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RÁS NA MBAN



INTERNATIONAL WOMEN'S CYCLE RACE
5 DAYS - 6 STAGES • 6 - 10 SEPTEMBER 2023

Rás
na mBan

A vibrant autumn festival scene in Kilkenny. The image shows a large crowd of people walking along a street lined with trees displaying autumn foliage. Festive bunting in orange, green, and yellow hangs across the street. On the left, there are colorful tents, including a yellow one with a sign that says "my Goodness". A large, dark, circular object, possibly a wheel or a large umbrella, is visible on the right side of the frame. The overall atmosphere is lively and festive.

AUTUMN

IN KILKENNY

IS BUZZING

VISITKILKENNY.IE

WELCOME TO KILKENNY—



Welcome Address from the Cathaoirleach of Kilkenny County Council, Cllr. Michael Doyle

It gives me great pleasure to extend a warm welcome to all participants, supporters, and cycling enthusiasts who will come out to see the 17th edition of this great event.

Rás na mBan has become a fixture in our annual calendar as a thrilling competition. This year, we are especially proud to have our very own **Irish** and local riders including Kilkenny's **Mia Griffin** and **Yvonne Doran**, showcasing their remarkable talents on the international stage. They are inspiring role models for young cyclists all over the country.

As Cathaoirleach of Kilkenny County Council, I'm honoured that our beautiful county serves as the backdrop for this remarkable race. From the historic streets of **Kilkenny City** to the challenging rural terrain that awaits the riders, our county offers a unique blend of tradition and natural beauty.

To all the riders, both local and international, I extend my best wishes for a safe and successful race. As you pedal through our scenic landscapes, know that you have the support of the people of Kilkenny City and County. To the organisers, volunteers, and supporters who make this event possible, I congratulate you on organising such an amazing event.

Wishing all the best to the participants.

CLLR. MICHAEL DOYLE,
CATHAOIRLEACH,
KILKENNY COUNTY COUNCIL

Rás
na mBan



Rás na mBan



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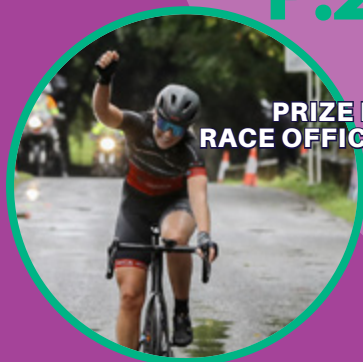
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RÁS NA MBAN
EXPLAINER



WELCOME ADDRESS

It's my very great pleasure to welcome riders, officials and all bike racing fans to **Rás na mBan 2023**, the 17th edition of the race and the seventh to be based in County Kilkenny. I'm delighted to say that once again we have top international riders from all over the world making the journey to beautiful Kilkenny City by the River Nore.

Whether you're a first timer or a regular competitor I'd like to wish you all a heartfelt '**céad míle fáilte**' and I hope you enjoy your week's racing.

It's great to be back in Kilkenny and, as well as retaining the main elements of a successful formula, with four road stages, a time trial and a city centre criterium circuit race making up 400km of racing from Wednesday through to Sunday, we have made a number of alterations to the ever changing and always challenging race route.

It has been especially uplifting to experience the welcome of all in **County Kilkenny** once again for the event and the help we have been given by all in **Kilkenny County Council**, local cycling clubs and the local business community has helped ease the daunting task of promoting Ireland's biggest stage race.

We would also like to acknowledge the great help and support from **An Garda Síochána in Kilkenny** and surrounding counties for their assistance in running the event.

Three of the six stages are either revised or all-new which I feel confident will be a hit with both riders and spectators. The stage two journey to The Rower near Inistioge includes a challenging final climb. Stage three is our fourth visit to Laois and we'll race through Portlaoise over the challenging climb of The Cut to a new finish line in Mountrath. Stage four is a brand new road race in Waterford County including a demanding race along the Copper Coast to finish in Tramore.

