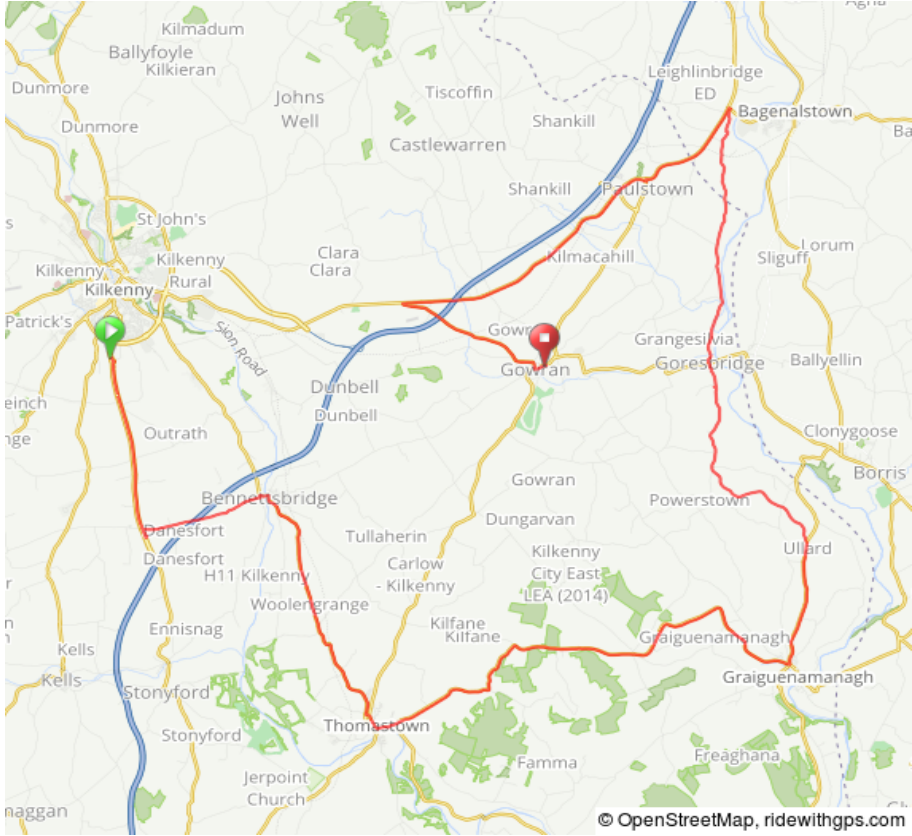


RÁS NA mBAN 2019 STAGE OUTLINE

STAGE	STAGE DETAILS	Stage Start Location	Sign On Time	Start Time	Distance	Stage Finish Location	Expected Finish
Stage 1 Wednesday 4th Sept	Kilkenny (SHC) – Danesfort -Bennettsbridge –Thomastown - Graiguenamanagh- Goresbridge – Royal Oak – Paulstown – Gowran	Spring Hill Court Hotel (SHC)	1pm to 3pm	16:45pm	70km	Gowran	6.30pm
Stage 2 Thursday 5th Sept	Kilkenny (SHC) – Stoneyford - Knocktopher - Ballyhale – Mullinavat - Piltown - 2 laps of circuit via Templeorum - The Sweep - Piltown	SHC	11am	12pm	89km	Piltown	2:20pm
Stage 3 Friday 6th Sept	Kilkenny (SHC) – Freshford - Johnstown – Rathdowney - Donaghmore – Borris-In-Ossory – Mountrath – Kinnitty – Clonaslee – The Cut	SHC	11am	12pm	111km	The Cut, Slieve Blooms	3pm
Stage 4 Saturday 7th Sept	Individual Time Trial Tullaroan - Ballybay	Tullaroan GAA Club	n/a	10am	6.4km	Ballybay	12pm
Stage 5 Saturday 7th Sept	Kilkenny The Parade – Nuncio Road – Waterford Road – Upper Patrick Street	Kilkenny Castle	4pm to 5pm	6:30pm	1hour	Kilkenny Castle	7:30pm
Stage 6 Sunday 8th Sept	Kilkenny – Kells – Dunamaggin – Knocktopher – Thomastown – Inistioge – Woodstock – Thomastown – Paulstown - Kilkenny	SHC	10.30am	11.30am	88km	Kilkenny Castle	2pm

