

RÁS NA MBAN

STAGE 1. 62KM
 KILKENNY–BENNETTSBRIDGE–THOMASTOWN–GRAIGUENAMANAGH-
 GORESBRIDGE–GOWRAN–KILKENNY (R712)
<https://ridewithgps.com/routes/14160154>
 Wednesday, September 7th 2016

	TIME
Riders sign-on, Springhill Court Hill Hotel, Kilkenny	14.00-15.45
Riders Assemble, SHC	17:30
Riders roll out from Hotel. Race is neutralised for 2km	17:45
Race start	18:00

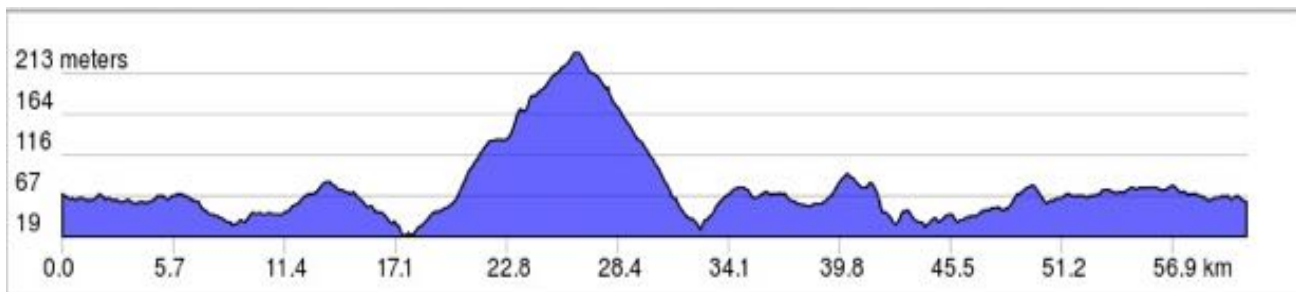
KM		Location / Instruction / Hazard	Estimated time of arrival at kilometres per hour		
			40	36	32
TEAM CARS: Park in cavalcade order in Kilkenny Retail Park (1st exit off 1st Roundabout after leaving hotel)					
0.0		Left at Hotel Exit onto N10	17:45	17:45	17:45
0.1		Roundabout 2nd exit direction Waterford	17:45	17:45	17:45
0.3		Caution Entrance to Garage on LHS	17:45	17:45	17:45
1.1		END Neutralised Section			
0.0	61.3	Racing starts at Rugby Club	18:00	18:00	18:00
0.1	61.2	Junction RHS / Junction LHS	18:00	18:00	18:00
0.3	61.0	Junction LHS	18:00	18:00	18:00
1.9	59.4	Junction RHS / Junction LHS	18:02	18:03	18:03
2.7	58.6	Junction LHS	18:04	18:04	18:05
3.8	57.5	Enter DANESFORT	18:05	18:06	18:07
4.1	57.2	Junction RHS	18:06	18:06	18:07
4.4	56.9	LEFT direction BENNETTSBRIDGE	18:06	18:07	18:08
4.5	56.8	Caution Bends Road Narrows	18:06	18:07	18:08
5.5	55.8	Junction RHS	18:08	18:09	18:10
7.8	53.5	ENTER BENNETTSBRIDGE (Caution steep descent to T Junction)	18:11	18:13	18:14
8.2	53.1	LEFT at T Junction Caution	18:12	18:13	18:15
8.3	53.0	RIGHT at Junction onto R700	18:12	18:13	18:15
8.3	53.0	Caution Humpback Bridge	18:12	18:13	18:15
8.4	52.9	Junction LHS - veering right direction Thomastown on R700	18:12	18:14	18:15
8.8	52.5	Junction LHS	18:13	18:14	18:16
9.2	52.1	Junction RHS	18:13	18:15	18:17
13.2	48.1	Junction LHS	18:19	18:22	18:24
13.5	47.8	Junction RHS	18:20	18:22	18:25
14.0	47.3	Caution Narrow Bridge	18:21	18:23	18:26
15.1	46.2	Junction RHS	18:22	18:25	18:28
16.4	44.9	ENTER THOMASTOWN	18:24	18:27	18:30
16.6	44.7	Minor Roundabout 1st Exit stay on R700 direction New Ross/ Graiguenamanagh	18:24	18:26	18:30
16.8	44.5	Minor Roundabout 2nd Exit stay on R700 direction New Ross	18:25	18:28	18:31
17.2	44.1	Junction LHS, then Junction RHS	18:25	18:28	18:32
17.3	44.0	LEFT at T Junction R700 direction New Ross	18:25	18:28	18:32
17.7	43.6	Entrance to Hospital Colmcille, LHS	18:26	18:29	18:33
17.9	43.4	LEFT at Y Junction direction Graiguenamanagh R703	18:26	18:29	18:33
19.0	42.3	Junction LHS	18:28	18:31	18:35
21.0	40.3	Junction RHS	18:31	18:35	18:39

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22.8	38.5	Junction LHS on sharp right hand bend START QOH CAT 2	18:34	18:38	18:42
24.0	37.3	Junction RHS	18:36	18:40	18:45
26.4	34.9	FINISH QOH CAT 2 at 5 Roads Junction	18:39	18:44	18:49
30.3	31.0	Junction LHS	18:45	18:50	18:56
32.9	28.4	ENTER GRAIGUENAMANAGH	18:49	18:54	19:01
32.8	28.5	Junction LHS	18:49	18:54	19:01
32.8	28.5	Roundabout (Harristown) 1st Exit direction Kilkenny onto R705	18:49	18:54	19:01
36.3	25.0	Junction LHS	18:54	19:00	19:08
36.9	24.4	LEFT direction Kilkenny/Goresbridge/Gowran onto R4204	18:55	19:01	19:09
38.4	22.9	Straight at 4RDS X Minor	18:57	19:04	19:12
41.1	20.2	Junction LHS	19:01	19:08	19:17
41.7	19.6	Junction LHS	19:02	19:09	19:18
44.5	16.8	ENTER GOESBRIDGE	19:06	19:14	19:23
44.7	16.6	LEFT at 4RDS X direction Kilkenny R702	19:07	19:14	19:23
45.0	16.3	Junction RHS	19:07	19:15	19:24
46.0	15.3	Junction LHS	19:09	19:16	19:26
46.2	15.1	Caution Single Lane Bridge (stop traffic on far side)	19:09	19:17	19:26
48.9	12.4	Junction LHS	19:13	19:21	19:31
49.4	11.9	Junction RHS	19:14	19:22	19:32
49.7	11.6	ENTER GOWRAN	19:14	19:22	19:33
50.1	11.2	LEFT at T Junction direction Kilkenny R702	19:15	19:23	19:33
50.7	10.6	Junction LHS	19:16	19:24	19:35
50.9	10.4	RIGHT after Traffic lights, onto R702 direction KILKENNY	19:16	19:24	19:35
51.1	10.2	Minor Roundabout 1st Exit dir Kilkenny R702	19:16	19:25	19:35
51.6	9.7	Junction LHS	19:17	19:26	19:36
51.8	9.5	Junction LHS (10KM TO GO SIGN at WHITE RAILINGS)	19:17	19:26	19:37
52.4	8.9	Junction RHS	19:18	19:27	19:38
53.3	8.0	*Caution* - Train Automated Level Crossing	19:19	19:28	19:39
54.7	6.6	Junction LHS	19:22	19:31	19:42
54.8	6.5	Junction RHS	19:22	19:31	19:42
55.7	5.6	LEFT at Major T Junction onto R712 direction Kilkenny	19:23	19:32	19:44
57.1	4.2	Junction RHS	19:25	19:35	19:47
57.5	3.8	Junction LHS	19:26	19:35	19:47
59.1	2.2	Junction LHS	19:28	19:38	19:50
59.7	1.6	Junction RHS	19:29	19:39	19:51
60.3	1.0	Junction LHS	19:30	19:40	19:53
61.3	0.0	FINISH LINE (before LYRATH HOTEL)	19:31	19:42	19:54

