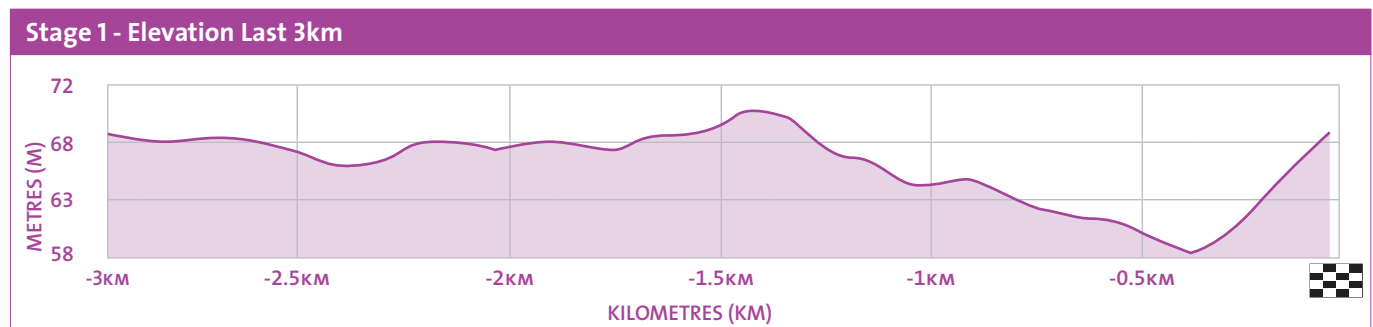
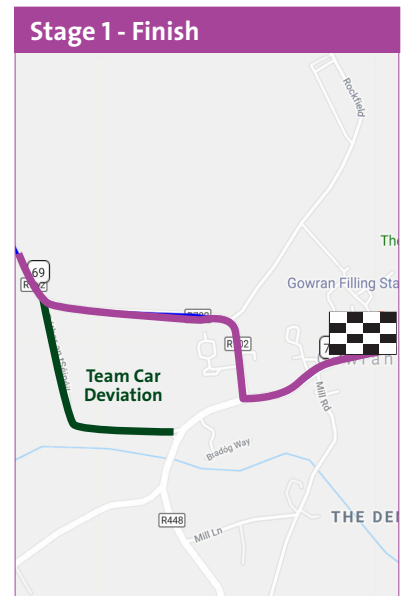