RÁS NA mBAN 2019 STAGE OUTLINE

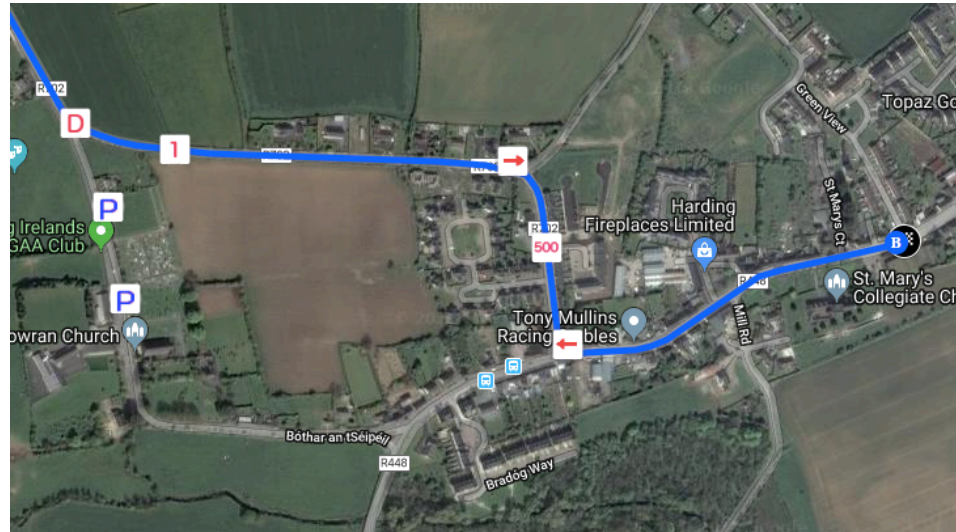
<u>STAGE</u>	<u>STAGE DETAILS</u> https://ridewithgps.com/routes/27569409	<u>START TIME</u>	<u>FINISH TIME</u>
Stage 1 – Wed 4th Sept	Kilkenny (SHC) – Danesfort -Bennettsbridge –Thomastown - Graiguenamanagh - Goresbridge – Royal Oak – Paulstown – Gowran	4:45pm	6:30pm
<ul style="list-style-type: none"> - Roll out from Springhill Court Hotel. - Turning Left out of hotel & neutralised 1km - Racing starts @ Rugby Club - Race goes through towns listed with 1x QOH @ 26.4KM - Race finishes in Gowran (directly after St. Mary's Collegiate Church). <p style="margin-top: 20px;">Team cars diverted off the R702 down by the</p>	 <p style="text-align: right; font-size: small;">© OpenStreetMap, ridewithgps.com</p>		
	<u>FINISH of STAGE 1</u>		

RÁS NA mBAN 2019 STAGE OUTLINE

church to park in an orderly fashion.

Riders proceed along the R702, taking the 2nd exit on a mini first roundabout and then left onto the R448 to finish just after St. Mary's Collegiate Church.

Space for the Stagecoaster at the garage (with permission).