TEAM CARS: Proceed through finish line & take 1st left approx .3m after finish & Lyrath Hotel Entra

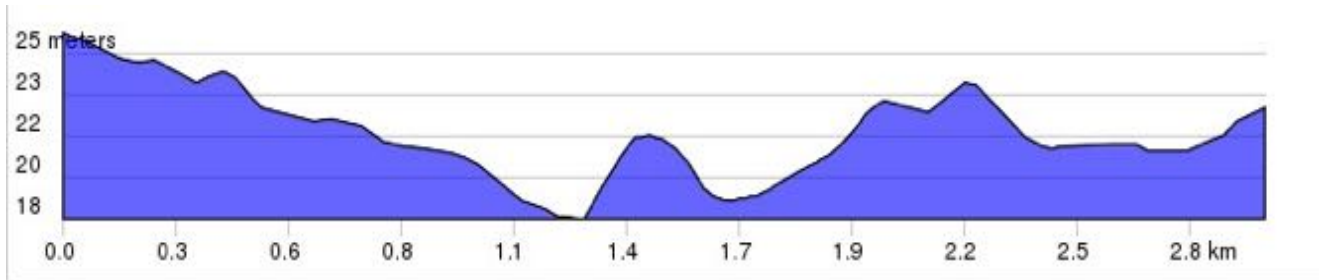
STAGE PROFILE



STAGE MAP



ELEVATION LAST 3KM



MAP LAST 3KM



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STAGE 2. 75KM

CASTLECOMER - BALLYRAGGETT – FIRODA – CASTLECOMER – COOLCULLEN – ROSSMORE – CASTLECOMER

<https://ridewithgps.com/routes/10745923>

Thursday, September 8th 2016

	TIME
Riders sign-on, Discovery Park in Castlecomer	11:00
Riders Assemble, Discovery Park, Castlecomer	11:30
Riders roll out from Discovery Park - neutralised for 2km	11:45
Race start	12:00

KM		Location / Instruction / Hazard	Estimated time of arrival at kilometres per hour		
			40	36	32
TEAM CARS: Park in Castlecomer Discovery Park & line up in cavalcade order					
0.0		RIGHT at exit of Castlecomer Discovery Park	11:45	11:45	11:45
0.5		Left at Major Junction in Town Centre	11:45	11:45	11:45
1.7		END of Neutralised section	11:47	11:47	11:48
0.0	74.2	Racing starts at 100km sign on N78	12:00	12:00	12:00
0.7	73.5	Junction LHS (Garden Centre entrance)	12:01	12:01	12:01
1.6	72.6	Junction RHS	12:02	12:02	12:03
1.8	72.4	Junction LHS	12:02	12:03	12:03
3.2	71.0	Junction LHS	12:04	12:05	12:06
4.2	70.0	Junction LHS	12:06	12:07	12:07
4.9	69.3	Junction LHS	12:07	12:08	12:09
5.7	68.5	Junction LHS	12:08	12:09	12:10
8.3	65.9	Junction LHS	12:12	12:13	12:15
8.8	65.4	Straight at 4 RDS X	12:13	12:14	12:16
9.9	64.3	Junction RHS	12:14	12:16	12:18
10.2	64.0	Junction RHS	12:15	12:17	12:19
11.5	62.7	Roundabout 2nd Exit direction Ballyraggett on N77	12:17	12:19	12:21
13.3	60.9	Junction RHS, then Caution Narrow Humpback Bridge	12:19	12:22	12:24
14.0	60.2	Junction RHS	12:21	12:23	12:26
14.3	59.9	Junction LHS	12:21	12:23	12:26
16.0	58.2	Junction RHS	12:24	12:26	12:30
17.2	57.0	Straight at Staggered 4RDS X	12:25	12:28	12:32
17.7	56.5	Junction RHS	12:26	12:29	12:33
18.2	56.0	Junction LHS	12:27	12:30	12:34
19.0	55.2	Junction RHS	12:28	12:31	12:35
19.4	54.8	Junction RHS	12:29	12:32	12:36
20.9	53.3	Junction LHS	12:31	12:34	12:39
21.8	52.4	ENTER BALLYRAGGETT	12:32	12:36	12:40
22.6	51.6	RIGHT at Y Junction direction Castlecomer R694	12:33	12:37	12:42
22.8	51.4	Junction LHS	12:34	12:38	12:42
23.8	50.4	Junction RHS	12:35	12:39	12:44
26.3	47.9	Junction RHS	12:39	12:43	12:49
26.4	47.8	Straight at 4RDS X	12:39	12:44	12:49
27.5	46.7	Juntion LHS QOH START CAT 2(Green Fence)	12:41	12:45	12:51
28.2	46.0	Junction RHS (on bend)	12:42	12:47	12:52
29.2	45.0	FINISH QOH CAT 2at 5-bar Gate on LHS	12:43	12:48	12:54
30.0	44.2	Junction LHS	12:45	12:50	12:56
30.3	43.9	Junction LHS	12:45	12:50	12:56
33.2	41.0	ENTER CASTLECOMER	12:49	12:55	13:02