We're grateful to **Laois County Council** and **Waterford County Council** for their assistance in running stages three and four.

The race benefits from a dedicated committee of skilled and committed personnel performing myriad unseen tasks throughout the year. To this core group

can be added a dedicated band of commissaires, timekeepers, results team, medical team, media team, finish crew, drivers, mechanics, motorbike marshals, static marshals and countless other officials without whom this event would not occur. To all of them I say thank you and remind all competitors of their sacrifice for the good of women's cycling.

We are very grateful for the support of some of the best backers in Irish sport.

Cycling Ireland has again recognised the importance of this race to the development of the sport, the **Irish Veterans Cyclists Association** continue their support of the Wicklow 200 Queen of the Mountains classification that stretches back to the very start of the event in 2006 while **Sport Ireland** are backing the Young Rider Classification.

Johnson & Perrott has returned to provide a fleet of vehicles for the official race cavalcade while **Europcar Kilkenny** have supplied vans to help with transport and logistics. We're delighted to welcome back **Pactimo** who are again supplying the superb jerseys to be worn by classification leaders.

The refreshed look of the event has been aided by the assistance of **Just-Print.ie** in providing event signage and Just-Print.ie have increased their involvement to support the stage winner's jersey. **Fáilte Ireland** have also brought vital support to this landmark event. Our event timing service is provided by **Joe Daly Cycles** while **InForm Sport Media** continue to supply their excellent PR and event marketing support.

A single other individual has also provided significant financial assistance to the event and we'd like to thank them again for their wonderful support this year. They know who they are and we really are very grateful.

To all involved, I hope you enjoy the race.

YOURS IN CYCLING,



Valerie Considine
Race Director

Rás na mBan



Hi.



Johnson & Perrott Fleet

WHY LEASING WORKS

ADVANTAGES FOR BUSINESS

- ✓ Maximum discounts + fleet support built into pricing
- ✓ Low monthly payments
- ✓ Lower running costs
- ✓ Capital not tied up in depreciating assets
- ✓ Off Balance Sheet Funding
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Email: info@jpleet.ie

jpfleet.ie

Rás
na mBan



Start List

TEAMS

2023.



Alba Development Road Team

Manager: Bob Lyons

AWOL

Manager: Brent Skinner

Brother U.K Orientation Marketing

Manager: Mark Botteley

Cardinal - Classic Cycling

Manager: Shane Martin

Cynisca Cycling

Manager: Robin Farina

Cycling Munster

Manager: Teresa Finn

Cycling Ulster

Manager: Frank Campbell

Dan Morrissey Primor by Pissei

Manager: Ciaran O'Grady

DAS-handsling

Manager: Simon Howes

Hutchinson - Brother UK

Manager: Ian Watson

Ireland

Manager: Barry Monaghan

Jadan Vive le Velo Glasdon

Manager: Victoria Hood

JEGG - DJR Academy

Manager: Roemer Brandt

NWVG-Uplus

Manager: Elske Oosterwoud

Pinergy Orwell Wheelers

Manager: Bernard Collins

Shibden Hope Tech Apex

Manager: Paul Colling

TC Racing

Manager: Tom Clogher

TEAM BOOMPODS

Manager: Nikki Metcalfe

Team Noord Holland

Manager: Ed van Rozelaar

UCD

Manager: Noel Mc Glynn





OLIVIA DILLON IN THE
LEADER'S JERSEY AT
RÁS NA MBAN 2013

2013. Ten Years ON

Olivia Dillon's Recollections

— 2023 marks the tenth anniversary of Olivia Dillon's second successive overall win in Rás na mBan, which is also the last time an Irish rider took victory in Ireland's top stage race.

Dillon now lives in Girona, Spain with her partner and 2014 Rás na mBan winner Tayler Wiles and their daughter Sequoia. **Emma Porter**, a near neighbour of Dillon's in Girona, caught up with the Mayo native to reflect on her experiences in Rás na mBan.