STAGE



STAGE DETAILS

<https://ridewithgps.com/routes/29358731>

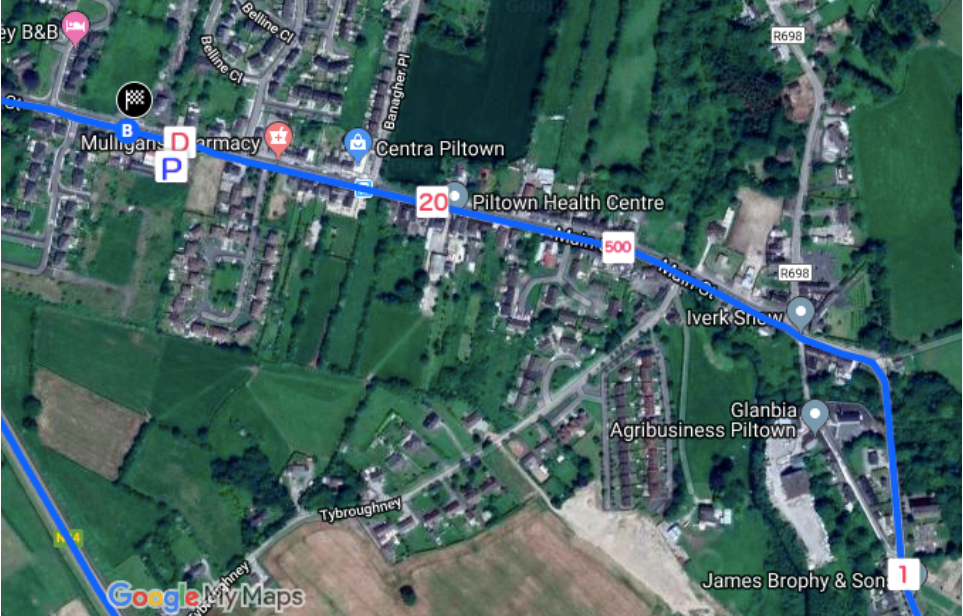
**START
TIME**

**FINISH
TIME**

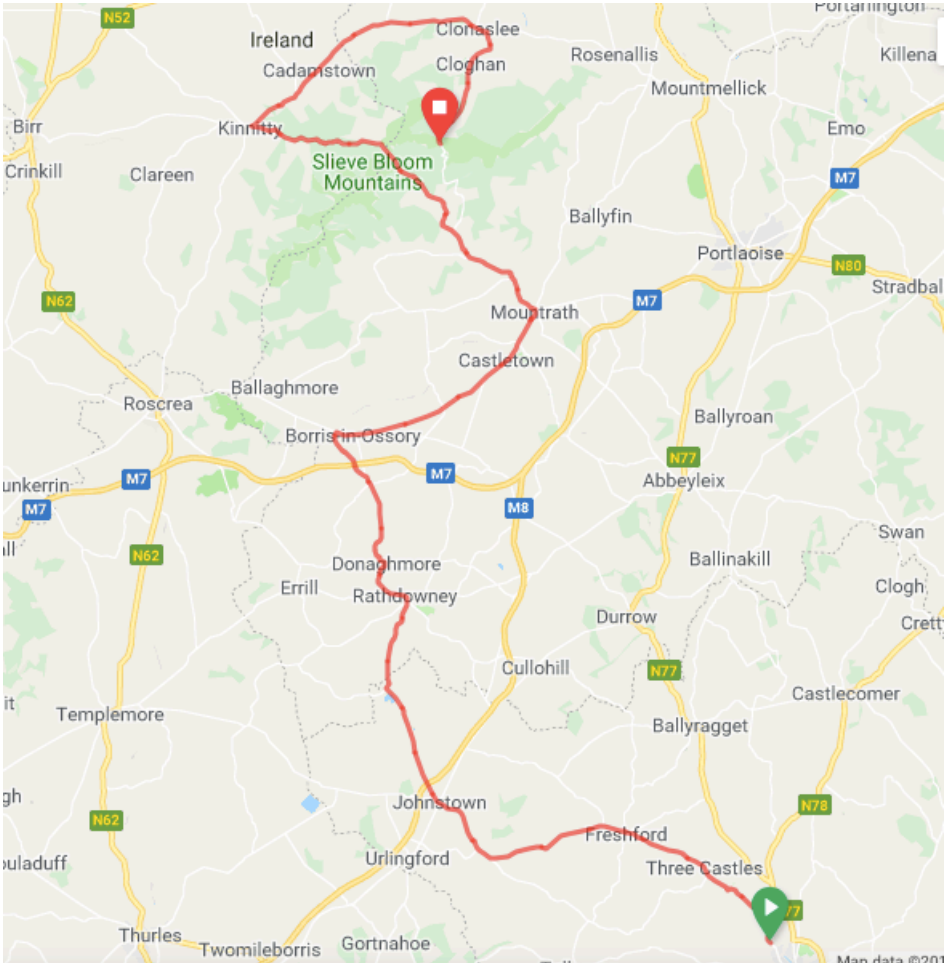
RÁS NA mBAN 2019 STAGE OUTLINE

Stage 2 – Thurs 5th Sept	Kilkenny (SHC) – Stoneyford - Knocktopher - Ballyhale – Mullinavat - Piltown - 2 laps of circuit via Templeorum - The Sweep - Piltown		12pm	2:20pm
<ul style="list-style-type: none"> - Roll out from Springhill Court Hotel. - Turning Left out of hotel & neutralised 1km - Racing starts @ Rugby Club - Race goes through towns listed with 2x QOH @ 55.9KM & 75.6KM - Race finishes in Piltown (outside former Campus service station, Main St). 	Full Route:	Finishing Circuit:		
				

RÁS NA mBAN 2019 STAGE OUTLINE