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33.4	40.8	LEFT at 5 RDS on N77	12:50	12:55	13:02
33.7	40.5	Straight at 4RDS X Major Junction through town centre	12:50	12:56	13:03
34.0	40.2	Caution Narrow Bridge	12:51	12:56	13:03
34.2	40.0	Caution Entrance to Discovery Park	12:51	12:57	13:04
34.4	39.8	RIGHT onto L1840 direction Bagnelstown CAUTION	12:51	12:57	13:04
34.5	39.7	Junction LHS	12:51	12:57	13:04
37.1	37.1	Straight at 4RDS X	12:55	13:01	13:09
39.6	34.6	Junction LHS	12:59	13:06	13:14
41.2	33.0	Straight at 4RDS X	13:01	13:08	13:17
43.8	30.4	LEFT at 4RDS X (Larkin's Bar) direction Old Leighlin (Kane's Bridge)	13:05	13:13	13:22
45.6	28.6	Junction LHS	13:08	13:16	13:25
47.3	26.9	Straight at 4RDS X	13:10	13:18	13:28
48.2	26.0	LEFT at T JUNCTION direction Castlecomer/Coon	13:12	13:20	13:30
48.8	25.4	Junction RHS	13:13	13:21	13:31
49.5	24.7	RIGHT at staggered 4RDS X direction Bilboa	13:14	13:22	13:32
51.6	22.6	Junction LHS	13:17	13:26	13:36
53.4	20.8	ENTER BILBOA QOH START CAT 2	13:20	13:29	13:40
53.8	20.4	Straight at 4RDS X	13:20	13:29	13:40
57.8	16.4	QOH FINISH CAT 2 at Aerial Masts RHS	13:26	13:36	13:48
56.8	17.4	LEFT at T Junction (Killeshin Text alert area)	13:25	13:34	13:46
57.3	16.9	Junction RHS (grotto)	13:25	13:35	13:47
59.3	14.9	Straight at 4RDS X	13:28	13:38	13:51
61.7	12.5	Junction RHS	13:32	13:42	13:55
63.0	11.2	LEFT at Major T Junction direction Castlecomer R431	13:34	13:45	13:58
63.7	10.5	Junction LHS	13:35	13:46	13:59
67.0	7.2	Junction LHS	13:40	13:51	14:05
67.2	7.0	LEFT at Major T Junction direction Castlecomer/Crettyard N78	13:40	13:52	14:06
67.3	6.9	Junction RHS	13:40	13:52	14:06
67.8	6.4	Junction LHS	13:41	13:53	14:07
68.8	5.4	Straight at 4RDS X	13:43	13:54	14:09
69.6	4.6	Junction RHS (5KM to go sign)	13:44	13:56	14:10
70.6	3.6	Junction RHS	13:45	13:57	14:12
71.5	2.7	Straight at 4RDS X	13:47	13:59	14:14
72.6	1.6	Junction RHS	13:48	14:01	14:16
73.5	0.7	ENTER CASTLECOMER	13:50	14:02	14:17
73.8	0.4	Junction LHS / Discovery Park RHS	13:50	14:03	14:18
74.0	0.2	Caution Narrow Bridge	13:51	14:03	14:18
74.2	0.0	FINISH after WANDESFORDE SCHOOL (LHS)	13:51	14:03	14:19

TEAM CARS: To be diverted into Castlecomer Discovery Park

STAGE PROFILE



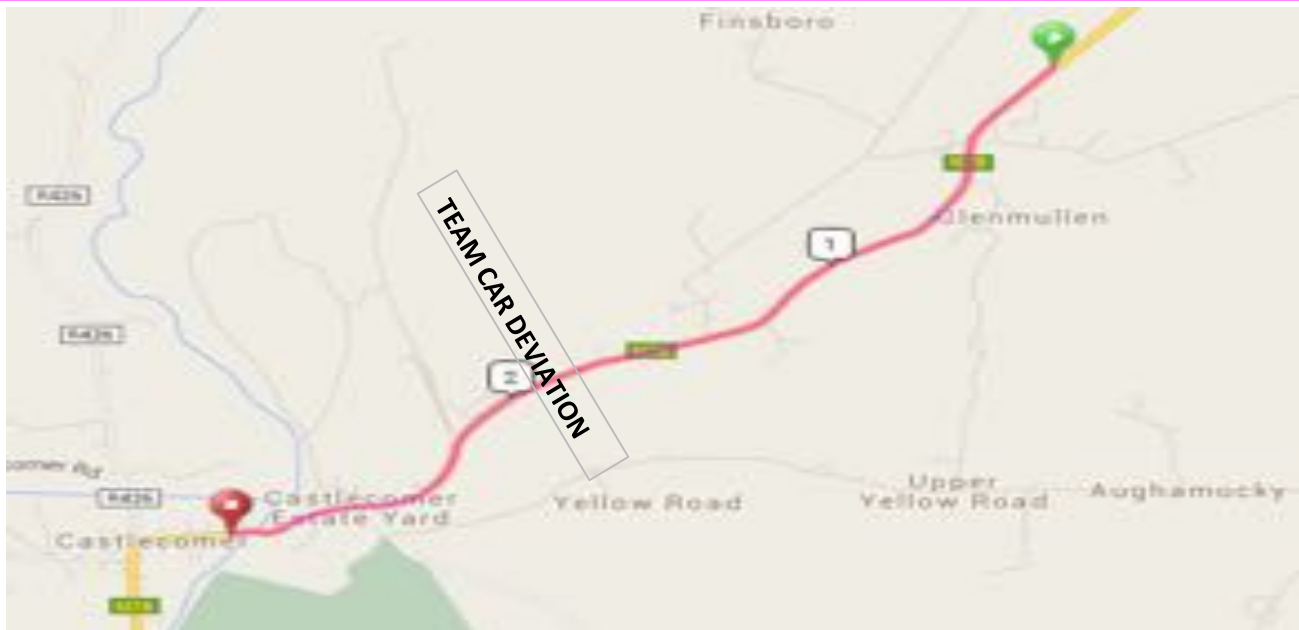
STAGE MAP



ELEVATION LAST 3KM



MAP LAST 3KM



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STAGE 3. 110KM

KILKENNY - PAULSTOWN - LEIGHLINBRIDGE - MHUINE BEAG - BORRIS - BALLYMURPHY- KILTEALY-
BUNCLOUDY - KILDAVIN- BALLON - MOUNT LEINSTER (NINE STONES)