"To think about it being 10 years ago, wow a lot has happened since then. I would say there certainly should be [another Irish overall winner] soon. The crop or talent of Irish female riders now is at a really good level, or it's certainly a higher level than when I was about or maybe there's a bit more depth there now. So there's probably a good few contenders that could do it.

"It's a testament to the organizers and the support and the level of the racing and I suppose what it's done for people too, I had a quick look through kind of the various winners since and there's a lot of recognizable names in there that are in the World Tour on teams and still racing or semi-retired. So obviously it has been a great stepping stone, I think, for lots of riders.

"The conditions are brutal but I also remember stages in glorious sunshine too. I do remember riding on the Cliffs of

Moher in the sunshine, and even the crits in downtown Ennis in the sunshine. But then other days were pretty horrendous with side winds and lashing rain.

"I think it was close the two years that I won, there were some good battles. There is a sort of mix of types of stages, and I was usually able to mix it in the earlier ones, able to mix it up in the sprint stages. But then it was more I think I often either got away in a break or reduced group to gain time. And then there was a time trial too, where either I did well or was able to maintain a lead.

"It's a phenomenal race and well put together in terms of stages and how they set things up, to have a mix of between the sprint stages, criterium, time trial, then hilly more mountainous stages.

"So it has everything. It's always a great stepping stone for riders or to get the sense of a high level stage race. And at the same time, not be overly intimidated because it's definitely a really welcoming environment.

"I retired from road racing in 2015. Then that year after I retired, I was like, "well, you know, I'm still fit. So let's, let's continue this and see and yeah, the next couple years I just did whatever was going".

"And then I think gravel races were getting more popular. Living in Girona it was really cool

that the Traka started I think in 2019 in different forms, I think we're in the fourth or fifth year of it now. And I was able to win it and had the course record for a few years until this year.

"We've just gotten a cargo bike now [for Sequoia]. Because where we live, you can do a lot by bike here and like to go to the grocery store and bring her to the playground."

For an extended version of this interview see rasnamban.com



2013.



DILLON CHASES CHRISTINE MAJERUS
AND VERONIQUE FORTIN ON THE WILD
ATLANTIC WAY IN 2013

Riders TO WATCH

Rás
na mBan



2021.

MIA GRIFFIN OF TEAM IRELAND
GOES CLOSE AGAINST KAIA SCHMID
(TEAM LUX) IN KILKENNY, 2021

MIA GRIFFIN (Team Ireland)

— There's unfinished business for the Kilkenny native who went agonisingly close to victory on the final stage at Kilkenny Castle in 2021. Griffin is now a World Tour rider with Israel Premier Tech Roland and chasing Olympic glory with the Irish Team Pursuit squad. She will be hoping she has fully recovered from the crash in Paris Roubaix which has wreaked havoc with her season.

ELISA SERNÉ (JEGG DJR Academy)

— 21-year-old Serné has hit some good form recently after scoring a number of top tens this season in the tough school of Dutch racing. Second in the Dutch National Championship for riders without a contract in June is a signal of an emerging talent. The next two riders in that race are also making the trip to Rás na mBan so watch out for some Dutch firepower in the sprints.

ELLEN MCDERMOTT (Team Boompods)

— McDermott completed a rare Irish one-two finish behind Lara Gillespie in the group sprint at the end of last year's stage into Piltown and, after another year of contending on the tough UK road racing scene, the much travelled Offaly native will be fired up for another standout performance on home roads.

MONICA GREENWOOD (DAS Handsling Bikes)

— At 34 many riders might be looking towards transitioning to a coaching career but Greenwood has gone in the opposite direction. The former GB Olympic coach from Cheshire, who had stopped racing as a teenager, returned to serious competition last season and has hit the ground running. She leads the British National Series and has scored wins in Belgium this year.

DANNI SHROSBREE (DAS Handsling Bikes)

— Having finished just one place off the overall podium and lost the W200 Queen of the Mountains classification by a single point, it's fair to say that Shrosbree knows what it takes to contend at Rás na mBan and the UK gravel national champion will not be lacking for motivation when the riders roll out on September 6th.