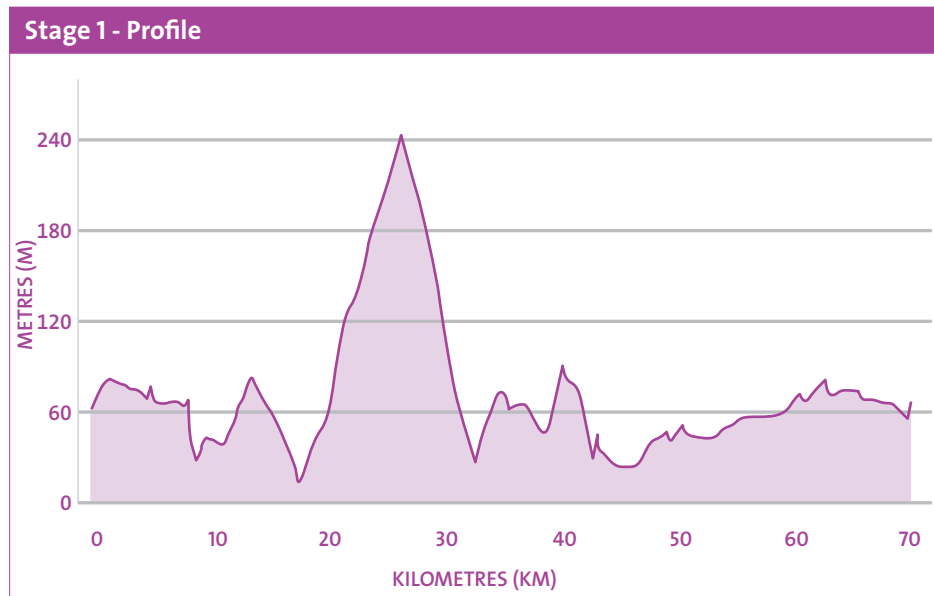
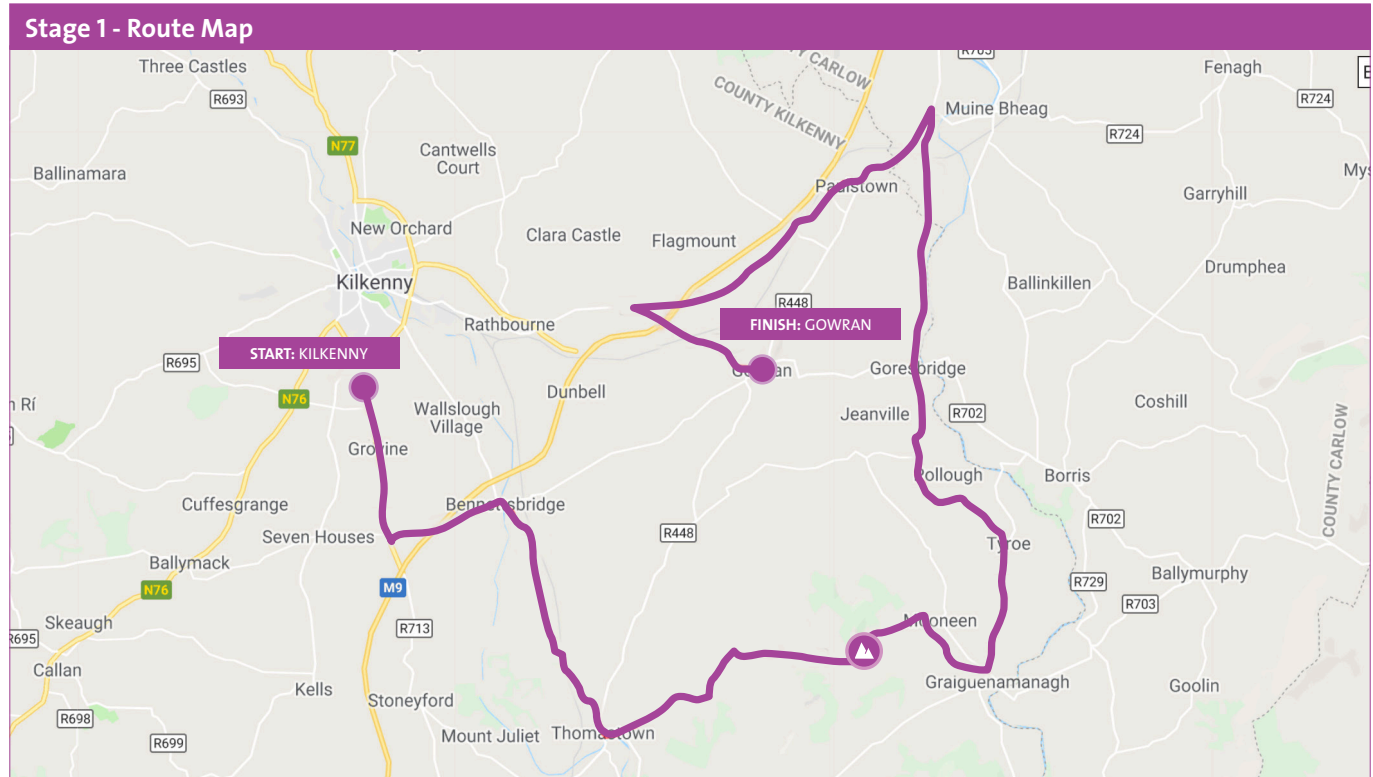


