Y568	(057) 912 0791
Stage 2	West County Hotel	Limerick Road, Ennis, Co Clare. V95 C9CT	(065) 686 9600
Stage 3	Ivy Tower Hotel	New Antrim Street, Castlebar, Co Mayo F23 DT35	(094) 902 2288
Stage 4	Hillgrove Hotel	Old Armagh Road, Monaghan H18 RK15	(047) 81288
Stage 5	Cleremont Hotel & Bar	Main Street, Blackrock, Co Louth A91 C9K3	(042) 932 2666

## HOSPITAL COORDINATES

Stage 1 – Navan - Birr	Telephone	Eir code
Our Lady's Hospital, Moathill, Navan, Co. Meath	046 9078500	C15 RK7Y
Midland Regional Hospital Tullamore, Arden Rd, Tullamore, Co. Offaly	057 9321501	R35 NY51
Nenagh Hospital, Nenagh, Co. Tipperary	067 31491	E45 PT86
Stage 2 – Birr - Ennis		
Nenagh Hospital, Nenagh, Co. Tipperary	067 31491	E45 PT86
University Hospital, St Nessan's Road Dooradoyle, Limerick	061 301111	V94 F858
Ennis General Hospital, Gort Rd, Lifford, Ennis, Co. Clare,	065 6824464	V95 HN29
Stage 3 – Ennis - Castlebar		
Ennis General Hospital, Gort Rd, Lifford, Ennis, Co. Clare,	065 6824464	V95 HN29
Merlin Park University Hospital, Newcastle Rd, Galway	(091) 524 222	H91 YR71
Mayo University Hospital, Westport Rd, Curragh, Castlebar, Co. Mayo	(094) 902 1733	F23 H529
Stage 4 – Charlestown - Monaghan		
Mayo University Hospital, Westport Rd, Curragh, Castlebar, Co. Mayo	(094) 902 1733	F23 H529
Cavan General Hospital, Lisdaran, Cavan	(049) 437 6000	H12 Y7W1
Monaghan General Hospital, Mullaghmonaghan, Monaghan	(047) 81811	H18 NV91
Stage 5 – Monaghan - Blackrock		
Monaghan General Hospital, Mullaghmonaghan, Monaghan	(047) 81811	H18 NV91
Our Lady's Hospital, Moathill, Navan, Co. Meath	046 9078500	C15 RK7Y
Louth County Hospital, Dublin Rd, Priorland, Dundalk, Co. Louth,	042 9334701	A91 E671

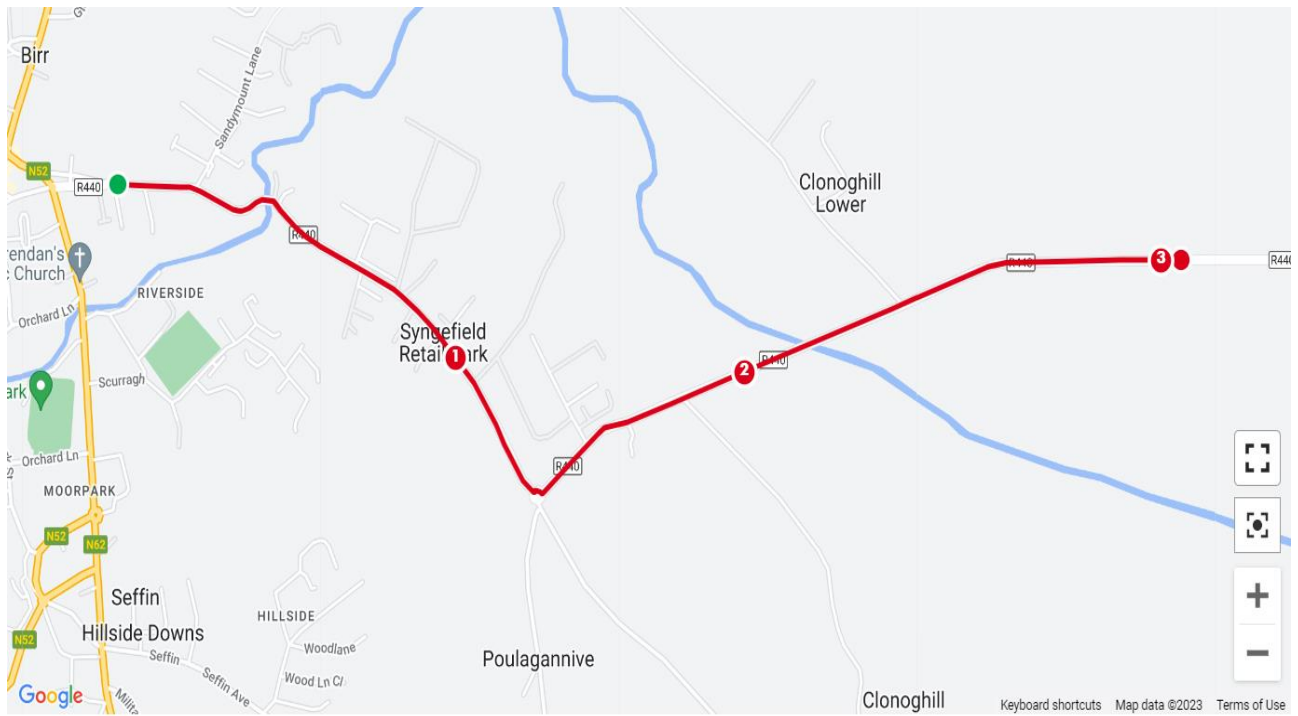
Stage 1						
Navan - Birr 154.8km						
Wednesday 17th May 2023						
Riders sign on O'Mahoneys GFC, Brews Hill, Navan, Co Meath. C15 V383						09.00 to 10.30am
Race Officials meeting O'Mahoneys GFC						10.45am
Assembly: O'Mahoneys GFC						11.20am
Cermonial start to Navan Town Square						11.30am
Cermonial Distance 1km						
Km	MIs	Location	Road	36Km	42Km	48Km
0.0	0.0	Ceremonial Start @ The Square in Navan town centre		11:45		
0.1	0.1	Exit onto Ludlow Street		11:45		
0.3	0.2	Right turn @ Academy Car Sales on RHS		11:45		
0.6	0.4	Roundabout - 1st exit direction Trim (R161)	R161	11:46		
1.4	0.9	Straight through traffic lights		11:47		
7.0	4.3	Bective Stud		11:56		
0	0.0	0km start sign @ Home of Art Gallery on RHS		12:00	12:00	12:00
5.7	3.5	Trim		12:09	12:08	12:07
7	4.3	Left turn @ traffic lights signed "All Other Routes"		12:11	12:10	12:08
7.9	4.9	Roundabout - 2nd exit signed "Longwood / Kinnegad"		12:13	12:11	12:09
8.8	5.5	Roundabout - 2nd exit signed Longwood (R160)	R160	12:14	12:12	12:11
22.4	13.9	Longwood		12:37	12:32	12:28
22.4	13.9	Hot spot sprint @ "Welcome to Longwood" sign on LHS		12:37	12:32	12:28
22.7	14.1	Mini-roundabout - 2nd exit (straight through) unsigned		12:37	12:32	12:28
27.9	17.3	Right turn @ T junction signed "Kinnegad (R148)"	R148	12:46	12:39	12:34
30	18.6	30km complete @ Clonard 60km/hr signs		12:50	12:42	12:37
30.1	18.7	Clonard		12:50	12:43	12:37
35.7	22.2	Roundabout - 2nd exit signed "Sligo / M4"		12:59	12:51	12:44
36.4	22.6	Roundabout @ Texaco - 2nd exit signed "Sligo / M4"		13:00	12:52	12:45
37.3	23.2	Roundabout - 1st exit signed "Milltownpass (R446)"	R446	13:02	12:53	12:46
37.7	23.4	Roundabout - 2nd exit signed "Milltownpass (R446)"		13:02	12:53	12:47
45.8	28.5	Milltownpass		13:16	13:05	12:57
46	28.6	Hot spot sprint Reduce Speed Now" signs entering village		13:16	13:05	12:57
50.4	31.3	Rochfortbridge		13:24	13:12	13:03
50.5	31.4	CAUTION - Traffic islands		13:24	13:12	13:03
51.1	31.8	Mini-roundabout - 2nd exit signed "Tyrrellspass (R446)"		13:25	13:13	13:03
53.4	33.2	Start KOH @ Carey's Trailers on RHS		13:29	13:16	13:06
55	34.2	 Cat 3 KOH @ "No Passing Signs" on both sides of road 		13:31	13:18	13:08
56.4	35.0	Roundabout - 2nd exit signed "Tyrrellspass (R446)"		13:34	13:20	13:10
57	35.4	CAUTION - Speed ramps		13:35	13:21	13:11
65.1	40.5	Kilbeggan		13:48	13:33	13:21
65.6	40.8	Mini-roundabout - 1st exit signed "Tullamore (N52)"	N52	13:49	13:33	13:22
66.6	41.4	Roundabout - 2nd exit signed "Tullamore (N52)"		13:51	13:35	13:23
66.7	41.4	Roundabout - 3rd exit signed "Tullamore (N52)"		13:51	13:35	13:23
73.4	45.9	Start of Feed Zone Green sign N52 Nenagh Birr etc		14:02	13:44	13:31
73.9	46.2	End of Feed Zone at 2nd Green sign		14:03	13:45	13:32
75.4	46.9	Roundabout - 2nd exit signed "Nenagh / Birr (N52)"		14:05	13:47	13:34
77.2	48.0	Cappincur Roundabout - 2nd exit signed "Nenagh / Birr (N52)"		14:08	13:50	13:36
78.5	48.8	Cloncollog Roundabout - 2nd exit signed "Nenagh / Birr (N52)"		14:10	13:52	13:38
80.3	49.9	Clonminch Roundabout - 1st exit signed "Portlaoise (N80) / Mountmellick"	N80	14:13	13:54	13:40
85.6	53.2	Killeigh		14:22	14:02	13:47