MAEVE GALLAGHER (UCD Cycling)

— As a standout junior, Gallagher rode both the world championships and Rás na mBan with the national team, dovetailing her bike riding with commitments in triathlon and international athletics. Currently nursing a running injury, she's keeping her aerobic engine tuned in bike racing and the stellar Donegal talent will be one to watch for the Kilkenny Green jersey of best Irish rider.



WHO WILL CLAIM THIS YEAR'S JERSEYS?



RÁS NA MBAN
OVERALL CLASSIFICATION

KILKENNY COUNTY COUNCIL
BEST IRISH RIDER



CYCLING IRELAND
POINTS CLASSIFICATION

SPORT IRELAND
BEST YOUNG RIDER



IVCA WICKLOW 200
QUEEN OF THE MOUNTAINS

JUST-PRINT.IE
STAGE WINNER





Scotland's

KATE RICHARDSON

TEAM ALBA DEVELOPMENT,
with the winner's trophy at
Kilkenny Castle after clinching
victory in Rás na mBan 2022

Rás na mBan

+ ROLL OF HONOUR—

Rás na mBan 2023 is the 17th edition of the event in its current guise and the seventh time the race has been based in County Kilkenny. It marks 37 years since the first women's international stage race in Ireland.

Year	Winner	Year	Winner
2022	Kate Richardson, Scotland	2003	Angela Hunter, England
2021	Anna Shackley, Scotland	2002	Esther van der Helm, Netherlands
2019	Claire Steels, England	2001	Esther van der Helm, Netherlands
2018	Coralie Demay, France	2000	Julie Hooper, England
2017	Elinor Barker, Wales	1999	Louise Jones, England
2016	Rikke Lønne, Denmark	1998	Claire Moore, Ireland
2015	Stephanie Pohl, Germany	1997	Susan O'Mara, Ireland
2014	Tayler Wiles, USA	1996	Angela Hunter, England
2013	Olivia Dillon, Ireland	1995	Helena Kinsella, Ireland
2012	Kamilla Vallin, Denmark	1994	Marie Purvis, Isle of Man
2011	Olivia Dillon, Ireland	1993	Claire Moore, Ireland
2010	Olivia Dillon, Ireland	1992	Claire Moore, Ireland
2009	Emma Trott, England	1990	Kim Staff, England
2008	Louise Moriarty, Ireland	1989	Patricia Anderson, Ireland
2007	Marit Huisman, Netherlands	1988	Claire Moore, Ireland
2006	Stephanie Gronow, Germany	1987	Fiona Madden, Ireland
2005	Elisabeth Braam, Netherlands	1986	Marie O'Donoghue, Ireland
2004	Louise Moriarty, Ireland		