STAGE 1 - 70.1KM

KILKENNY-BENNETTSBRIDGE-THOMASTOWN-GRAIGUENAMANAGH-GORESBRIDGE-PAULSTOWN-GOWRAN

Wednesday, September 5th 2018

<https://ridewithgps.com/routes/27569409>



STAGE 1 - 70.1KM Wednesday, September 5th 2018

	TIME
Riders sign-on, Springhill Court Hill Hotel, Kilkenny	13.00-14.55
All team and lead cars to be out of car park and in designated positions	15:30
Riders Assemble, SHC	16:30
Riders roll out from Hotel. Race is neutralised for 2km	16:42
Race start	16:45

KM		Route				Schedule		
To Go	DESCRIPTION	JUNC		NOTES	32KPH	36KPH	40KPH	
	Neutralised Start - Springhill Court	EXIT	LEFT		16:42	16:42	16:42	
	Neutralised - N10	RND	2ND EXIT	CAVALCADE MERGING FROM LEFT, 1ST EXIT				
	Neutralised - Garage Entrance	JL		CAUTION				
	END Neutralised Section							
0	70.1	N10 - Rugby Club		Start	16:45	16:45	16:45	
0.1	70.0	N10 - Cemetery	JR		16:45	16:45	16:45	
0.4	69.7	N10	JR		16:45	16:45	16:45	
0.5	69.6	N10 (Outrath Ct)	JL		16:45	16:45	16:45	
0.7	69.4	N10	JL		16:46	16:46	16:46	
2.2	67.9	N10	JR		16:49	16:48	16:48	
2.3	67.8	N10	JL		16:49	16:48	16:48	
3.0	67.1	N10	JL	CUL DE SAC	16:50	16:50	16:49	
3.7	66.4	N10	JR	LOOKS LIKE GATE	16:51	16:51	16:50	
4.5	65.6	N10	JR		16:53	16:52	16:51	
4.8	65.3	N10	JL	LEFT DIRECTION BENNETTSBRIDGE	16:54	16:53	16:52	
5.0	65.1	Road	BEND	RIGHT CAUTION: SHARP BEND,NARROWS	16:54	16:53	16:52	
5.9	64.2	Road (Croan Cottages)	JR		16:56	16:54	16:53	
6.7	63.4	Road]]	UNDERPASS,NARROWS	16:57	16:56	16:55	
8.3	61.8	Road	JR	ENTRANCE, START STEEP DESCENT	17:00	16:58	16:57	
8.6	61.5	Annamult Road	T	LEFT END DESCENT	17:01	16:59	16:57	
8.7	61.4	Annamult Road (R700)	T	RIGHT BENNETTSBRIDGE	17:01	16:59	16:58	
8.9	61.2	R700]]	CAUTION: NARROW BRIDGE	17:01	16:59	16:58	
9.0	61.1	R700 (Bennettsbridge)	JL	RIGHT SHARP BEND	17:01	17:00	16:58	
9.3	60.8	R700 (The Ring)	JL		17:02	17:00	16:58	
9.5	60.6	R700	JL	PETROL STATION	17:02	17:00	16:59	
9.6	60.5	R700	JL		17:03	17:01	16:59	
9.7	60.4	R700 (L8200)	JR		17:03	17:01	16:59	
13.7	56.4	R700 (L6716)	JL		17:10	17:07	17:05	
13.8	56.3	R700 (L4202)	X		17:10	17:08	17:05	
14.3	55.8	R700]]	BRIDGE FOLLOWED BY RIGHT HAND BEND	17:11	17:08	17:06	