86.3	53.6	Start KOH @ 100 km/hr signs leaving Killeigh		14:23	14:03	13:47
87.9	54.6	 Killeigh Cat 3 KOH @ 100m before black/yellow chevrons on RHS 		14:26	14:05	13:49
99.2	61.6	<b>Mountmellick</b>		14:45	14:21	14:04
99.7	62.0	Hot spot sprint @ Texaco on RHS		14:46	14:22	14:04
100.3	62.3	Mini-roundabout - 1st exit signed "Portlaoise (N80)"		14:47	14:23	14:05
100.7	62.6	CAUTION - Sharp right turn @ Glanbia Agribusiness on LHS		14:47	14:23	14:05
101.4	63.0	Roundabout - 2nd exit signed "Portlaoise (N80)"		14:49	14:24	14:06
102.7	63.8	Right turn signed "Mountrath (R423) / Ballyfin"	R423	14:51	14:26	14:08
118.2	73.4	<b>Mountrath</b>		15:17	14:48	14:27
118.6	73.7	Right turn signed "Kinnitty (R440)"	R440	15:17	14:49	14:28
123	76.4	CAUTION - Narrow bridge		15:25	14:55	14:33
124	77.1	Right turn signed "Slieve Bloom Mountains"		15:26	14:57	14:35
126.5	78.6	<b>Killanure</b>		15:30	15:00	14:38
127.5	79.2	Start KOH @ brown "Glenafelly Drive" sign on LHS		15:32	15:02	14:39
129.8	80.7	25km to go signs @ 20 mtrs after small stone bridge on KOH		15:36	15:05	14:42
132.6	82.4	 Wolf Trap Cat 1 KOH @ "Wildlife habitat" sign on LHS 		15:41	15:09	14:45
134.2	83.4	Left @ Y junction signed "Kinnitty (R440)"		15:43	15:11	14:47
134.8	83.8	20km to go signs @ start of wooded section on RHS		15:44	15:12	14:48
141	87.6	<b>Kinnitty</b>		15:55	15:21	14:56
141.3	87.8	Left turn signed "Birr (R421)"	R421	15:55	15:21	14:56
143	88.9	Keep right @ Y junction signed "Birr (R440)"	R440	15:58	15:24	14:58
144.8	90.0	10km to go signs @ sign on LHS marked "Kilcormac 9km"		16:01	15:26	15:01
149.8	93.1	5km to go signs @ junction on RHS to L80221		16:09	15:34	15:07
150.8	93.7	4km to go signs @ sign on RHS marked "Birr 4km"		16:11	15:35	15:08
151.8	94.3	3km to go signs @ long hedge on RHS at wooded area		16:13	15:36	15:09
152.8	94.9	2km to go signs @ 50km/hr signs on both sides of road		16:14	15:38	15:11
153.5	95.4	Team car deviation - Turn left, then immediate right		16:15	15:39	15:11
153.5	95.4	Right turn @ T junction signed "Birr town centre"		16:15	15:39	15:11
153.8	95.6	1km to go signs @ Midland Web Printing on LHS		16:16	15:39	15:12
154.4	95.9	CAUTION - Narrow bridge		16:17	15:40	15:13
154.8	96.2	<b>FINISH opposite roundabout 100m sign on LHS</b>		16:18	15:41	15:13
Stage Finished Organiser: Gary Bracken 086-3580978 gary.bracken@gmail.com						
Race HQ: County Arms Hotel, Railway Road, Seefin, Birr, Co Offally. R42 Y568						





## Stage 1 Last 3km

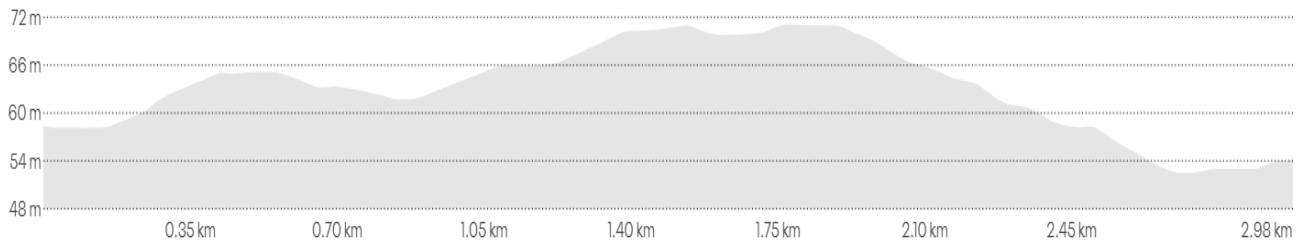




## Stage 1 Last 3km Elevation









### Elevation

Start	Max	Gain
<b>58 m</b>	<b>71 m</b>	<b>20 m</b>

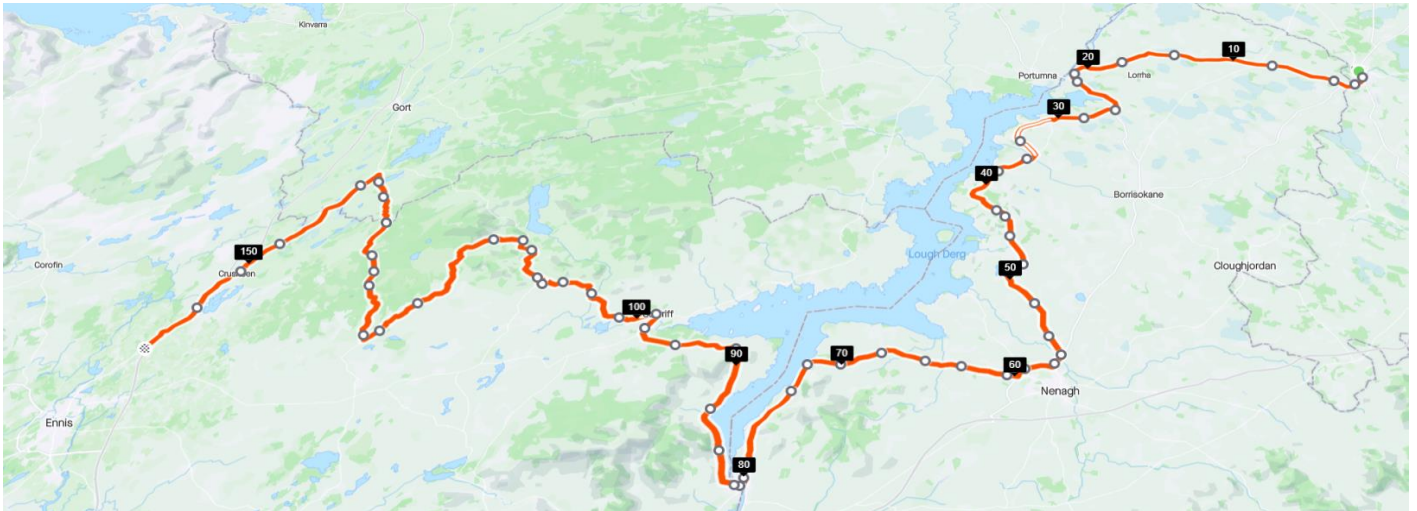
Click and drag over a section to see approximated elevation data. Exact elevation data is shown when the route is saved.



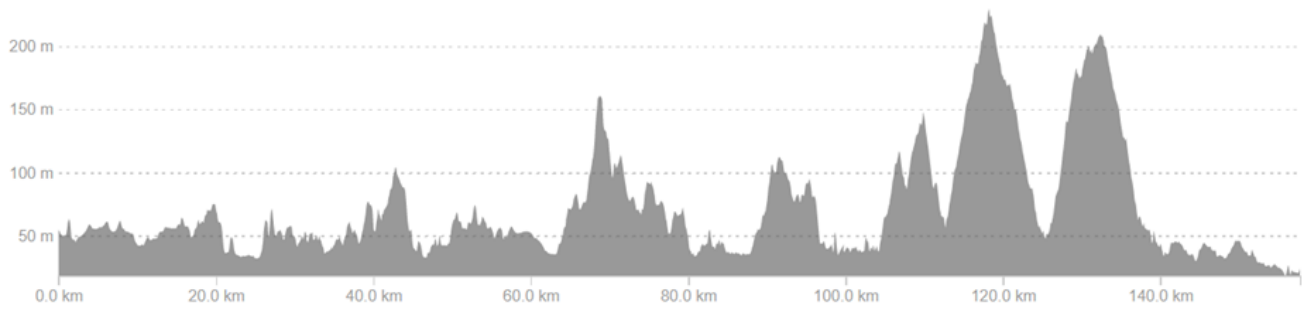
Stage 2						
Birr - Ennis 154.5km						
Thursday 18th May 2023						
Riders sign on Race HQ, County Arms Hotel, Seefin, Birr, Co Offally. R42 Y568					09.00am to 10.15am	
Race Officials meeting Race HQ, County Arms Hotel					10.00am	
Assembly: Race HQ, County Arms Hotel Car Park					10.40am	
Cermonial start to Birr Town Centre					10.50am	
Cermonial Distance .7km Teams cars to stay at Hotel Car park						
Km	Mls	Location	Road	36Km	42Km	48Km
0	0	<b>Ceremonial Start @ Cumberland Column in Birr town centre</b>		10:55		
0.2	0.1	Roundabout - 2nd exit signed Nenagh (N52)	N52	10:55		
0.8	0.5	Roundabout - 3rd exit signed Nenagh (N52)		10:56		
1.1	0.7	Mini-roundabout - 3rd exit signed Nenagh (N52)		10:56		
1.9	1.2	<b>Riverstown</b>		10:58		
2.3	1.4	Right turn on N52 signed Portumna (R489)	R489	10:58		
3.3	2.1	End of neutralised section		11:00		
0	0	<b>0km start sign @ school signs with flashing lights on LHS</b>		11:00	11:00	11:00
18.5	11.5	Left turn signed Borrisokane (N65)	N65	11:30	11:26	11:23
22.8	14.2	Right turn @ narrow bridge signed Borrisokane (N65)		11:38	11:32	11:28
23.1	14.4	Right turn signed Terryglass (R493)	R493	11:38	11:33	11:28
26.8	16.7	<b>Terryglass</b>		11:44	11:38	11:33
30	18.6	30km complete @ Ballinderry sign @ top of hill on LHS		11:50	11:42	11:37
31.5	19.6	CAUTION - Sharp right turn after narrow bridge signed Puckaun		11:52	11:45	11:39
38.9	24.2	<b>Coolbaun</b>		12:04	11:55	11:48
43.9	27.3	Right turn @ Y junction signed Puckaun		12:13	12:02	11:54
45.6	28.3	Caution - Road narrows entering Puckaun		12:16	12:05	11:57
45.7	28.4	<b>Puckaun</b>		12:16	12:05	11:57
52.4	32.6	Right turn @ T junction signed Nenagh (N52)	N52	12:27	12:14	12:05
53.2	33.1	Roundabout - 2nd exit signed Dublin / Limerick		12:28	12:16	12:06
55	34.2	Roundabout - 2nd exit signed Dublin / Limerick		12:31	12:18	12:08
55.5	34.5	Portroe Road Roundabout - 3rd exit signed Portroe (R494)	R494	12:32	12:19	12:09
63.2	39.3	Start KOH @ Portroe 50 km/hr signs on both sides of the road		12:45	12:30	12:19
64.4	40	 School on RHS Portroe Cat 3 KOH 		12:47	12:32	12:20
75.4	46.9	<b>Ballina</b>		13:05	12:47	12:34
76	47.2	CAUTION - Traffic islands		13:06	12:48	12:35
76.3	47.4	Sharp right turn @ mini-roundabout signed Scarriff (R463) Note* Multi marshalls required on bridge	R463	13:07	12:49	12:35
76.4	47.5	CAUTION - Narrow bridge		13:07	12:49	12:35
76.7	47.7	Right turn after bridge signed Tuamgraney (R463)		13:07	12:49	12:35
85.1	52.9	<b>Ogonnelloe</b>		13:21	13:01	12:46
85.9	53.7	Start of Feed Zone Gloccamara B&B		13:23	13:02	12:47
86.8	54.3	End of Feed Zone Ogonnelloe National School		13:24	13:04	12:48
85.9	53.7	Gloccamara B&B		13:23	13:02	12:47
86.8	54.25	Ogonnelloe National School		13:24	13:04	12:48
92.9	57.7	<b>Tuamgraney</b>		13:34	13:12	12:56
93.3	58	Right turn @ T junction signed Scarriff (R352)	R352	13:35	13:13	12:56
94.5	58.7	<b>Scarriff</b>		13:37	13:15	12:58