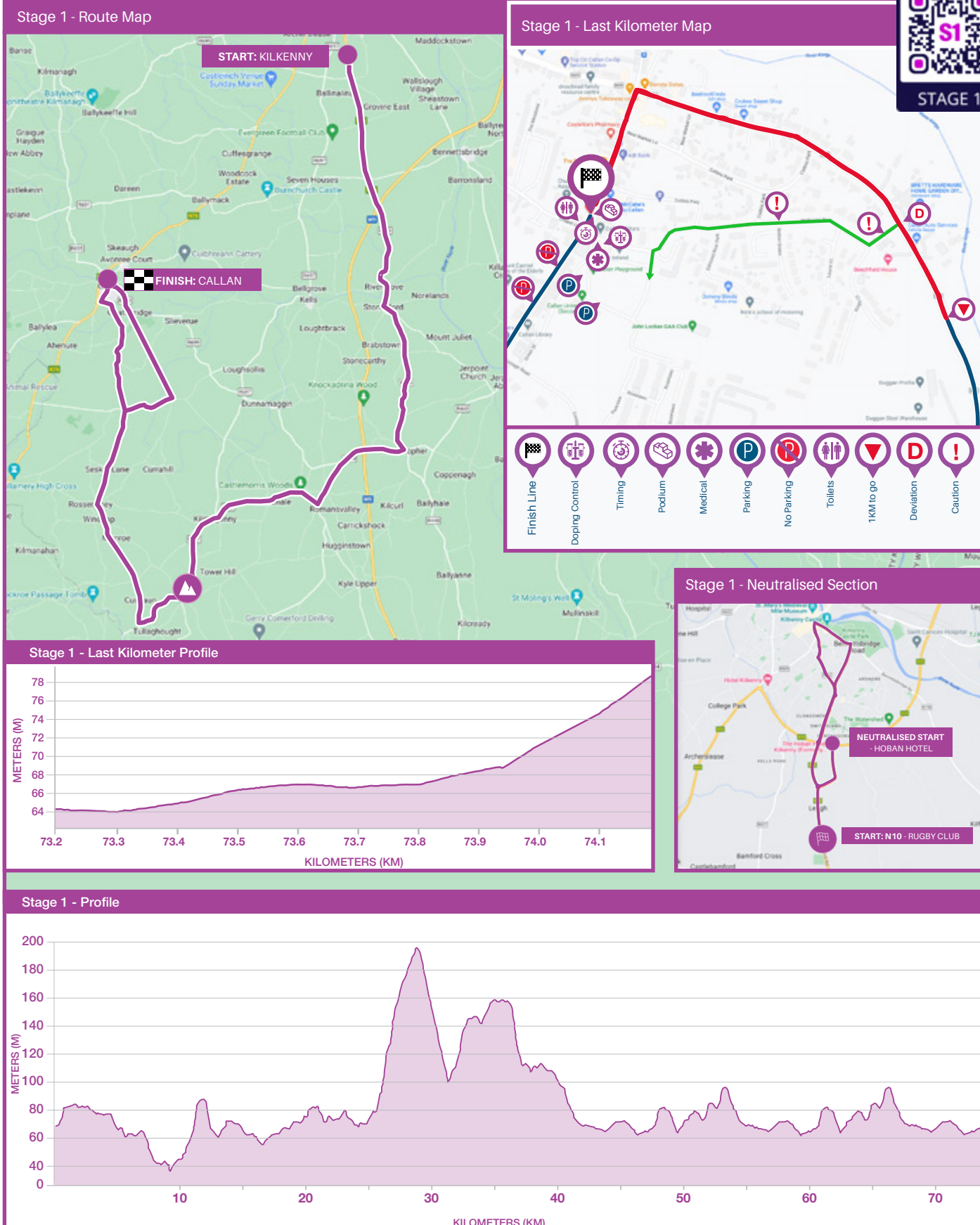
STAGE.1 - 74.2KM

KILKENNY (HH) - DANESFORD - STONEYFORD - KNOCKTOPHER - KILMAGANNY - WINDGAP - CALLAN

Wednesday, September 6th 2023

Neutralised Section <https://ridewithgps.com/routes/44100118>

Race Route <https://ridewithgps.com/routes/43327671>



Stage.1-74.2KM			TIME
Rollout, THE HOBAN HOTEL, KILKENNY			16:15
Ceremonial, KILKENNY CASTLE			16:25
Start, N10			16:45
Finish, CALLAN			18:35 (EXPECTED)
Ascent, 535m			