<https://ridewithgps.com/routes/14365451>

Friday, September 9th 2016

			TIME		
Riders sign-on Springhill Court Hotel			11:00		
Riders Assemble Springhill Court Hotel			11:30		
Riders roll out from Springhill Court Hotel - neutralised for 3.5km			11:45		
Race start			12:00		
KM		Location / Instruction	Estimated time of arrival at kilometres per hour		
			40	36	32
TEAM CARS: Park on hard shoulder opposite SHC & line up in cavalcade order					
0.0		Depart Hotel Right	11:45	11:45	11:45
0.4		Roundabout 3rd Exit dir Dublin	11:45	11:45	11:45
1.4		Roundabout 2nd Exit	11:47	11:47	11:47
2.2		Roundabout 2nd Exit	11:48	11:48	11:49
3.1		Roundabout 3rd Exit dir Paulstown/Gowran (Old Dub Rd)	11:49	11:50	11:50
3.4		Junction RHS	11:50	11:50	11:51
4.2		Roundabout 2nd Exit	11:51	11:52	11:52
4.3		End of Neutralised Section	11:51	11:52	11:53
Racing					
0.0		Racing starts on R712 at Blue Bike Lane Sign on LHS	12:00	12:00	12:00
0.4		Junction RHS; Lyrath Hotel LHS	12:00	12:00	12:00
1.5		Junction RHS	12:02	12:02	12:02
2.2		Junction LHS	12:03	12:03	12:04
2.8		Junction RHS	12:04	12:04	12:05
4.4		Junction RHS	12:06	12:07	12:08
4.7		Junction LHS	12:07	12:07	12:08
6.2		Major Junction RHS	12:09	12:10	12:11
8.5		Junction LHS	12:12	12:14	12:15
8.8		Junction RHS - opp. Paddy's Country Pub	12:13	12:14	12:16
8.9		Junction LHS	12:13	12:14	12:16
10.9		Junction RHS	12:16	12:18	12:20
11.3		Junction LHS	12:16	12:18	12:21
12.2		Junction LHS	12:18	12:20	12:22
12.3		Junction RHS	12:18	12:20	12:23
12.4		Junction LHS	12:18	12:20	12:23
12.8		CAUTION - under Railway Bridge; then Junction LHS	12:19	12:21	12:24
14.0		Roundabout - 2nd Exit dir Leighlinbridge/Bagenalstown	12:21	12:23	12:26
14.2		Enter PAULSTOWN - R448	12:21	12:23	12:26
14.4		CAUTION - Traffic island	12:21	12:24	12:27
14.5		Junction RHS, then Junction LHS	12:21	12:24	12:27
15.0		CAUTION - Traffic islands	12:22	12:25	12:28
15.1		Junction RHS - CAUTION - Traffic islands, road narrows	12:22	12:25	12:28
15.8		Junction LHS	12:23	12:26	12:29
16.9		Junction RHS	12:25	12:28	12:31
17.6		Junction RHS	12:26	12:29	12:33
17.7		Junction LHS	12:26	12:29	12:33
18.5		Junction LHS	12:27	12:30	12:34
18.6		Junction RHS	12:27	12:31	12:34
19.4		Junction RHS	12:29	12:32	12:36
20.2		Junction LHS	12:30	12:33	12:37

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21.6	Junction RHS	12:32	12:36	12:40
22.4	RIGHT onto L3037 dir. Leighlinbridge	12:33	12:37	12:42
22.5	Enter LEIGHLINBRIDGE	12:33	12:37	12:42
22.7	Junction LHS	12:34	12:37	12:42
22.9	Junction RHS	12:34	12:38	12:42
23.0	CAUTION staggered 4RDS X, then narrow bridge	12:34	12:38	12:43
23.2	RIGHT onto R705 dir Bagnelstown Junction LHS	12:34	12:38	12:43
23.4	2 x minor junctions LHS - CAUTION - Ramps	12:35	12:39	12:43
24.1	Junction LHS	12:36	12:40	12:45
26.1	Junction LHS - concealed	12:39	12:43	12:48
27.1	2 x minor junctions LHS	12:40	12:45	12:50
27.3	Enter BAGNELSTOWN	12:40	12:45	12:51
27.5	3 x minor junctions LHS	12:41	12:45	12:51
27.6	LEFT turn onto High Street	12:41	12:46	12:51
27.7	Straight at 4RDS X on Church Road	12:41	12:46	12:51
27.8	Straight at 4RDS X on Church Road	12:41	12:46	12:52
27.9	LEFT at Major T Junction dir. New Ross, Bunclody	12:41	12:46	12:52
28.1	Roundabout - 3rd Exit , R705 dir. Borris	12:42	12:46	12:52
28.4	CAUTION - Narrow Bridge	12:42	12:47	12:53
28.9	Junction LHS	12:43	12:48	12:54
29.5	Junction LHS	12:44	12:49	12:55
32.1	CAUTION - Junction RHS on bridge	12:48	12:53	13:00
34.1	Straight at minor 4RDS X	12:51	12:56	13:03
35.5	Junction LHS	12:53	12:59	13:06
36.2	Junction LHS	12:54	13:00	13:07
36.4	Junction RHS	12:54	13:00	13:08
37.2	Junction LHS	12:55	13:02	13:09
39.8	Enter BORRIS	12:59	13:06	13:14
40.1	LEFT at Major T Junction onto R702 dir. Enniscorthy, Borris CAUTION - Ramps	13:00	13:06	13:15
40.8	Junction LHS	13:01	13:08	13:16
41.1	Junction LHS	13:01	13:08	13:17
41.6	Junction LHS	13:02	13:09	13:18
42.2	Junction LHS	13:03	13:10	13:19
42.4	LEFT at junction dir. Enniscorthy, Ballymurphy, R702	13:03	13:10	13:19
42.5	Junction LHS	13:03	13:10	13:19
44.9	Junction RHS	13:07	13:14	13:24
46.0	CAUTION - Sharp bend; 2 x minor junctions LHS	13:09	13:16	13:26
46.8	Enter BALLYMURPHY ; Junction RHS	13:10	13:18	13:27
47.0	Junction RHS	13:10	13:18	13:28
47.2	CAUTION - Sharp bend on R702; Junction RHS	13:10	13:18	13:28
48.9	Junction LHS	13:13	13:21	13:31
52.1	Junction LHS	13:18	13:26	13:37
52.5	Straight at minor 4RDS X	13:18	13:27	13:38
53.7	Junction LHS	13:20	13:29	13:40
55.5	Junction RHS	13:23	13:32	13:44
56.5	Enter KILTEALY and LEFT at Major T Junction directionEnniscorth	13:24	13:34	13:45
57.4	Junction LHS	13:26	13:35	13:47
58.6	Sharp LEFT at 4 RDS X onto R746 dir. Bunclody	13:27	13:37	13:49
60.2	Straight at 4RDS X	13:30	13:40	13:52
61.1	Straight at staggered minor 4RDS X	13:31	13:41	13:54
61.3	Junction LHS	13:31	13:42	13:54
62.2	Straight at staggered minor 4RDS X	13:33	13:43	13:56
64.5	Straight at 4RDS X	13:36	13:47	14:00
65.9	Junction LHS	13:38	13:49	14:03
66.0	Junction RHS	13:39	13:50	14:03