94.7	58.8	Keep left @ Y junction signed Feakle (R461)	R461	13:37	13:15	12:58
94.9	59	Sharp left signed Gort (R461)		13:38	13:15	12:58
100.2	62.3	CAUTION - Narrow bridge		13:47	13:23	13:05
100.4	62.4	Start KOH @ East Clare Golf Club sign on LHS		13:47	13:23	13:05
103	64	 Twin Pillar Cat 3 KOH @ twin stone pillar on LHS 		13:51	13:27	13:08
104.1	64.7	Right turn @ Peppers Bar signed Gort (R461)		13:53	13:28	13:10
104.2	64.7	Start KOH immediately following right turn		13:53	13:28	13:10
106.1	65.9	 Peppers Cat 3 KOH @ crossroads (sign on LHS L80283) 	L80283	13:56	13:31	13:12
109.1	67.8	Left turn @ unsigned junction (sign on LHS L4014)	L4014	14:01	13:35	13:16
109.1	67.8	Start KOH immediately following left turn		14:01	13:35	13:16
113.9	70.8	 Maghera Mast road to left with Feakle Community Alert Area sign on LHS 		14:09	13:42	13:22
121.9	75.7	Right turn @ T junction signed Gort (R462)	R462	14:23	13:54	13:32
122.8	76.3	Start KOH @ yellow "Concealed Entrance Ahead" sign on LHS		14:24	13:55	13:33
127.8	79.4	 Mass Rock KOH @ entrance to woods on LHS 		14:33	14:02	13:39
129.5	80.5	100 Mtrs after bend ahead sign		14:35	14:05	13:41
134.5	83.6	At Green derelict shed on right hand side		14:44	14:12	13:48
137	85.1	T junction signed Ennis (R458)	R458	14:48	14:15	13:51
144.5	89.8	Small layby on left hand side		15:00	14:26	14:00
147.2	91.5	<b>Crusheen</b>		15:05	14:30	14:04
147.7	91.8	Roundabout - 1st exit signed Barefield (R458)		15:06	14:31	14:04
149.5	92.9	5km to go signs - 100 signs both sides of the road		15:09	14:33	14:06
150.5	93.5	4km to go signs - 2 x white gas vents		15:10	14:35	14:08
151.5	94.1	3km to go signs - stone wall entrance with lanterns		15:12	14:36	14:09
152.5	94.8	2km to go signs - Ashleigh House B&B		15:14	14:37	14:10
153.5	95.4	1km to go signs - 100 mtrs before traffic calming signs..		15:15	14:39	14:11
154.1	95.2	Team Car park on hard shoulder		15:15	14:39	14:11
154.5	96	<b>Barefield National School</b>		15:17	14:40	14:13
Stage Finish Organiser: Alan Murphy 087-7854848 alanmurphy2000@hotmail.com						
Race HQ: West County Hotel, Limerick Road, Ennis, Co Clare. V95 C9CT						

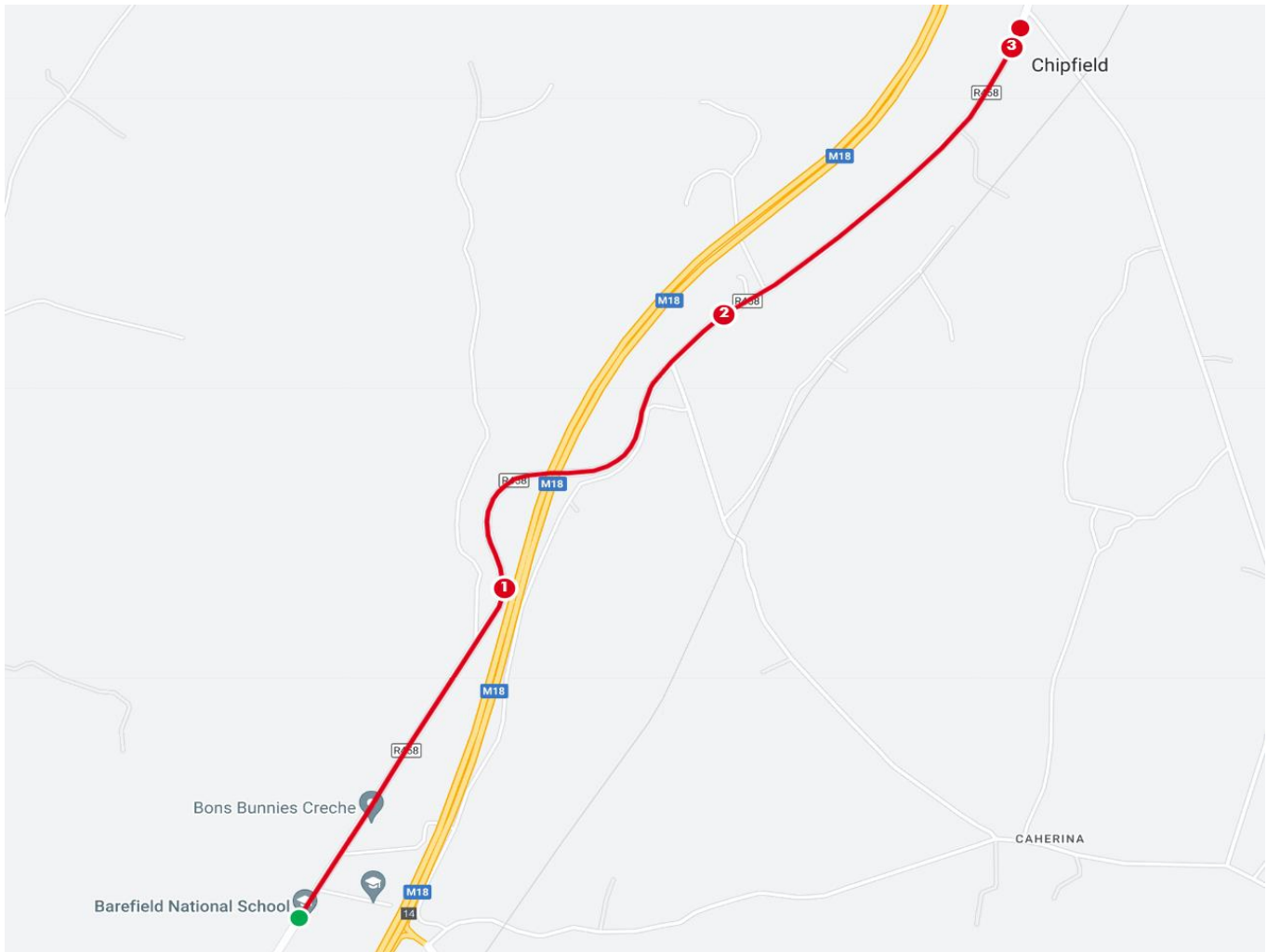
## Stage 2 Route



## Stage 2 Elevation



## Stage 2 Last 3km

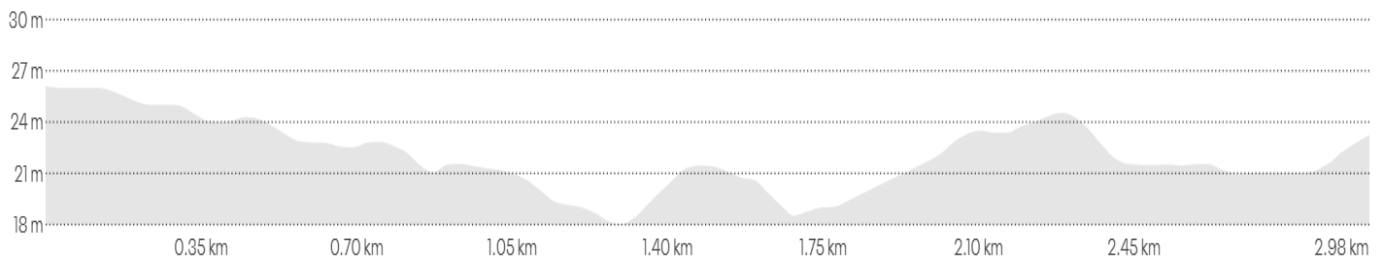


## Stage 2 Last 3km Elevation

### Elevation

Start **26 m**      Max **26 m**      Gain **13 m**

Click and drag over a section to see approximated elevation data. Exact elevation data is shown when the route is saved.