15.2	54.9	R700 (L8204)	JL			17:13	17:10	17:07
15.4	54.7	R700 (L8202)	JR			17:13	17:10	17:08
17.0	53.1	R700	RND	1ST EXIT	THOMASTOWN	17:16	17:13	17:10
17.1	53.0	R700 (Dublin Rd)	RND	2ND EXIT		17:17	17:13	17:10
17.2	52.9	R700 (Newtown Terrace)	JR			17:17	17:13	17:10
17.3	52.8	R700 (Maudlin Ct)	JL			17:17	17:13	17:10
17.4	52.7	R700]]		CAUTION: NARROW DESCENT	17:17	17:14	17:11
17.5	52.6	R700 (Chapel Lane)	JL		CAUTION: NARROW DESCENT	17:17	17:14	17:11
17.5	52.6	R700 (Station Rd)	JR		CAUTION: NARROW, KEEP LEFT	17:17	17:14	17:11
17.6	52.5	R700	T	LEFT	CAUTION: NARROW	17:18	17:14	17:11
17.8	52.3	R700	JL		CAR PARK	17:18	17:14	17:11
18.0	52.1	R700 (Chapel Lane)	JL			17:18	17:15	17:12
18.2	51.9	R700 (R703)	JL	LEFT		17:19	17:15	17:12
19.2	50.9	R703 (L8213)	X			17:21	17:17	17:13
20.3	49.8	R703]]		CAUTION: NARROWS	17:23	17:18	17:15
21.3	48.8	R703	JR			17:24	17:20	17:16
23.0	47.1	R703	JL			17:28	17:23	17:19
24.2	45.9	R703	JR			17:30	17:25	17:21
26.5	43.6	R703	QOH		QOH FINISH. CAT 2. LENGTH: 3.4KM, AVG: 3%, MAX: 10.4%	17:34	17:29	17:24
26.6	43.5	R703	JR			17:34	17:29	17:24
26.6	43.5	R703	JL			17:34	17:29	17:24
26.7	43.4	R703	JR			17:35	17:29	17:25
30.3	39.8	R703	JL			17:41	17:35	17:30
30.4	39.7	R703	JR			17:42	17:35	17:30
32.8	37.3	R703 (Ballyduff Rd)	JL			17:46	17:39	17:34
32.9	37.2	R703 (R705)	RND	1ST EXIT	GRAIGUENAMANAGH	17:46	17:39	17:34
33.0	37.1	R705	JR		PETROL STATION	17:46	17:40	17:34
33.2	36.9	R705	JR			17:47	17:40	17:34
34.3	35.8	R705	JR			17:49	17:42	17:36
36.2	33.9	R705	JL			17:52	17:45	17:39
36.8	33.3	R705 (R4204)	JL	LEFT		17:54	17:46	17:40
38.3	31.8	R4204	X			17:56	17:48	17:42
39.9	30.2	R4204	JL			17:59	17:51	17:44
40.9	29.2	R4204	JL			18:01	17:53	17:46
41.0	29.1	R4204	JR			18:01	17:53	17:46
41.5	28.6	R4204	JL			18:02	17:54	17:47
44.3	25.8	R4204 (Barrow Mount Dr)	JL			18:08	17:58	17:51
44.5	25.6	R4202 (Barrack St)	X		GORESBRIDGE	18:08	17:59	17:51
44.6	25.5	Barrack St	JR			18:08	17:59	17:51
44.7	25.5	Barrack St (Church St)	JL			18:08	17:59	17:51