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67.9	Enter BUNCLODY	13:41	13:53	14:07
68.8	Junction LHS	13:43	13:54	14:09
69.3	Junction LHS CAUTION Ramps	13:43	13:55	14:09
69.6	Roundabout - 1st Exit dir. Carlow, N80 Caution through town	13:44	13:56	14:10
69.8	Junction LHS	13:44	13:56	14:10
70.0	Straight at 4RDS X	13:45	13:56	14:11
70.1	Straight at 4RDS X - CAUTION - Traffic islands	13:45	13:56	14:11
71.6	Junction LHS	13:47	13:59	14:14
73.5	Junction LHS	13:50	14:02	14:17
73.7	Junction RHS	13:50	14:02	14:18
73.9	Junction LHS	13:50	14:03	14:18
74.3	Junction LHS	13:51	14:03	14:19
74.6	Straight at 4RDS X	13:51	14:04	14:19
75.2	Junction RHS x 2	13:52	14:05	14:21
76.2	Junction RHS, then Junction LHS	13:54	14:07	14:22
76.9	Junction RHS	13:55	14:08	14:24
77.8	Straight at staggered 4RDS X	13:56	14:09	14:25
78.4	Junction RHS	13:57	14:10	14:27
79.7	Straight at 4RDS X	13:59	14:12	14:29
81.8	Straight on N80 at 4RDS X, Major Junction RHS with N81	14:02	14:16	14:33
83.0	Enter BALLON	14:04	14:18	14:35
83.4	Roundabout - 2nd Exit , N80	14:05	14:19	14:36
83.6	Junction LHS; CAUTION - traffic islands	14:05	14:19	14:36
83.7	Junction LHS	14:05	14:19	14:36
84.0	Junction RHS; CAUTION - traffic islands	14:06	14:20	14:37
84.3	Junction LHS	14:06	14:20	14:38
85.0	Junction RHS	14:07	14:21	14:39
87.2	Junction LHS	14:10	14:25	14:43
87.5	Junction RHS	14:11	14:25	14:44
88.4	Straight at minor 4RDS X	14:12	14:27	14:45
89.0	Junction LHS ("Got Waste?")	14:13	14:28	14:46
89.8	LEFT at junction onto L3049, dir. Fenagh	14:14	14:29	14:48
92.4	Junction RHS	14:18	14:34	14:53
94.2	Junction RHS	14:21	14:37	14:56
94.5	Enter FENAGH ; Junction LHS	14:21	14:37	14:57
95.0	Roundabout - 1st Exit dir. Kildavin, Myshall, R724	14:22	14:38	14:58
97.7	Straight at 4RDS X	14:26	14:42	15:03
98.9	Junction LHS	14:28	14:44	15:05
99.3	Junction RHS	14:28	14:45	15:06
100.6	Enter MYSHALL	14:30	14:47	15:08
101.0	RIGHT at T Junction dir. Borris, then IMMEDIATE RIGHT dir. Borris / Mt Leinster, L3003	14:31	14:48	15:09
102.0	LEFT at junction - FIRST LEFT after Myshall, double field gates on RHS	14:33	14:50	15:11
102.6	Junction LHS	14:33	14:51	15:12
104.0	LEFT at T Junction, dir. Bunclody, 9 Stones Transmitter	14:36	14:53	15:15
104.3	LEFT at Y Junction	14:36	14:53	15:15
104.4	Corrabut Gap QOH START CAT 1 (after left turn)	14:36	14:54	15:15
105.9	Corrabut Gap QOH FINISH CAT 1 at Lay-by on RHS	14:38	14:56	15:18
106.2	Sharp RIGHT at Junction dir. South Leinster Way	14:39	14:57	15:19
106.7	CAUTION - Cattle Grid	14:40	14:57	15:20
107.5	Nine Stones QOH START CAT 1 (at small Lay-by on LHS)	14:41	14:59	15:21
109.5	TEAM CAR DEVIATION into car park, as directed	14:44	15:02	15:25
109.6	Nine Stones QOH FINISH CAT 1 at Finish Line	14:44	15:02	15:25

MAP LAST 3KM



STAGE 4. INDIVIDUAL TIME TRIAL 11KM
 WATERFORD ROAD N10 <https://ridewithgps.com/routes/13641317>
 Saturday, September 10th 2016

TIME

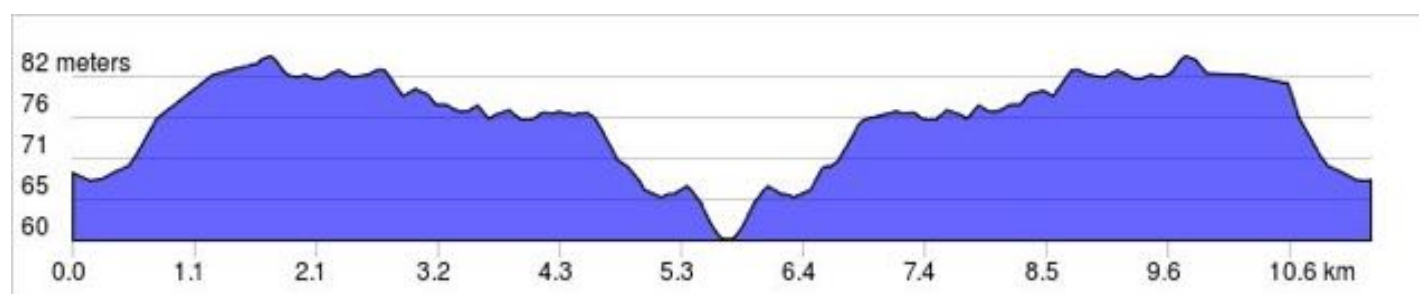
Start in reverse rider GC order

Riders off at one minute intervals

First rider starts 10:00

Neutral Service is available at ???