Stage 3							
Ennis - Castlebar 149.3km							
Friday 19th May 2023							
Riders sign on Glor Centre, Causeway Link, Cappahard, Ennis, Co Clare. V95 VHPO					09.00am to 10.15am		
Race Officials Meeting Glor Centre					10.00am		
Assembly: Glor Centre					10.45am		
Cermonial start: Glor Centre					10.52am		
Cermonial Distance 4.9km							
Km	MIs	Location	Road	36Km	42Km	48Km	
0.0	0.0	Glor Centre, The Causeway Link, Ennis			10:52		
0.2	0.5	Turn Left - T Junction Francis Street		10:52			
0.4		Turn Right - T Junction Abbey Strre		10:52			
1.5	0.9	Turn right onto Newbridge Rd - Over the bridge		10:54			
	2.8	First exist Dir Barefield - Roundabout	R352	10:54			
4.5	3.0	2nd exit signed Barefield (R458) - Roundabout	R871	10:55			
4.9	3.0	End of neutralised section - Toyota garage on RHS	R458	10:59			
0.0	0.0	0km start sign @ Toyota garage on RHS			11:00	12:00	12:00
1.2	0.7	Barefield South Roundabout - 1st exit signed Crusheen		11:02	12:01	12:01	
8.4	5.2	Crusheen Roundabout - 3rd exit signed Crusheen (R458)		11:14	12:12	12:10	
24.1	15.0	<b>Gort</b>		11:40	12:34	12:30	
25.2	15.7	Keep left onto Gort Main St.		11:42	12:36	12:31	
26.6	16.5	Roundabout - 4th exit signed Ardrahan (R458)		11:44	12:38	12:33	
30.0	18.6	30km complete @ 200m after level crossing on R458		11:50	12:42	12:37	
34.9	21.7	<b>Labane</b>		11:58	12:49	12:43	
35.0	21.7	CAUTION - Traffic islands		11:58	12:50	12:43	
36.4	22.6	<b>Ardrahan</b>		12:00	12:52	12:45	
36.8	22.9	Right turn signed Craughwell / Athenry @ Garda station on LHS	R347	12:01	12:52	12:46	
38.7	24.0	Left turn @ crossroads signed Craughwell (R347)		12:04	12:55	12:48	
47.7	29.6	Roundabout - 2nd exit signed Craughwell		12:19	13:08	12:59	
48.1	29.9	Left turn @ T junction signed Oranmore (R446) / Athenry (R347)		12:20	13:08	13:00	
49.1	30.5	CAUTION - Level crossing		12:21	13:10	13:01	
49.4	30.7	Right turn signed Tuam (R347) / Athenry		12:22	13:10	13:01	
51.0	31.7	CAUTION - Narrow bridge		12:25	13:12	13:03	
55.6	34.5	<b>Athenry</b>		12:32	13:19	13:09	
56.3	35.0	Baunmore Roundabout - 2nd exit signed Tuam / Town Centre		12:33	13:20	13:10	
56.9	35.4	Right turn @ post office signed Tuam		12:34	13:21	13:11	
57.1	35.5	CAUTION - Road narrows		12:35	13:21	13:11	
57.2	35.5	Keep right @ Ryan's Shoe Repairs		12:35	13:21	13:11	
57.3	35.6	Left turn @ pedestrian crossing signed Tuam (R347)		12:35	13:21	13:11	
57.5	35.7	CAUTION - Traffic lights @ narrow bridge Note* Multi marshalls required		12:35	13:22	13:11	
58.0	36.0	Mini-roundabout - straight to remain on R347		12:36	13:22	13:12	
58.5	36.4	Roundabout - 2nd exit signed Tuam (R347)		12:37	13:23	13:13	
61.4	38.2	Start KOH @ stone lodge on LHS		12:42	13:27	13:16	
62.8	39.0	 Carrowreagh KOH @ yellow sign with winding car on LHS 		12:44	13:29	13:18	
69.5	43.2	Start KOH @ Laraghmore Stores on LHS		12:55	13:39	13:26	
70.9	44.1	 Laraghmore KOH @ 100m before T junction 		12:58	13:41	13:28	

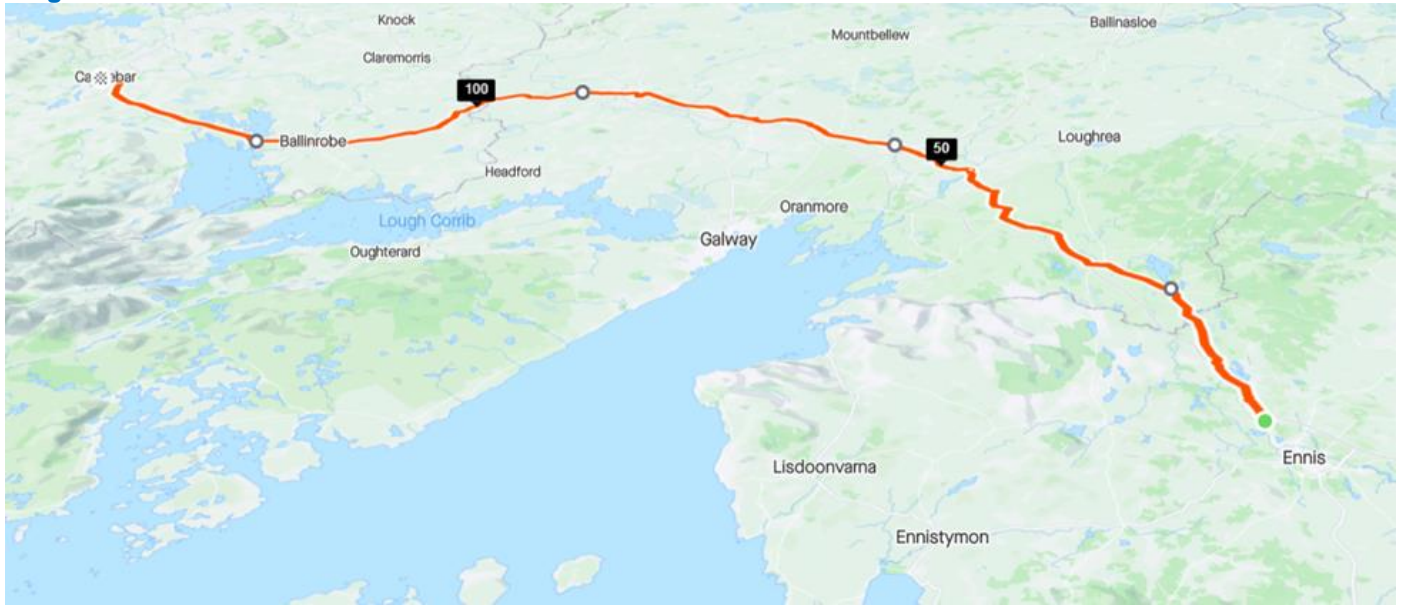
71.0	44.1	Right @ unsigned T junction onto N63	N63	12:58	13:41	13:28
71.6	44.5	Roundabout - 1st exit signed Tuam (R347)	R347	12:59	13:42	13:29
71.9	44.7	Right turn signed Tuam (R347)		12:59	13:42	13:29
74.4	46.5	Feed Zone - Sign Post Corofin at Palm Tree Pub		12:59	13:42	13:29
76.4	47.8	End of Feed Zone - Junction Ballinderry School		13:04	13:46	13:33
83.1	51.6	<b>Tuam</b>		13:07	13:49	13:35
83.8	52.1	Left turn @ T junction signed Town Centre (R332)	R332	13:19	13:59	13:44
83.9	52.1	Left turn signed Town Centre / All Other Routes @ school on RHS		13:19	13:59	13:44
84.3	52.4	Jack Mangan Roundabout - 2nd exit signed Galway		13:20	14:00	13:45
84.6	52.6	Left turn @ T Junction signed Ballinrobe @ Keady's Dry Cleaners		13:21	14:00	13:45
85.0	52.8	Keep right signed All Other Routes		13:21	14:01	13:46
85.3	53.0	Right turn @ T junction signed Ballyhaunis / Ballinrobe @ Tuam Motor Works		13:22	14:01	13:46
85.4	53.1	Straight through traffic lights @ crossroads		13:22	14:02	13:46
86.1	53.5	Left turn @ traffic lights signed Ballinrobe (R332)		13:23	14:03	13:47
87.3	54.2	Right turn signed Kilmaine / Ballinrobe (R332)		13:25	14:04	13:49
87.7	54.5	Roundabout - 2nd exit signed Kilmaine / Ballinrobe		13:26	14:05	13:49
100.3	62.3	Left turn @ Tierney's Foxhall signed Ballinrobe		13:47	14:23	14:05
108.3	67.3	<b>Kilmaine</b>		14:00	14:34	14:15
108.7	67.5	Right turn @ T junction signed Castlebar (N84) / Ballinrobe		14:01	14:35	14:15
116.4	72.3	<b>Ballinrobe</b>		14:14	14:46	14:25
117.6	73.1	Left turn @ stop sign signed Castlebar (N84)	N84	14:16	14:48	14:27
124.3	77.2	25km to go signs @ McDermott headstone before Partry		14:27	14:57	14:35
129.3	80.3	20km to go signs @ dormer bungalow w/ grey cladding		14:35	15:04	14:41
139.2	86.5	10km to go signs @ GAA grounds leaving Ballyhean		14:52	15:18	14:54
141.5	87.9	Left turn @ junction signed Derrycoo (L1710)	L1717	14:55	15:22	14:56
143.5	89.2	<b>CAUTION - Level crossing</b>		14:59	15:25	14:59
144.3	89.7	Right turn @ T junction signed Castlebar	N5	15:00	15:26	15:00
144.3	89.7	5km to go signs @ T junction		15:00	15:26	15:00
145.3	90.3	Roundabout - 2nd exit signed Castlebar		15:02	15:27	15:01
145.3	90.3	4km to go signs @ Roundabout		15:02	15:27	15:01
146.3	90.9	3km to go signs @ Rocksberry B&B on LHS		15:03	15:29	15:02
147.3	91.5	2km to go signs @ entrance to Oakfield Manor Estate on RHS		15:05	15:30	15:04
148.3	92.1	1km to go signs @ traffic camera sign on RHS		15:07	15:31	15:05
148.8	92.5	Team car deviation, 2nd exit to the right, located at McHale Park		15:08	15:32	15:06
148.8	92.5	Roundabout - 1st exit signed Newport		15:08	15:32	15:06
149.0	92.6	<b>Castlebar</b>		15:08	15:32	15:06
149.3	92.8	<b>FINISH @ 50 mtrs after roundabout sign on LHS</b>		15:08	15:33	15:06

Stage Finish Organiser: John Brennan 085-8830843 brennan.john56@yahoo.com

Race HQ: Ivy Tower Hotel, New Antrim Street, Knockthomas, Castlebar, Co Mayo. F23 DT35