<ul style="list-style-type: none">- Team cars diverted off Main St into ex Campus service station in an orderly fashion.- Riders proceed along Main St to finish outside ex Campus service station.- Space for the Stagecoaster at ex Campus service station.	<p style="text-align: center;">Finish of Stage 2</p>  <p>The map shows a blue route starting from the left, passing through Mulligans Pharmacy, Centra Piltown, Piltown Health Centre, and ending at James Brophy & Son. Landmarks include Tybroughney, Glanbia Agribusiness Piltown, and Iverk Snow. Road numbers 20, 500, and R698 are visible.</p>		
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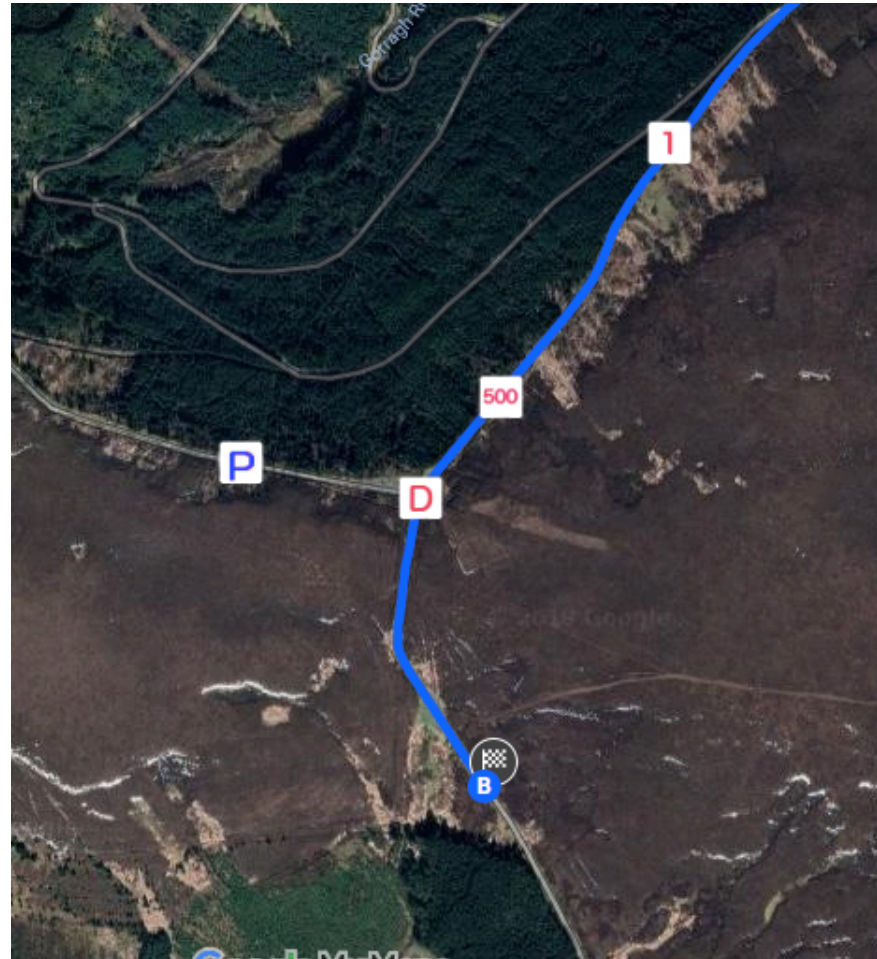
RÁS NA mBAN 2019 STAGE OUTLINE