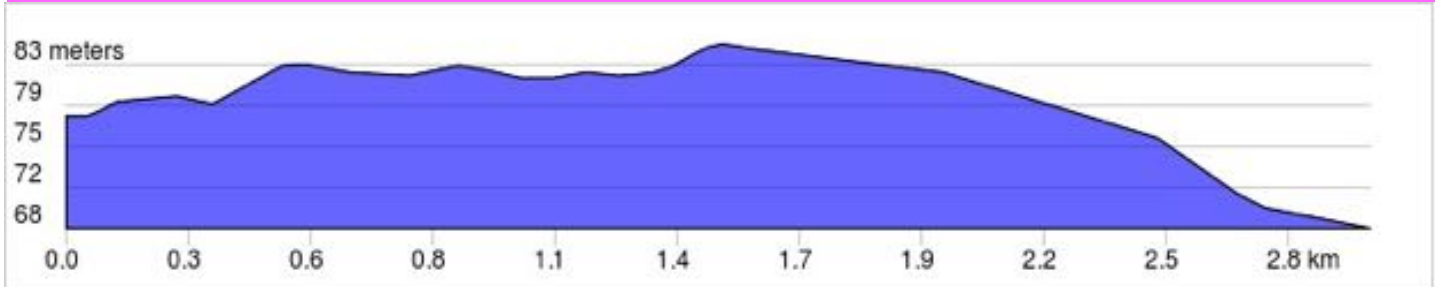
KM	Location / Instruction	Estimated time of arrival at kph		
		42	40	38
TEAM CARS: Park in Rugby Club - not permitted to follow riders but may supply static service				
0.0	TT START OPPOSITE RUGBY CLUB Entrance	10:00	10:00	10:00
0.4	Junction RHS	10:00	10:00	10:00
0.5	Junction RHS	10:00	10:00	10:00
0.7	Junction LHS	10:00	10:00	10:01
2.3	Straight at staggered 4RDS X	10:03	10:03	10:03
3.1	Junction LHS	10:04	10:04	10:04
4.2	Enter DANESFORT	10:06	10:06	10:06
4.5	Junction RHS	10:06	10:06	10:07
4.8	Junction LHS	10:06	10:07	10:07
5.2	Junction LHS	10:07	10:07	10:08
5.7	Roundabout 3rd EXIT (U-TURN)	10:08	10:08	10:09
6.3	Junction RHS ENTER DANESFORT	10:09	10:09	10:09
6.6	Junction RHS	10:09	10:09	10:10
6.9	Junction LHS	10:09	10:10	10:10
8.4	Junction RHS	10:12	10:12	10:13
9.2	Straight at staggered 4RDS X	10:13	10:13	10:14
10.0	Junction RHS	10:14	10:15	10:15
10.9	Junction RHS	10:15	10:16	10:17
11.0	Junction LHS	10:15	10:16	10:17
11.3	FINISH at Graveyard on LHS	10:16	10:16	10:17

STAGE PROFILE

STAGE MAP



ELEVATION LAST 3KM



MAP LAST 3KM



RÁS NA MBAN

STAGE 5. KILKENNY CRITERIUM / Race Length: 45mins & 3laps

<https://ridewithgps.com/routes/10606367>

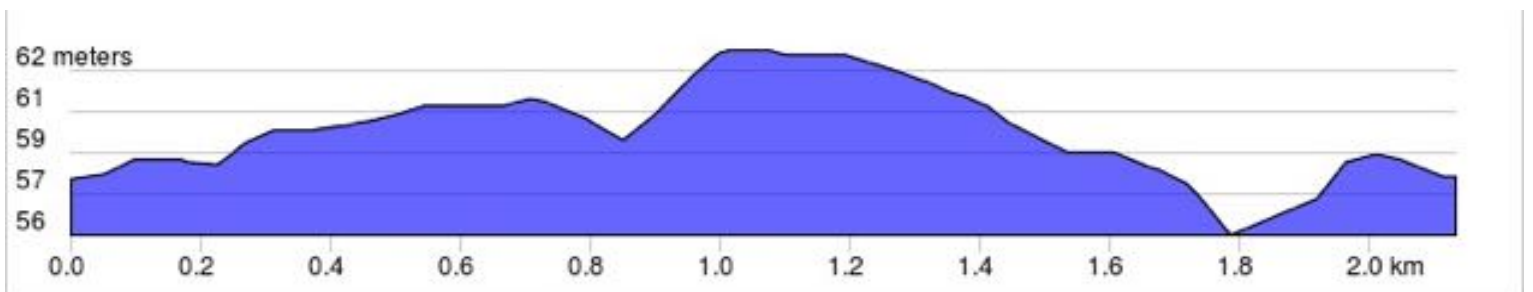
Saturday, September 10th 2016

	TIME
Racing for 45 mins & 3 Laps	18:30
Sign on at James Stephen's GAA Club	16:00-17:00
Riders must stay off the circuit until access time of	18:15
2 x neutralised laps	18:15

TEAM CARS: Not permitted to follow riders but may supply static service

KM	Location / Instruction	Estimated time of arrival at kilometres		
		40	36	32
0.0	Racing Starts at Kilkenny Castle on LHS	18:30	18:30	18:30
0.1	Junction RHS	18:30	18:30	18:30
0.3	Junction RHS	18:30	18:30	18:30
0.4	Junction RHS X2	18:30	18:30	18:30
0.4	RIGHT at Junction, onto Nuncio Road	18:30	18:30	18:30
0.4	Junction LHS	18:30	18:30	18:30
0.6	Junction LHS	18:30	18:30	18:31
0.6	Junction LHS	18:30	18:31	18:31
0.6	Junction LHS	18:30	18:31	18:31
0.6	Junction RHS	18:30	18:31	18:31
0.9	Junction LHS	18:31	18:31	18:31
1.0	Junction LHS	18:31	18:31	18:31
1.0	RIGHT at Junction CAUTION road narrows	18:31	18:31	18:31
1.3	Junction LHS	18:31	18:32	18:32
1.3	Junction RHS	18:31	18:32	18:32
1.4	Junction LHS	18:32	18:32	18:32
1.5	Junction LHS	18:32	18:32	18:32
1.5	Junction RHS	18:32	18:32	18:32
1.6	Junction RHS	18:32	18:32	18:33
1.6	Junction LHS	18:32	18:32	18:33
1.8	Junction RHS	18:32	18:33	18:33
1.8	Junction LHS	18:32	18:33	18:33
2.0	RIGHT at Major Junction at The Parade	18:33	18:33	18:33
2.1	FINISH LINE AT KILKENNY CASTLE	18:33	18:33	18:33