### Stage 3 Route

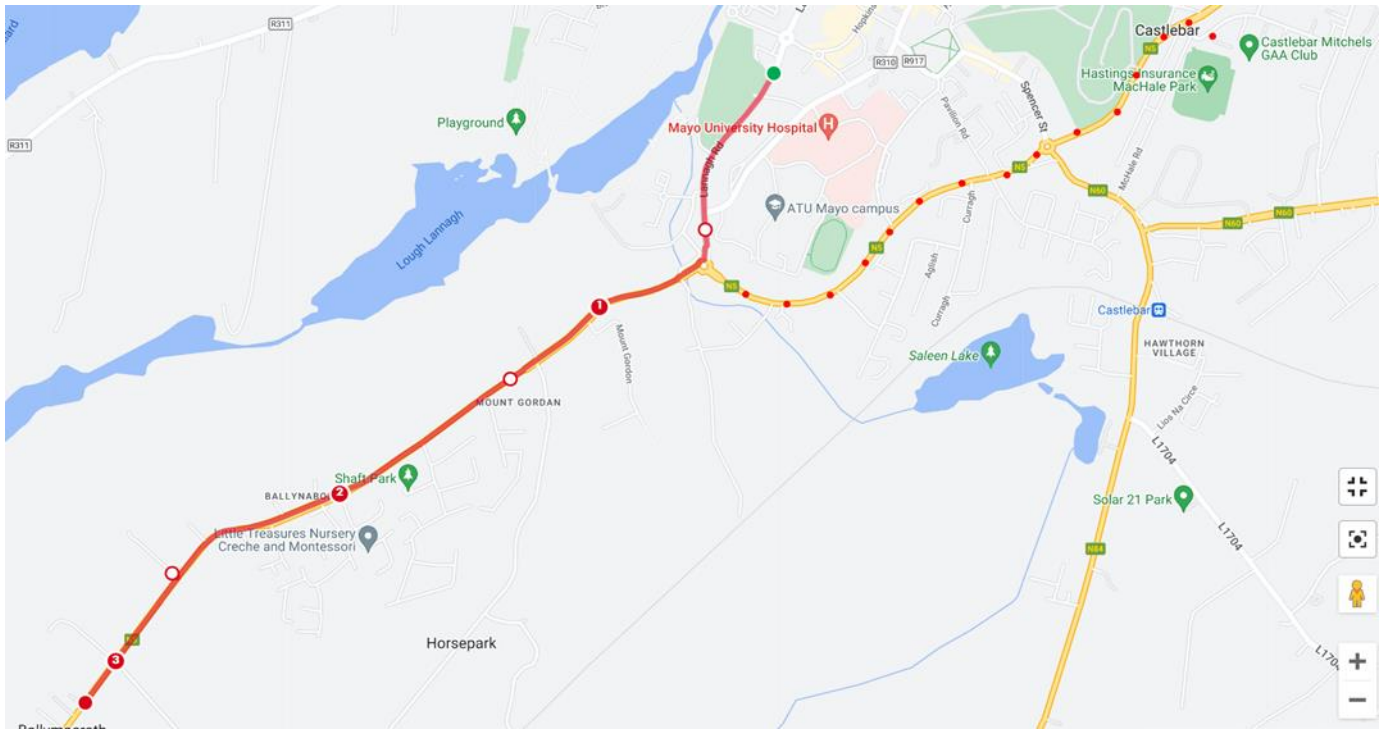


### Stage 3 Elevation



### Stage 3 Last 3km

Note: Team car deviation, 2nd exit to the right, follow the red dots to located at McHale Park

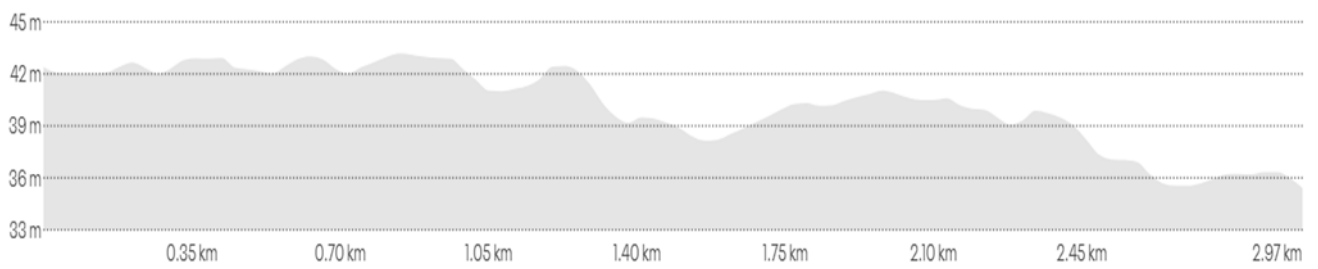




### Stage 3 Last 3km Elevation





#### Elevation

Start	Max	Gain
<b>42 m</b>	<b>43 m</b>	<b>10 m</b>

Click and drag over a section to see approximated elevation data. Exact elevation data is shown when the route is saved.

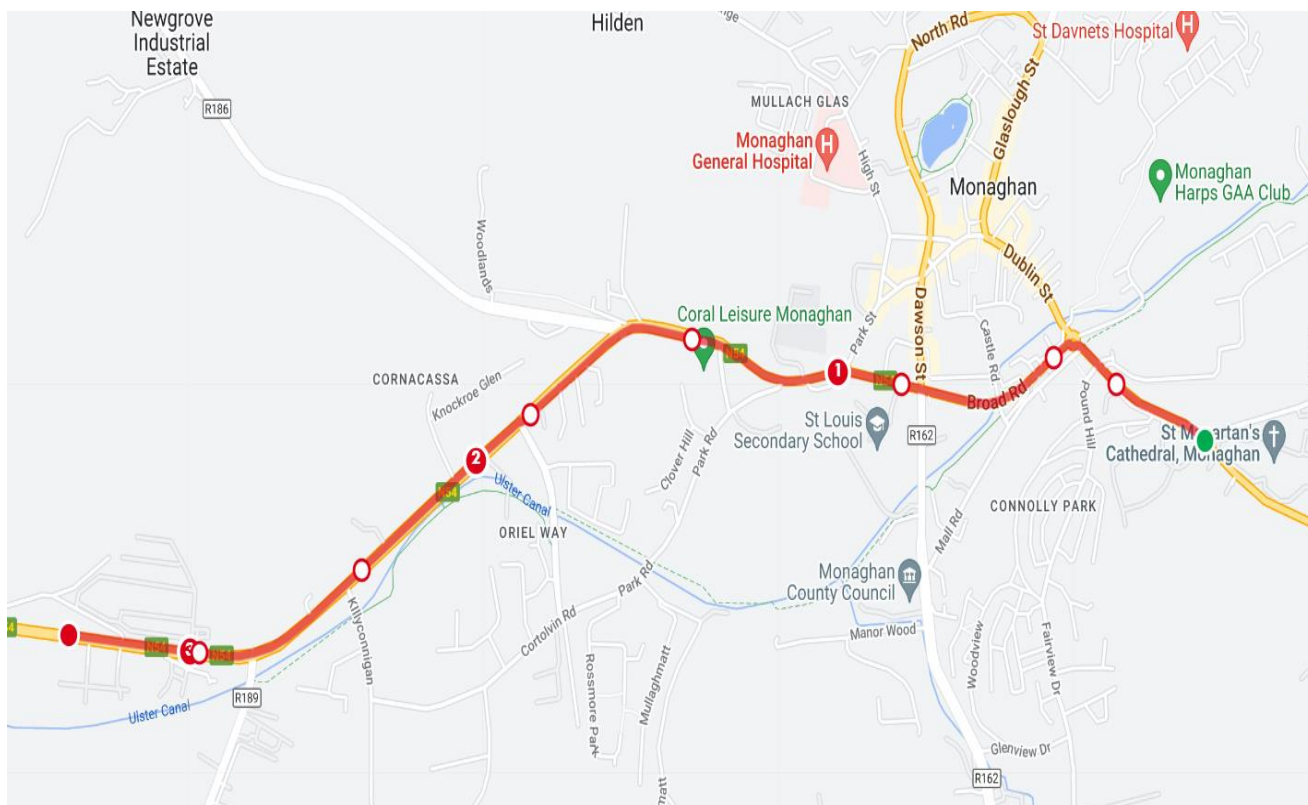


Stage 4						
<b>Charlestown - Monaghan 175.9km</b>						
Saturday 20th May 2023						
Riders sign on CBD Recreational Centre, Charlestown, Co Mayo. F12 R832					09.00am to 10.15am	
Race Officials Meeting CBD Recreational Centre					10.00am	
Assembly: CBD Recreational Centre					10.45am	
Cermonial start					10.55am	
Cermonial Distance 1km						
Km	Mls	Location	Road	36Km	42Km	48Km
0	0	<b>Ceremonial start @ The Square in Charlestown</b>		<b>10:58</b>		
0.1	0.1	Exit onto L1331 direction Carracastle	L1331	10:58		
1.2	0.7	End of neutralised section		11:00		
0	0	<b>0km start sign @ grey bungalow on RHS w/ black steel gates</b>		<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
5.1	3.2	<b>Carracastle</b>		11:08	11:07	11:06
8.5	5.3	Left turn @ T junction onto N5 signed Dublin / Longford	N5	11:14	11:12	11:10
16	9.9	<b>CAUTION - Traffic islands</b>		11:26	11:22	11:20
26.7	16.6	<b>Frenchpark</b>		11:44	11:38	11:33
30	18.6	30km complete @ sign on RHS L56403		11:50	11:42	11:37
30.8	19.1	<b>Bellanagare</b>		11:51	11:44	11:38
42	26.1	<b>Tulsk</b>		12:10	12:00	11:52
52.5	32.6	<b>Strokestown</b>		12:27	12:15	12:05
53.2	33.1	Roundabout - 3rd exit signed Dublin / Longford		12:28	12:16	12:06
66.3	41.2	<b>Termonbarry</b>		12:50	12:34	12:22
73.8	45.9	Roundabout - 1st exit signed Dublin / Sligo (N4)	N4	13:03	12:45	12:32
76.3	47.4	Charlotte Brook Roundabout - 2nd exit signed Dublin / Longford		13:07	12:49	12:35
76.9	47.8	Red Cow Roundabout - 2nd exit signed Dublin / Edgeworthstown		13:08	12:49	12:36
78.6	48.8	Leo Casey Roundabout - 1st exit signed Granard (R194)	R194	13:11	12:52	12:38
80.4	50	Roundabout - 1st exit signed Granard (R194)		13:14	12:54	12:40
82.2	51.1	<b>Kileenatraun</b>		13:17	12:57	12:42
82.4	51.2	Right turn signed Emmet Park GAA (R194)		13:17	12:57	12:43
88.3	54.9	<b>Ballinalee</b>		13:27	13:06	12:50
88.7	55.1	<b>CAUTION - Traffic islands</b>		13:27	13:06	12:50
88.8	55.5	Feed Zone - 200 mtrs pass the last traffic island		13:28	13:06	12:51
90.8	56.8	End of Feed Zone - Juntion L1063 to Bunlahy		13:31	13:09	12:53
92	57.2	<b>Start KOH @ Old Clonbroney Cemetery sign on RHS</b>		13:33	13:11	12:55
93.5	58.1	 Clonbroney KOH  @ yellow 2-storey house w/ stone wall to front on LHS		13:35	13:13	12:56
98.7	61.3	<b>Granard</b>		13:44	13:21	13:03
100.7	62.6	Left turn @ T junction signed Cavan / Ballyjamesduff (N55)	N55	13:47	13:23	13:05