STAGE	STAGE DETAILS https://ridewithgps.com/routes/29512956	START TIME	FINISH TIME
Stage 3 – Fri 6th Sept	Kilkenny (SHC) – Freshford - Johnstown – Rathdowney - Donaghmore – Borris-In-Ossory – Mountrath – Kinnitty – Clonaslee – The Cut	12pm	3pm
<ul style="list-style-type: none"> - Roll out from the Springhill Court Hotel - Race neutralised 6km - Race starts after Aut Even Hospital Entrance - Race goes through towns listed - Race finishes on Slieve Blooms @ The Cut - Team cars diverted off road into The Cut car park. - Riders proceed through The Cut to finish. 			

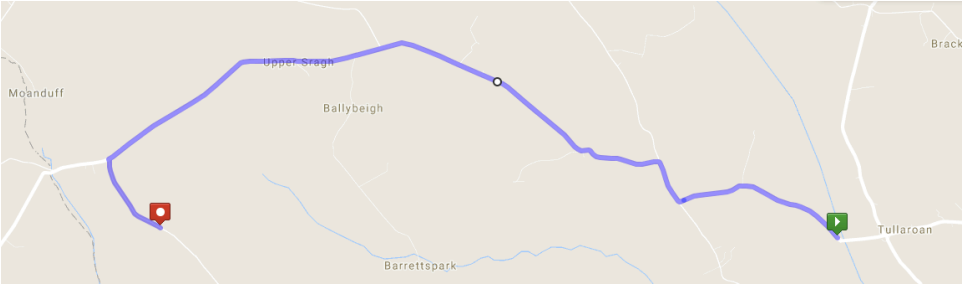
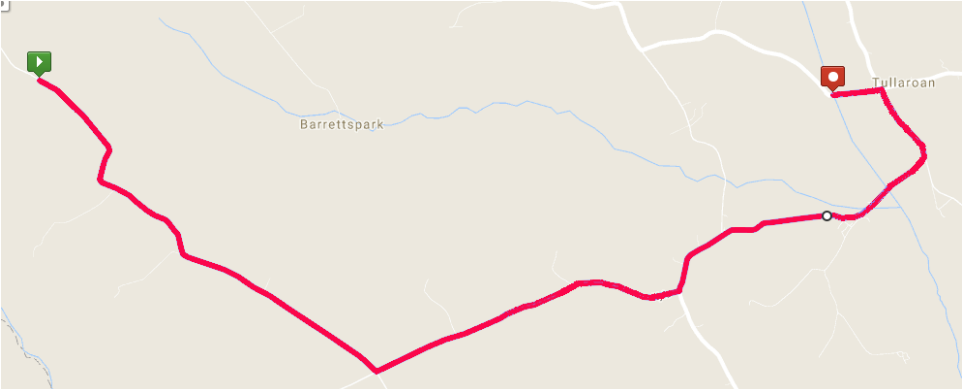
RÁS NA mBAN 2019 STAGE OUTLINE