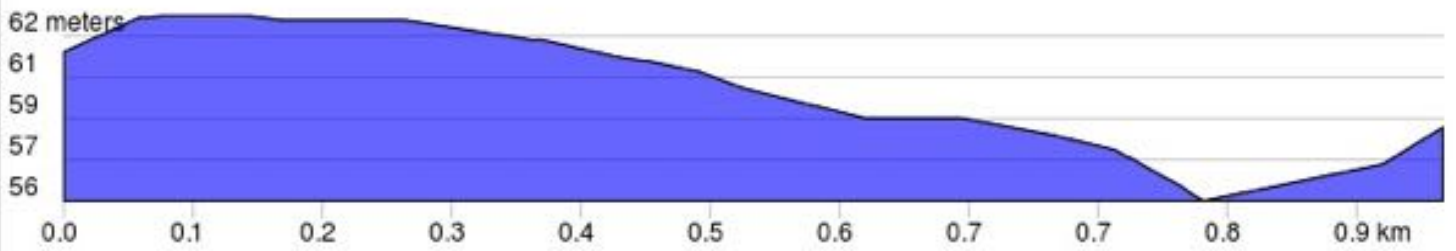
STAGE PROFILE



STAGE MAP



ELEVATION LAST 3KM



MAP LAST 1KM



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STAGE 6. 85KM
 KILKENNY – KELLS – DUNAMAGGIN – KNOCKTOPHER – THOMASTOWN – INISTIOGE – WOODSTOCK –
 THOMASTOWN – DUNGARVAN - GOWRAN - BENNETTSBRIDGE - KILKENNY

<https://ridewithgps.com/routes/12207748>

Sunday, September 11th 2016

	TIME
Riders sign-on Springhill Court Hotel	10:00
Riders Assemble Springhill Court Hotel	11:00
Riders roll out from Springhill Court Hotel - neutralised for 1km	11:20
Race start	11:30

TEAM CARS: Park on ring road in cavalcade order

KM	KM to FIN	Location / Instruction	Estimated time of arrival at kilometres per hour		
			40	36	32
0.0		Right at Hotel Exit	11:20	11:20	11:20
0.4		LEFT at Roundabout 1st exit	11:20	11:20	11:20
0.9		LEFT at Roundabout 1st exit	11:21	11:21	11:21
0.0	82.0	Racing starts at white directional sign - Kells/Dunamagin R697	11:30	11:30	11:30
2.1	79.9	Straight at 4 RDS X	11:33	11:33	11:33
3.5	78.5	Junction RHS	11:35	11:35	11:36
4.4	77.6	Straight at staggered 4 RDS X	11:36	11:37	11:38
6.5	75.5	Straight at 4 RDS X	11:39	11:40	11:42
7.6	74.4	Junction RHS	11:41	11:42	11:44
7.9	74.1	Junction LHS	11:41	11:43	11:44
8.2	73.8	Junction RHS Caution Bridge	11:42	11:43	11:45
9.8	72.2	Junction LHS	11:44	11:46	11:48
10.8	71.2	Enter KELLS	11:46	11:48	11:50
11.1	70.9	Junction RHS	11:46	11:48	11:50
11.2	70.8	Junction LHS	11:46	11:48	11:51
11.2	70.8	Caution Narrow Bridge	11:46	11:48	11:51
11.6	70.4	Straight at staggered 4 RDS X in town of Kells direction Kilmaganny	11:47	11:49	11:51
12.7	69.3	Junction LHS	11:49	11:51	11:53
12.9	69.1	Junction RHS	11:49	11:51	11:54
16.0	66.0	Junction RHS	11:54	11:56	12:00
17.3	64.7	LEFT at Major Staggered 4 RDS X direction Knocktopher onto R699	11:55	11:58	12:02
17.9	64.1	Enter DUNMAGGIN	11:56	11:59	12:03
18.8	63.2	JunctIon LHS (stay on Road to Knocktopher R699)	11:58	12:01	12:05
21.1	60.9	Junction RHS	12:01	12:05	12:09
21.7	60.3	Junction RHS	12:02	12:06	12:10
22.2	59.8	Straight at 4 RDS X	12:03	12:07	12:11
23.1	58.9	LEFT at Major T Junction staying on R699 direction Thomastown	12:04	12:08	12:13
23.9	58.1	Roundabout 2nd Exit Thomastown M9	12:05	12:09	12:14
24.1	57.9	Roundabout 2nd Exit Thomastown M9	12:06	12:10	12:15
25.4	56.6	Enter KNOCKTOPHER	12:08	12:12	12:17
25.7	56.3	Minor Roundabout 2nd Exit	12:08	12:12	12:18
25.8	56.2	Minor Roundabout 1st Exit direction Thomastown on R699	12:08	12:13	12:18
27.0	55.0	LEFT at 4 RDS X direction Thomastown onto R448	12:10	12:15	12:20
30.5	51.5	Straight at Staggered 4rds X	12:15	12:20	12:27
33.0	49.0	Enter THOMASTOWN	12:19	12:25	12:31
33.2	48.8	Junction RHS	12:19	12:25	12:32
33.4	48.6	Caution Bridge	12:20	12:25	12:32
33.5	48.5	LEFT at junction (one way system)	12:20	12:25	12:32
33.6	48.4	RIGHT at T Junction	12:20	12:26	12:33
33.7	48.3	Junction LHS	12:20	12:26	12:33