112	69.6	<b>Killydoon</b>		14:06	13:40	13:20
112.7	70	Start KOH @ stone on RHS marked Slán Ábhaile		14:07	13:41	13:20
115.1	71.5	 Killydoon KOH  @ entrance to house on RHS w/ ranch fencing		14:11	13:44	13:23
119.7	74.4	Roundabout - 1st exit signed Cavan (N55) / Ballinagh		14:19	13:51	13:29
119.8	74.4	<b>Ballinagh</b>		14:19	13:51	13:29
120.9	75.1	Left turn followed by immediate right turn @ Casey's Steakhouse Bar signed		14:21	13:52	13:31
126	78.3	Roundabout - 2nd exit signed Dublin / Ballyshannon		14:30	14:00	13:37
128.6	79.9	Dublin Road Roundabout - 2nd exit signed Monaghan (N54)	N3	14:34	14:03	13:40
132.9	82.6	Right turn on N3 signed Ballyhaise / Red Hills (R212)	R212	14:41	14:09	13:46
133	82.6	Right @ T junction signed Ballyhaise / Red Hills		14:41	14:10	13:46
135.5	84.2	<b>Ballyhaise</b>		14:45	14:13	13:49
135.7	84.3	CAUTION - Series of speed bumps through Ballyhaise		14:46	14:13	13:49
137.5	85.4	CAUTION - Narrow bridge Note* Multi-marshalls required		14:49	14:16	13:51
137.6	85.5	Start KOH immediately following bridge		14:49	14:16	13:52
139.2	86.5	 Red Hills 3 KOH  @ yellow house on brow of hill on LHS		14:52	14:18	13:54
147	91.3	<b>Scotshouse</b>		15:05	14:30	14:03
150.9	93.8	25km to go signs @ junction on RHS numbered L22102		15:11	14:35	14:08
152.5	94.8	CAUTION - Narrow bridge		15:14	14:37	14:10
154.2	95.8	<b>Clones</b>		15:17	14:40	14:12
155.2	96.4	Right @ T junction in square signed Monaghan (N54)	N54	15:18	14:41	14:14
155.4	96.6	Straight through traffic lights		15:19	14:42	14:14
155.9	96.9	20km to go signs @ Circle K on LHS		15:19	14:42	14:14
165	102.5	<b>Smithborough</b>		15:35	14:55	14:26
165.9	103.1	10km to go signs @ 80km/hr signs leaving Smithborough		15:36	14:57	14:27
170.9	106.2	5km to go signs @ garden centre on LHS		15:44	15:04	14:33
171.9	106.8	4km to go signs @ wooden cross on RHS		15:46	15:05	14:34
172.7	107.3	<b>Monaghan</b>		15:47	15:06	14:35
172.9	107.4	3km to go signs @ Monaghan 60km/hr signs on both sides of road		15:48	15:07	14:36
173.9	108.1	2km to go signs @ Monaghan 50km/hr signs on both sides of road		15:49	15:08	14:37
174.9	108.7	1km to go signs @ St Louis Infant School on RHS		15:51	15:09	14:38
175	108.7	Margaret Kinnider Roundabout - 2nd exit signed Town Centre / Dublin		15:51	15:10	14:38
175.1	108.8	Straight @ traffic lights @ Dunnes Stores on LHS		15:51	15:10	14:38
175.5	109.1	Team car deviation - 2nd Exist , Monagh Harps GFC		15:52	15:10	14:39
175.5	109.1	Roundabout - 3rd exit signed Dublin / Armagh		15:52	15:10	14:39
175.9	109.3	Finish @ 20m after traffic lights in front of cathedral		15:53	15:11	14:39
Stage Finish Organiser: Mark Skeath 086-8364949 markskeath@gmail.com						
Race HQ: Hillgrove Hotel, Old Armagh Road, Monaghan. H18 RK15						



## Stage 4 Last 3km

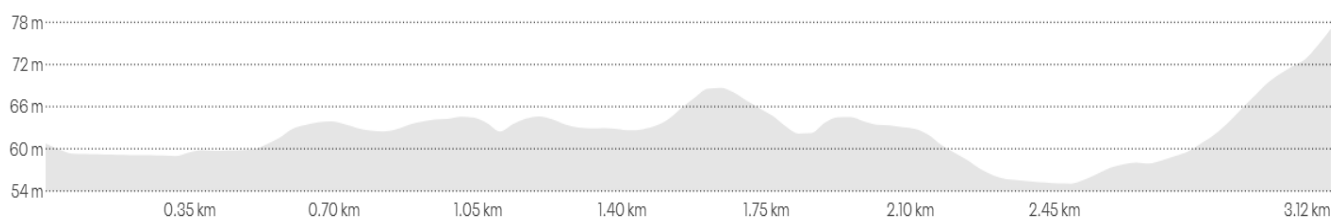




## Stage 4 Last 3km Elevation

### Elevation

Start **61 m**      Max **77 m**      Gain **40 m**

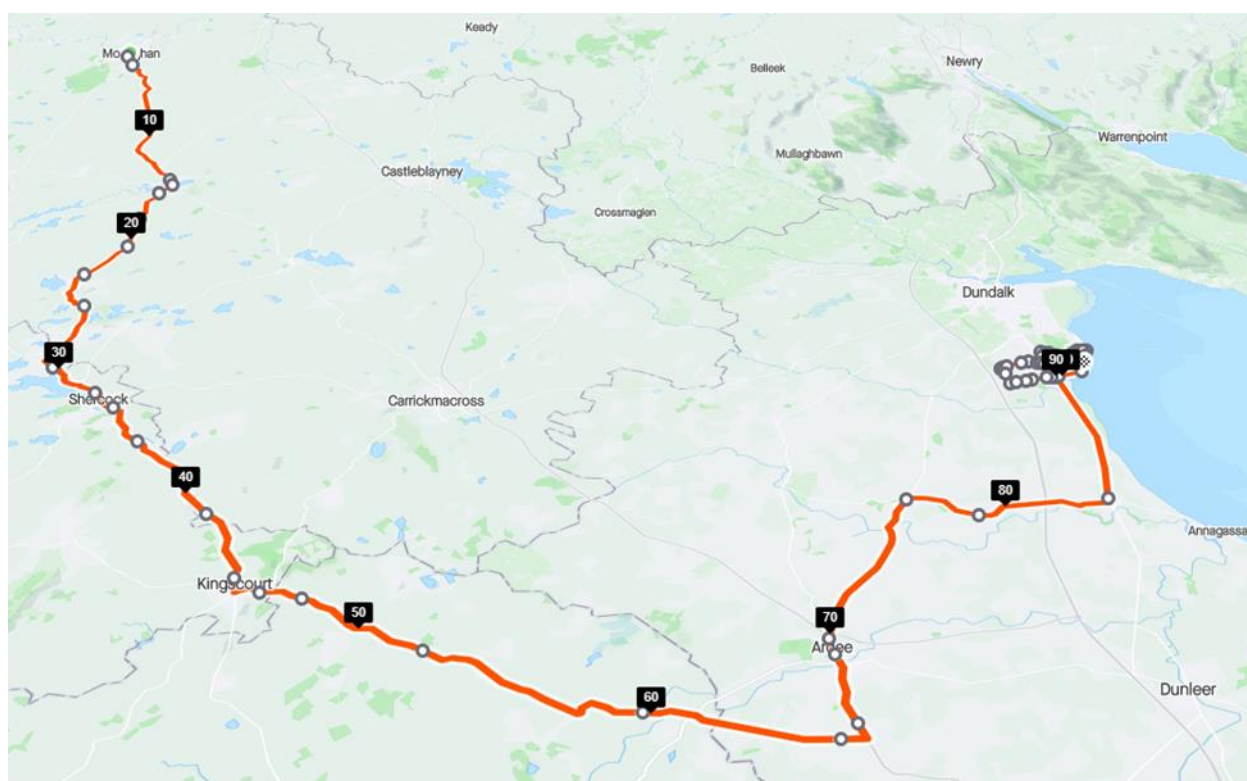
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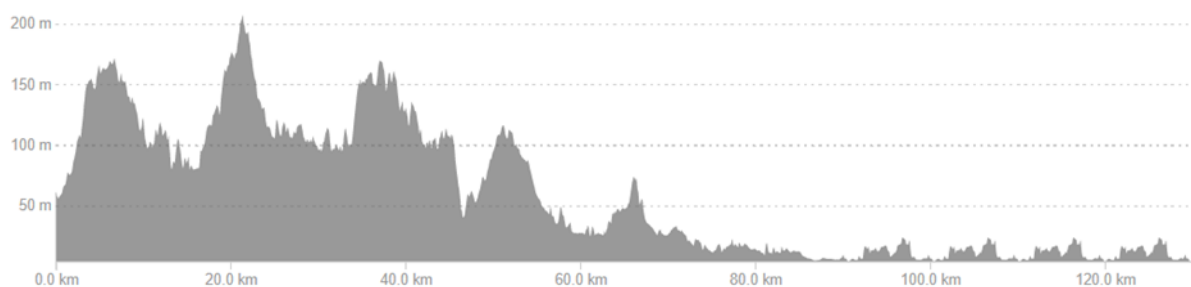
Stage 5							
Monaghan - Blackrock 133.4km							
Sunday 21th May 2023							
Riders sign on Monaghan Harps GFC, Gavan Duffy Park, Monaghan. H18 CP29					10.00am to 11.15am		
Race Officials Meeting Monaghan Harps GFC					11.00am		
Assembly: Monaghan Harps GFC					11.35am		
Cermonial start					11.35am		
Cermonial Distance 1km							
Km	MIs	Location	Road	36Km	42Km	48Km	
0	0	Ceremonial start from monument @ town centre square			11:52		
0.1	0.1	Exit Dawson Street		11:53			
0.2	0.1	Straight @ traffic lights direction Ballybay (R162)	R162	11:54			
1.1	0.7	Left turn signed Ballybay (R162)		11:59			
3.7	2.3	End of neutralised section		12:00			
0	0	0km start sign @ Seat Garage on LHS			12:00	12:00	12:00
10.9	6.8	<b>Ballybay</b>		12:18	12:15	12:13	
11.2	7	Roundabout - 2nd exit signed Carrickmacross / Clones		12:18	12:16	12:14	
11.9	7.4	Mini-roundabout - 2nd exit signed Shercock (R162)		12:19	12:17	12:14	
12.6	7.8	Keep left @ Y junction signed Shercock (R162)		12:21	12:18	12:15	
25.5	15.8	Left turn @ T junction unsigned direction Shercock		12:42	12:36	12:31	
29.1	18.1	<b>Shercock</b>		12:48	12:41	12:36	
29.4	18.3	Left @ T junction @ Duffy's costcutter signed Kingscourt		12:49	12:42	12:36	
30	18.6	30km complete @ Tabetex factory on RHS		12:50	12:42	12:37	
41.1	25.5	<b>Kingscourt</b>		13:08	12:58	12:51	
41.4	25.7	Mini-roundabout - straight through direction town centre		13:09	12:59	12:51	
41.6	25.8	Mini-roundabout - straight through direction town centre		13:09	12:59	12:52	
41.8	26	Mini-roundabout - straight through direction town centre		13:09	12:59	12:52	
42	26.1	Left turn @ mini-roundabout signed Dundalk / Carrickmacross	R179	13:10	13:00	12:52	
42.9	26.7	Right turn signed Ardee (R165) @ O'Reilly Group on RHS	R165	13:11	13:01	12:53	
45	28	Start KOH @ red brick bungalow on RHS		13:15	13:04	12:56	
47.1	29.3	 Meath Hill Cat @ end of timber fence on RHS 		13:18	13:07	12:58	
53.7	33.4	<b>Drumconrath</b>		13:29	13:16	13:07	
54.2	33.7	Straight through in Drumconrath direction Ardee / Collon		13:30	13:17	13:07	
54.9	34.1	Keep right @ Y junction signed Ardee (R165)		13:31	13:18	13:08	
58	36	Continue straight @ 4 crossroads signed Collon (R165)		13:36	13:22	13:12	
60.4	37.5	Continue straight @ 4 crossroads signed Collon (R165)		13:40	13:26	13:15	
62.9	39.1	Left turn onto N2 signed Ardee / Derry	N2	13:44	13:29	13:18	
64.3	40	<b>Ardee</b>		13:47	13:31	13:20	