45.2	24.9	Royal Oak Rd (Red Mill)	JL			18:09	18:00	17:52
46.7	23.5	Royal Oak Rd	JL			18:12	18:02	17:54
47.7	22.4	Royal Oak Rd	JL			18:14	18:04	17:56
48.4	21.7	Royal Oak Rd	JL			18:15	18:05	17:57
50.6	19.5	Royal Oak Rd	JR		ENTRANCE	18:19	18:09	18:00
51.4	18.8	Royal Oak Rd][CAUTION - NARROW BRIDGE	18:21	18:10	18:02
51.4	18.7	Royal Oak Rd	JR		ENTRANCE	18:21	18:10	18:02
51.8	18.3	Royal Oak Rd	JL			18:22	18:11	18:02
52.7	17.4	Royal Oak Rd	JL			18:23	18:12	18:04
52.8	17.3	Royal Oak Rd	JL			18:24	18:13	18:04
52.9	17.2	Royal Oak Rd (R724)	T	LEFT	ROYAL OAK	18:24	18:13	18:04
53.0	17.2	R724 (R448)	T	LEFT		18:24	18:13	18:04
53.1	17.0	R448	JR			18:24	18:13	18:04
53.2	16.9	R448	JL			18:24	18:13	18:04
53.9	16.3	R448 (L7116)	JR			18:26	18:14	18:05
54.0	16.2	R448	JL			18:26	18:14	18:05
54.7	15.4	R448	JL			18:27	18:16	18:07
55.7	14.4	R448	JR			18:29	18:17	18:08
56.2	13.9	R448	JL			18:30	18:18	18:09
56.3	13.9	R448][CAUTION - TRAFFIC ISLAND	18:30	18:18	18:09
56.4	13.8	R448][CAUTION - TRAFFIC ISLAND	18:30	18:18	18:09
56.5	13.7	R448 (R712)	JL,][DOUBLE JUNCTION, TRAFFIC ISLAND	18:30	18:19	18:09
56.5	13.6	R712][CAUTION - TRAFFIC ISLAND	18:30	18:19	18:09
56.6	13.5	R712][CAUTION - TRAFFIC ISLAND	18:31	18:19	18:09
56.7	13.4	R712	JR			18:31	18:19	18:10
56.9	13.3	R712	JR			18:31	18:19	18:10
57.0	13.1	R712 (An Choill Rua)	JR		PAULSTOWN	18:31	18:20	18:10
57.1	13.1	R712 (Whitehall)	JL			18:31	18:20	18:10
57.1	13.0	R712][CAUTION - TRAFFIC ISLAND	18:32	18:20	18:10
57.4	12.7	R712	RND	2ND EXIT		18:32	18:20	18:11
57.6	12.5	R712	JR			18:33	18:21	18:11
57.9	12.2	R712	JR			18:33	18:21	18:11
58.0	12.2	R712	JR			18:33	18:21	18:11
58.6	11.5	R712	JR			18:34	18:22	18:12
59.1	11.1	R712	X			18:35	18:23	18:13
59.2	11.0	R712	JL			18:35	18:23	18:13
59.3	10.8	R712	JR			18:36	18:23	18:13
60.2	10.0	R712	JR			18:37	18:25	18:15
60.6	9.5	R712	JL			18:38	18:26	18:15
62.5	7.7	R712	JR			18:42	18:29	18:18

62.6	7.5	R712	JL			18:42	18:29	18:18
62.9	7.3	R712	JR			18:42	18:29	18:19
64.3	5.9	R712	JL			18:45	18:32	18:21
65.1	5.0	R712 (R702)	JL	LEFT		18:47	18:33	18:22
65.9	4.3	R702	JL			18:48	18:34	18:23
66.0	4.1	R702	JR			18:48	18:35	18:24
67.4	2.8	R702]]		CAUTION - LEVEL CROSSING. TRAINS DUE AT APPROX 18:09 AND 19.11	18:51	18:37	18:26
68.3	1.8	R702	JL			18:53	18:38	18:27
68.9	1.3	R702	JR			18:54	18:39	18:28
69.0	1.1	R702 (Chapel Rd)	JR		DEVIATION: ALL RACE VEHICLES MUST TURN RIGHT UNLESS AUTHORIZED. VEHICLES TO PARK ON CHAPEL RD OR R448	18:54	18:40	18:28
69.5	0.6	R702 (Rockfield)	RND	2ND EXIT	CAUTION	18:55	18:40	18:29
69.6	0.5	R702 (Ogenty)	JL			18:55	18:41	18:29
69.6	0.5	R702 (The Paddcks)	JR			18:55	18:41	18:29
69.7	0.4	R702 (R448/Main St)	T	LEFT	GOWRAN	18:55	18:41	18:29
69.9	0.2	Main St (The Steeples)	JL			18:56	18:41	18:29
70.0	0.2	Main St (Mill Ln)	JR			18:56	18:41	18:29
70.0	0.2	Main St (The Steeples)	JL			18:56	18:41	18:29
70.1	0.1	Main St (St Marys Ct)	JL			18:56	18:41	18:30
70.1	0.0	Finish				18:56	18:41	18:30

TEAM CARS: Deviation to RHS at approx 1km to go, into Chapel Lane. Continue down Chapel Ln as far as possible.



Did you know?

The youngest Rás na mBan winner was Marit Huisman of The Netherlands who was 18 years and nine months when she took victory in 2007. Kamilla Sofie Vallin (pictured above) turned 19 less than a month before her success in 2012 and Britain's Emma Trott was 19 years and eight months when she claimed victory riding with the Dutch squad Moving Ladies in 2009.