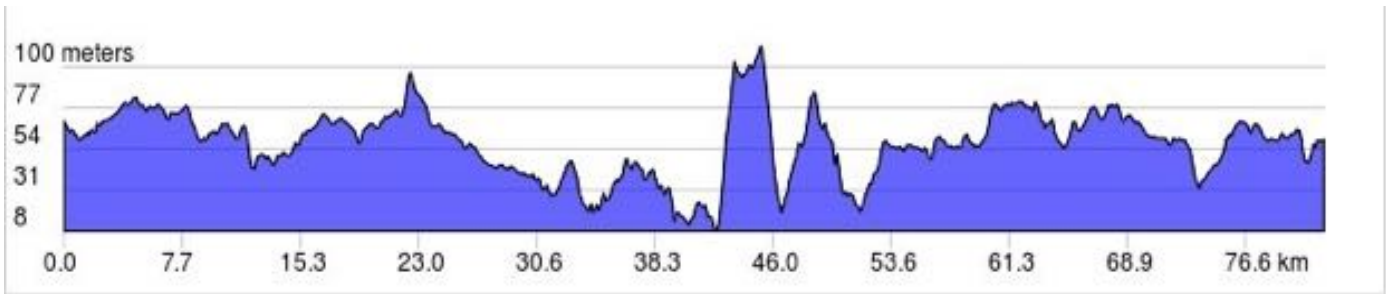
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33.7	48.3	RIGHT at T Junction	12:20	12:26	12:33
33.8	48.2	LEFT at T Junction on to R700 direction Inistioge	12:20	12:26	12:33
34.2	47.8	Junction LHS	12:21	12:27	12:34
34.4	47.6	Junction LHS	12:21	12:27	12:34
35.3	46.7	Junction LHS	12:22	12:28	12:36
38.7	43.3	Junction LHS	12:27	12:34	12:42
39.0	43.0	Caution Narrow Bridge	12:28	12:35	12:43
39.3	42.7	Junction RHS	12:28	12:35	12:43
41.6	40.4	ENTER INISTIOGE	12:32	12:39	12:48
42.1	39.9	RIGHT in the Square direction WOODSTOCK - QOH START CAT 1	12:33	12:40	12:48
42.7	39.3	LHS Gates of Woodstock House	12:34	12:41	12:50
43.2	38.8	FINISH QOH CAT 1 & RIGHT dir Thomastown	12:34	12:42	12:51
43.8	38.2	RIGHT direction Thomastown	12:35	12:43	12:52
45.5	36.5	Junction RHS	12:38	12:45	12:55
45.8	36.2	Straight at 4 RDS X (Ballyduff) CAUTION	12:38	12:46	12:55
46.3	35.7	Caution Narrow Bridge	12:39	12:47	12:56
48.2	33.8	Junction LHS	12:42	12:50	13:00
48.8	33.2	Junction RHS	12:43	12:51	13:01
50.6	31.4	ENTER THOMASTOWN Junction LHS (minor)	12:45	12:54	13:04
51.1	30.9	RIGHT at Major T Junction direction Thomastown	12:46	12:55	13:05
51.3	30.7	Caution Bridge	12:46	12:55	13:06
51.5	30.5	LEFT at junction (one way system)	12:47	12:55	13:06
51.6	30.4	RIGHT at T Junction	12:47	12:56	13:06
51.6	30.4	LEFT at T Junction, direction. R700	12:47	12:56	13:06
52.1	29.9	Roundabout 3rd Exit	12:48	12:56	13:07
52.3	29.7	Roundabout 1st Exit direction GOWRAN onto R448	12:48	12:57	13:08
53.5	28.5	Junction RHS	12:50	12:59	13:10
54.3	27.7	Junction RHS	12:51	13:00	13:11
55.5	26.5	Junction RHS	12:53	13:02	13:14
55.6	26.4	Junction LHS	12:53	13:02	13:14
56.1	25.9	Junction LHS	12:54	13:03	13:15
58.6	23.4	Junction RHS	12:57	13:07	13:19
59.3	22.7	ENTER DUNGARVIN	12:58	13:08	13:21
59.8	22.2	Junction RHS stay on R448	12:59	13:09	13:22
60.2	21.8	Junction LHS	13:00	13:10	13:22
61.7	20.3	Junction LHS	13:02	13:12	13:25
62.8	19.2	Junction RHS	13:04	13:14	13:27
64.0	18.0	ENTER GOWRAN	13:06	13:16	13:30
64.2	17.8	Junction RHS	13:06	13:17	13:30
64.8	17.2	LEFT direction BENNETTSBRIDGE CAUTION, Sharp Turn	13:07	13:18	13:31
68.5	13.5	Straightat 4RDS X minor	13:12	13:24	13:38
70.2	11.8	Junction RHS	13:15	13:27	13:41
71.5	10.5	Junction LHS	13:17	13:29	13:44
73.3	8.7	ENTER BENNETTSBRIDGE Junction LHS	13:19	13:32	13:47
73.6	8.4	Caution Ramps	13:20	13:32	13:48
73.7	8.3	Junction RHS - after Church	13:20	13:32	13:48
73.8	8.2	RIGHT at T Junction direction Kilkenny R700 Caution Humpback Br	13:20	13:33	13:48
74.0	8.0	Junction LHS	13:21	13:33	13:48
75.1	6.9	Junction LHS	13:22	13:35	13:50
80.5	1.5	Major Roundabout 2nd Exit "BENNETTSBRIDGE" dir City Centre	13:30	13:44	14:00
80.9	1.1	Junction LHS	13:31	13:44	14:01
81.0	1.0	Traffic Islands	13:31	13:45	14:01
81.2	0.8	Junction LHS	13:31	13:45	14:02
81.6	0.4	Junction LHS Race Traffic / Team car deviation onto Nuncio Road & 2x Junctions LHS	13:32	13:46	14:03

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81.7	0.3	Junction LHS	13:32	13:46	14:03
81.8	0.2	Junction LHS	13:32	13:46	14:03
82.0	0.0	FINISH at 'Road Train' parking bay before pedestrian lights	13:33	13:46	14:03

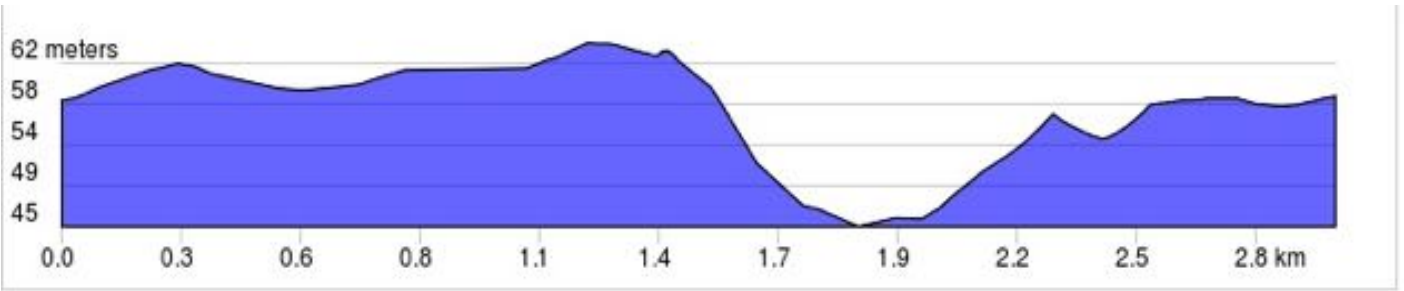
STAGE PROFILE



ROUTE MAP



ELEVATION LAST 3KM



MAP LAST 3KM