65.8	40.9	CAUTION - Pedestrian lights		13:49	13:34	13:22
66	41	CAUTION - Pedestrian lights		13:50	13:34	13:22
66.5	41.3	Mini-roundabout - 2nd exit signed Dundalk (N52)	N52	13:50	13:35	13:23
66.8	41.5	Roundabout - 2nd exit signed Dundalk (N52)		13:51	13:35	13:23
73.3	45.5	Right turn @ Glyde Inn signed Castlebellingham (R166)	R166	14:02	13:44	13:31
76.2	47.3	Straight @ stop sign crossroads of R166 and L2215		14:07	13:48	13:35
80.3	49.9	Left turn @ T junction in Castlebellingham signed Dundalk (R166)	R132	14:13	13:54	13:40
87.3	54.2	Right turn @ Green Gate Stores on LHS signed Blackrock (R172)	R172	14:25	14:04	13:49
89	55.3	<b>Blackrock</b>		14:28	14:07	13:51
89.5	55.9	<b>Feed Zone - First left after finishing line</b>		14:29	14:07	13:51
90.7	56.7	<b>End Feed Zone - Blackrock Community Centre</b>		14:31	14:09	13:53
100.1	62.6	2nd time past finish - (3 Laps to go)		14:46	14:23	14:05
111.2	69.5	3rd time past finish - (2 Laps to go)		15:05	14:38	14:19
122.3	76.4	4th time past finish - (1 Laps to go)		15:23	14:54	14:32
121.2	82.9	Team Cars deviate before 1km to go sign onto Seafield Rd, follow directions to Blackrock Community College		15:39	14:13	14:45
<b>133.4</b>	<b>83.38</b>	<b>Blackrock - Finish Line</b>		<b>15:42</b>	<b>15:10</b>	<b>14:46</b>
Stage Finish Organiser: Paul McAviney 087-4127499 paul@straight-talking.ie						
Race HQ: Cleremont Hotel & Bar, Main Street, Blackrock, A91 C9K3 for 2 hours after stage finish						

## Stage 5 Route

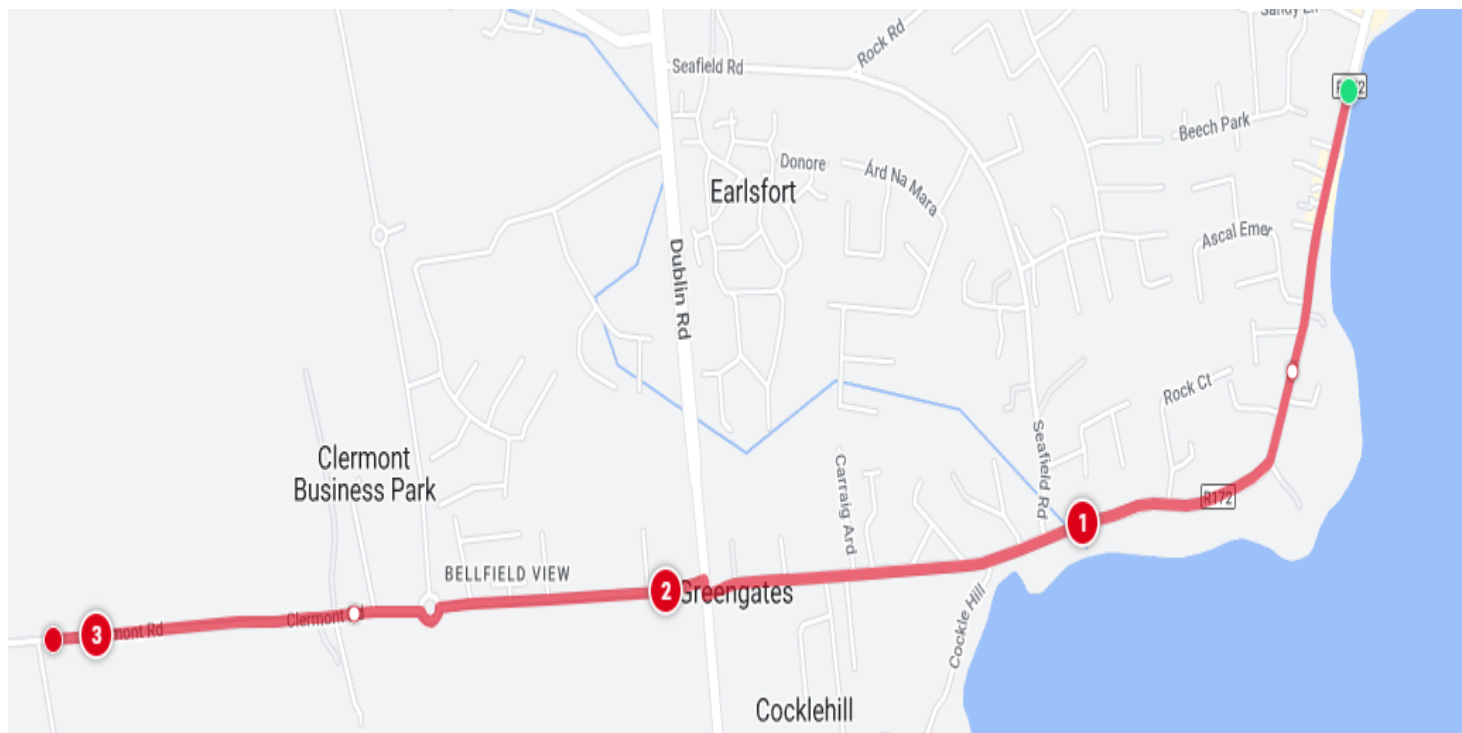


## Stage 5 Elevation





## Stage 5 Last 3km

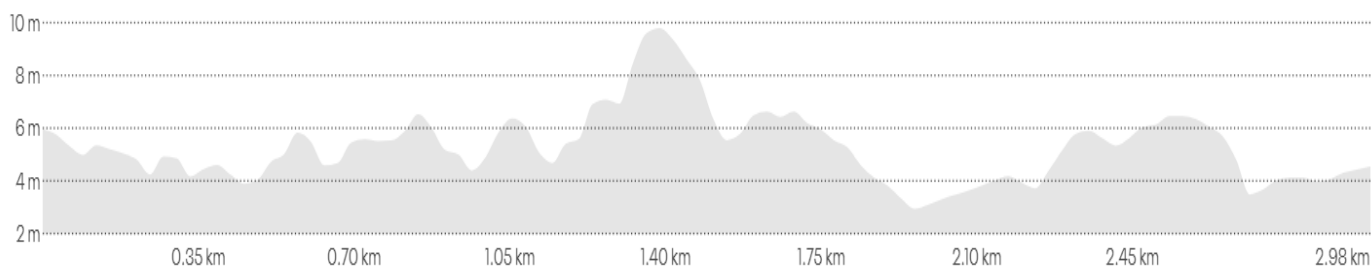


## Stage 5 Last 3km Elevation

### Elevation

Start **6 m** Max **10 m** Gain **20 m**

Click and drag over a section to see approximated elevation data. Exact elevation data is shown when the route is saved.





## Special Race Regulations

### Article 1 Organisation

RÁS TAILTEANN is organized by CAIRDE RÁS TAILTEANN, Donore Road, Donore, Co Meath, under the regulations Cycling Ireland and the International Cycling Union (UCI). It is to be held from 17th to 21st May 2023.

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

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

### Article 2 Type of Event

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

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

### Article 3 Participation

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

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

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

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

### Article 4 Race Headquarters

At the start the Race Headquarters shall be open on Tuesday 16th May from 18:00hrs to 20:30hrs and located at the following address: Ardboyne Hotel, Dublin Rd, Navan, C15 C9YA

Team representatives are requested to confirm their starters and collect their race numbers at the Race Headquarters from 18:00hrs to 20:30hrs on Tuesday 16th May 2023.

The team managers' meeting in the presence of the Members of the Commissaries' Panel, is scheduled for 21:15hrs on Tuesday 16th May at Ardboyne Hotel, Dublin Rd, Navan, C15 C9YA

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

### Article 5 Radio Tour

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

### Article 6 Neutral Technical Support

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

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

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

### Article 7 Bonuses

In accordance with Cycling Ireland Regulation T7 Art 3.1 Hot Spot Sprints and the Stage Finish **for Stage 1 only**.