- Space for the Stagecoaster at finish line

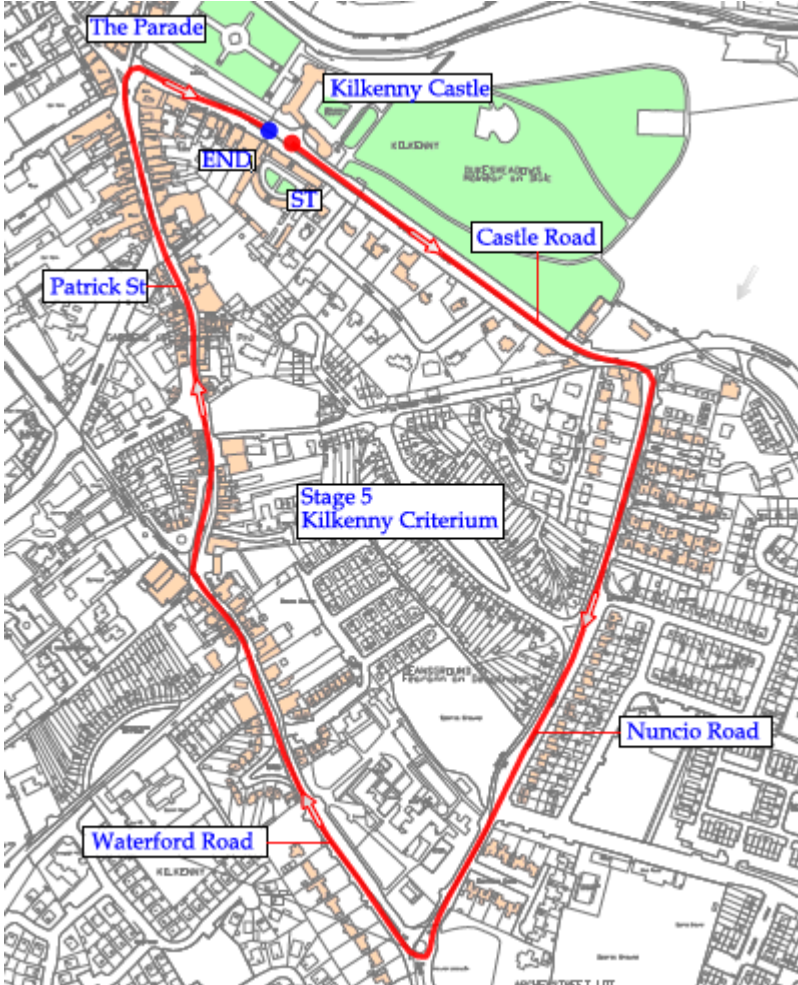
Finish of Stage 3



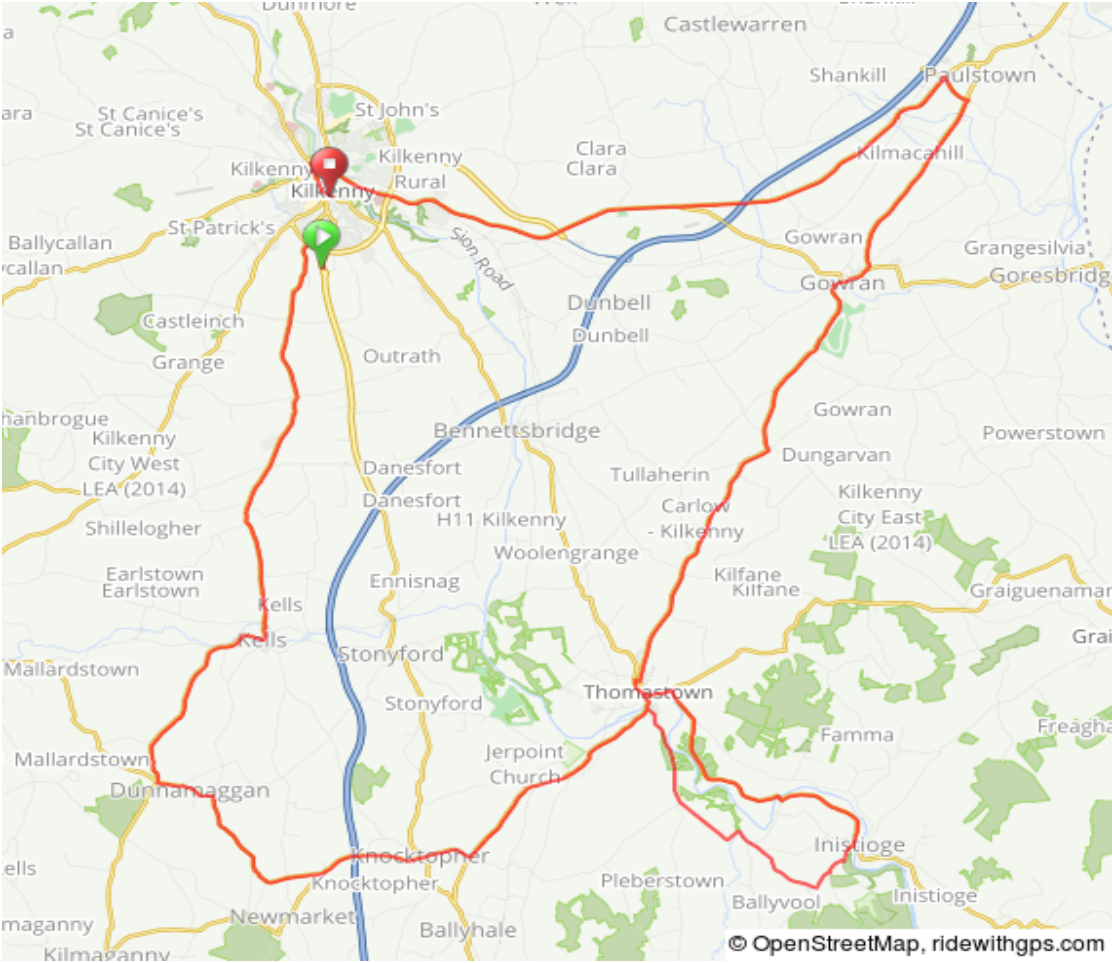
RÁS NA mBAN 2019 STAGE OUTLINE

STAGE	STAGE DETAILS https://ridewithgps.com/routes/27569519	START TIME	FINISH TIME
Stage 4 – Sat 7th Sept	Individual Time Trial Tullaroan - Ballybay	10am	12pm
<ul style="list-style-type: none"> • Time Trial starts at entrance to Tullaroan GAA club • Riders go off in one minute intervals • Time trial distance is: 6.4km • Alternate route for rider's descent/team car access 	<p>Time Trial route:</p>  <p>Alternate route:</p> 		

RÁS NA mBAN 2019 STAGE OUTLINE

STAGE	STAGE DETAILS https://ridewithgps.com/routes/27569533	START TIME	FINISH TIME
Stage 5 – Sat 9th Sept	Criterium Kilkenny	6:30pm	7:30pm
<ul style="list-style-type: none"> - Race starts on The Parade at Kilkenny Castle - Race circuit is 2km - Riders race for 1 hour - Race finishes on The Parade at Kilkenny Castle. 			

RÁS NA mBAN 2019 STAGE OUTLINE

STAGE	STAGE DETAILS https://ridewithgps.com/routes/27569427	START TIME	FINISH TIME
<p>Stage 6 Sun 10th Sept</p>	<p>Kilkenny – Kells – Dunamaggin – Knocktopher – Thomastown – Inistioge – Woodstock – Thomastown – Paulstown - Kilkenny Castle</p>	<p>11:30am</p>	<p>2pm</p>
<ul style="list-style-type: none"> - Race starts from Springhill Court Hotel - Race is neutralised for 1km - Race goes through towns listed above including one ascent of Woodstock Hill. • Race finish at Kilkenny Castle via Rose Inn St to finish at the Parade. <p>- Team cars diverted off at Dublin Rd to proceed to the parade.</p>	 <p style="text-align: center;">Finish of Stage 6</p>		

RÁS NA mBAN 2019 STAGE OUTLINE

- Riders proceed via Dublin Rd, John Street and Rose Inn Street to finish.

- Space for the Stagecoaster at finish line on The Parade