Bonuses will be awarded for the Hot Spot Sprints on the following scale: 1st to 3rd placing, 3, 2 and 1 seconds respectively.

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

### Article 8 Finishing Time Limits

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

The time limit may be increased, in exceptional circumstances, by the Panel of Commissaries in agreement with the Race Director according to Article 2.6.032.



### Article 9 Classifications

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

#### Individual General Classification

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

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

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

#### Individual Points Classification

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

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

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

#### King of the Mountains Classification

KOM points will be awarded as follows:

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

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

The leader of the King of the Mountains Classification will wear the Cycling Ireland multi-coloured jersey.

#### U23 General Classification

Open to riders born in 2000 / 2001 / 2002 / 2003.

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

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

#### County Individual General Classification

Open to riders entered on Irish County and Provincial Teams with a Cycling Ireland CAT 1, 2 and 3 license.

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

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

The leader of the County Individual General Classification the Bective Stud blue jersey.

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

The priority of Classification Jerseys is as follows

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

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

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

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

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

#### Stage Winners Jersey

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

#### Team General Classification

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

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

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

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



### Article 10 Prizes

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

A grand total of €17,050 will be awarded in prize money at the event.

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

### Article 11 Anti-doping

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

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

### Article 12 Awards Ceremony

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

First 3 riders on the stage

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

The winner of the Stage Jersey

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

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

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

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

### Article 13 Penalties

The Cycling Ireland penalty scale is the only one applicable

### Article 14 Mishap in the final 3km

The organisation elect to respect the provisions of UCI regulation 2.6.027 regarding the management of a mishap in the final 3km rather than as outlined in Cycling Ireland Regulations (mishap in the final 1km).

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

All competitors, including lapped riders, shall finish on the same lap as the winner, due to restrictions imposed by the local authorities.

Riders who are lapped will receive for their GC time their finish time plus a time equivalent to the number of laps lost multiplied by a nominal lap time.

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



## Declaration of Awareness

### I am aware and accept:

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

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

Dated:  
16th May 2023



## PAST WINNERS

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



## PRIZE LIST

Place	Stage x 5	Overall	GC County Rider Award	Points	KOH	U23 GC	Cat 2 GC IRL only	Cat 3 GC IRL only	Int Team	County Team
1	€400	€750	€300	€300	€300	€300	€300	€200	€350	€350
2	€300	€500	€130	€200	€200	€200	€200	€150	€250	€250
3	€200	€400	€110	€100	€100	€100	€100	€100	€200	€200
4	€150	€400	€100							
5	€100	€300	€60							
6	€100	€300	€50		KOH Primes					
7	€50	€200			14 x KOH @€50 each					
8	€50	€200			3 x Hot Spot Primes @€50 each					
9	€50	€200								
10	€50	€200								
11	€40	€100								
12	€40	€100								
<b>TOTAL PRIZE FUND €17,350</b>										



## 2023 Teams

CORK: All human-VeloRevolution		AUSTRIA: ARBO Headstart ON-Fahrrad	
1	Daire Feeley	6	Leo Doyle
2	Mark Dowling	7	Fabian Lung
3	Mitchell McLaughlin	8	Paul hopfgartner
4	Tim Walton	9	Philipp Lang
5	Richard Maes	10	Peter Ochsenhofer
	<b>Manager:</b> Aidan Crowley		<b>Manager:</b> Franz Hopfgartner
UK: Embark Spirit BSS		UK: Cycle Club Isle of Man	
11	Damien Clayton	16	Corrin Leeming
12	Matthew Houlberg	17	Mark Horsthuis
13	George Kimber	18	Ralf Holden
14	William Perrett	19	Jamie Fletcher
15	Dan Gardener	20	Marcus Christie
	<b>Manager:</b> Josh Parkin		<b>Manager:</b> Conor Davies
UK: Cycling Sheffield		UK: Foran CCC	
21	James McKay	26	Dom Jackson
22	George Wood	27	Robin Mould
23	James Hawkins	28	Tobias Dahlhaus
24	James Hartley	29	Thomas Springbett
25	Max Krasinski	30	Andrew Rigg
	<b>Manager:</b> Dave Coulson		<b>Manager:</b> Thomas Quaid
UK: Halesowen A&CC-Mapei		UK: Team PB Performance	
31	Charlie Genner	36	John Buller
32	Patrick Fotheringham	37	Gareth O'Neill
33	Jacob Gilkes	38	George Peden
34	Jacob Tipper	39	Jacques Coates
35	Jonathan Oxley	40	Kieran Riley
	<b>Manager:</b> William Fotheringham		<b>Manager:</b> Paul Bennett





UK: Richardsons Trek DAS		UK: Wheelbase Cabtech Castelli	
41	Jack Crook	46	Tom Martin
42	James Jenkins	47	Jacob Smith
43	Conor McGoldrick	48	Lee Rosie
44	Alex Peters	49	Matthew Fox
45	Matt Lord	50	Thomas James Armstrong
	<b>Manager:</b> Andy Lyons		<b>Manager:</b> Stuart Reid
USA: Good Guys Racing NYC		IRELAND: Team Ireland	
51	Cormac Daly	56	Dillion Corkery
52	William Hacker	57	Aaron Wade
53	Trevor August	58	Patrick O'Loughlin
54	Joshua Lipka	59	Odhran Doogan
55	Cormac McGeough	60	Ewan Warren
	<b>Manager:</b> Tony Daly		<b>Manager:</b> Martyn Irvine
IRELAND: Cycling Ulster		IRELAND: Cycling Leinster	
61	Lindsay Watson	66	Andrew Maguire
62	John Buller	67	Jack Bernard Murphy
63	Jamie Meehan	68	Conn McDunphy
64	Mathew Teggart	69	Cian Keogh
65	Dean Harvey	70	Paul Kennedy
	<b>Manager:</b> Barry Monaghan		<b>Manager:</b> John Wall
IRELAND: Midlands Race Team		CARLOW: Team Dan Morrissey - Primor by Pissei	
71	David Casserly	76	Matteo Cigala
72	Colin Clavin	77	Conor Hennebry
73	Stuart Cox	78	Matthew Devins
74	Shane Quinn	79	Seán Hahessy
75	Graham O'Brien	80	Conal Scully
	<b>Manager:</b> Jim Maguire		<b>Manager:</b> Mark O'Callaghan



<b>CORK: Blarney Cycling Club</b>		<b>CLARE: Burren Cycling Club</b>	
81	Eoin Allen	86	Mark Shannon
82	Mark Pinfield	87	Jarlath Shannon
83	James O'Sullivan	88	Gerard Troy
84	Brendan Cassidy	89	Michael Gammell
85	Mark O'Donovan	90	Sam Moloney
	<b>Manager:</b> Michael Crowley		<b>Manager:</b> Gearoid Howard
<b>DERRY: Foyle CC</b>		<b>DUBLIN: Lucan CRC</b>	
91	Ronan McLaughlin	96	Alan Lyne
92	Sean Óg Harrigan	97	Jack Lyne
93	Conor Dooney	98	James Delaney
94	James Whelan	99	Peter Kirwan
95	Joseph Laverick	100	Ronan Killeen
	<b>Manager:</b> Ronan McLaughlin		<b>Manager:</b> Ronan Killeen
<b>DUBLIN: Spellman Dublin Port Cycling Team</b>		<b>DUBLIN: St Tiernan's Cycling Club</b>	
101	Darragh McCarter	106	John Sheridan
102	Andre Grennell	107	Tiit Talumaa
103	David Montgomery	108	Martin Casey
104	Lee Harvey	109	Matthew Hoare
105	Anders Fynbo	110	Jamie Philips
	<b>Manager:</b> Joe Grennell		<b>Manager:</b> Jason O'Toole
<b>DUBLIN: Pinergy Orwell Wheelers</b>		<b>DUBLIN: UCD Cycling Club</b>	
111	Ronan Grimes	116	Ruairí Byrne
112	Padraic O'Flynn	117	Jason Kenny
113	Cahir O'Higgins	118	Eoin Kelly
114	Eoin Ahern	119	Joel Luke
115	Ronan O'Flynn	120	Liam Crowley
	<b>Manager:</b> Yvonne Doran		<b>Manager:</b> Noel McGlynn
<b>DUBLIN: Velo Club Balrothery</b>		<b>DONEGAL: Four Masters CC</b>	
121	Andrew Butterly	126	Keane Ryan
122	John Holland	127	Conor Halvey
123	Joe Byrne	128	Aaron Quinn
124	Paul Norton	129	Fergus Callaghan
125	Seán Landers	130	Mark Mc Ginley
	<b>Manager:</b> Robert Staunton		<b>Manager:</b> Kevin McClintock



<b>GALWAY: Galway Bay CC</b>		<b>LOUTH: Jons-SCME-Dimplex</b>	
131	Derek Joyce	136	Kevin Leech
132	Ronan Burke	137	Aureliusz Klus
133	Conor Gath	138	Sean Mullen
134	Sean Molloy	139	Eddie Brennan
135	Cillian Murphy	140	Edward Kearney
	<b>Manager:</b> Eoghan McArdle Ruane		<b>Manager:</b> Andrew Watters
<b>LIMERICK: Greenmount Cycling Academy</b>		<b>MAYO: Castlebar UNIT 7</b>	
141	Simon Ryan	146	David Brennan
142	Evaldas Stankevicius	147	Anthony Walsh
143	Daniel Brennan	148	David Walshe
144	Kenneth Kennedy	149	Karl Benson
145	Matt Griffin	150	Ant Hammond
	<b>Manager:</b> Vincent Gleeson		<b>Manager:</b> John Brennan
<b>MEATH: Moynalty Cycling Club</b>		<b>TYRONE: Team Caldwell Cycles Omagh</b>	
151	Luke Smith	156	Darnell Moore
152	James McEneaney	157	Odhran Doogan
153	Shane Smith	158	Mark McClure
154	Fergus Keogh	159	Ewan Warren
155	Andrew Kelly	160	Conor McCann
	<b>Manager:</b> Enda Murray		<b>Manager:</b> Paul Caldwell
<b>WATERFORD: Dungarvan Cycling Club</b>		<b>IRELAND: Spin11 Chainreaction Racing Team</b>	
161	Alan Landers	166	Nathan Kurensky
162	Jack Quealy	167	Padraig O'Sullivan
163	Aidan O'Connell	168	Mannie Kurensky
164	John Hodge	169	Charlie Holt
165	Diarmuid O'Brien	170	Stephen Butler
	<b>Manager:</b> Damian Travers		<b>Manager:</b> Adam Farrelley