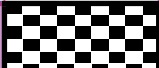
ROUTE						SCHEDULE		
DESCRIPTION			JUNCTION	INSTRUCTION	NOTES	35 KPH	40 KPH	45 KPH
Neutralised Start - Hoban Hotel			EXIT	RIGHT		16:15	16:15	16:15
Neutralised - Waterford Rd			RND	2 ND EXIT				
Neutralised - N10/N76			RND	2 ND EXIT				
Neutralised - Lidl/Aldi			RND	1 ST EXIT				
Neutralised - Waterford Rd/Nuncio Rd			RND	2 ND EXIT				
Neutralised - The Parade/Nuncio Rd			JR	LEFT				
Neutralised - Kilkenny Castle				CEREMONY		16:25	16:25	16:25
Neutralised - Left Bank			X	LEFT				
Neutralised - Waterford Rd/Nuncio Rd			RND	2 ND EXIT				
Neutralised - Lidl/Aldi			RND	2 ND EXIT				
Neutralised - N10/N76			RND	2 ND EXIT				
Neutralised - Waterford Rd			RND	2 ND EXIT				
0.0	74.2	N10 - Rugby Club			Start	16:45	16:45	16:45
5.6	68.6	N10	RND	2 ND EXIT	Motorway Slip Road	16:54	16:53	16:52
5.8	68.4	N10	RND	2 ND EXIT	Motorway Slip Road	16:54	16:53	16:52
6.4	67.8	R713][Narrows	16:55	16:54	16:53
10.1	64.1	R713	JR		Stoneyford	17:02	17:00	16:58
10.3	64.0	R713][CAUTION: Crossing	17:02	17:00	16:58
10.6	63.6	R713	JL	KEEP RIGHT		17:03	17:00	16:59
16.4	57.8	R713/R699	JR/RND	RIGHT	Knocktopher	17:13	17:09	17:06
17.9	56.3	R699	RND	2 ND EXIT	Motorway Slip Road	17:15	17:11	17:08
18.1	56.1	R699	RND	2 ND EXIT	Motorway Slip Road	17:16	17:12	17:09
20.5	53.8	R701	JL		Newmarket CAUTION: Narrows	17:20	17:15	17:12
20.9	53.3	R701	JR	RIGHT	Direction: Kilmaganny	17:20	17:16	17:12
25.4	48.8	R701	JL		Kilmaganny	17:28	17:23	17:18
25.5	48.7	R701/R697	T	LEFT		17:28	17:23	17:19
29.0	45.2	R697 - Curragawn	QOH		Length: 3.3km, Avg: 3.7%, Max: 7.1%	17:34	17:28	17:23
31.5	42.7	R697/R698	T	RIGHT	Direction: Callan	17:39	17:32	17:27
36.1	38.1	R698	X		Windgap	17:46	17:39	17:33
40.7	33.6	R698/ROAD	X	RIGHT	At Church, Entering Finish Circuit CAUTION: Narrows	17:54	17:45	17:39
42.6	31.6	ROAD	X	LEFT	Direction: Callan	17:58	17:48	17:41
46.1	28.1	ROAD	JR		CAUTION: Golfers Crossing	18:04	17:54	17:46



STAGE.1 - 74.2KM

Rás na mBan 2023 –

Wednesday, 6th September 2023

KM		ROUTE				SCHEDULE		
FROM START	TO FINISH	DESCRIPTION	JUNCTION	INSTRUCTION	NOTES	35 KPH	40 KPH	45 KPH
46.5	27.7	ROAD/R699	X		CAUTION: Major Road on Right	18:04	17:54	17:47
47.4	26.8	R699][Callan CAUTION: Speed Bump	18:06	17:56	17:48
47.6	26.6	MILL ST][CAUTION: Speed Bump	18:06	17:56	17:48
47.8	26.4	MILL ST][CAUTION: Speed Bump	18:06	17:56	17:48
47.9	26.3	WEST ST/GREEN ST	X	LEFT		18:07	17:56	17:48
48.1	26.1	GREEN ST	JR		CAUTION: Supermarket	18:07	17:57	17:49
48.2	26.0	Finish Line - 1st Passage				18:07	17:57	17:49
48.7	25.5	CLONMEL RD/R698	X	LEFT	CAUTION: Entering Major Road	18:08	17:58	17:49
53.6	20.6	R698/ROAD	X	LEFT	At Church CAUTION: Narrows	18:16	18:05	17:56
55.7	18.6	ROAD	X	LEFT	Direction: Callan	18:20	18:08	17:59
59.1	15.1	ROAD	JR		CAUTION: Golfers Crossing	18:26	18:13	18:03
59.5	14.7	ROAD/R699	X		CAUTION: Major Road on Right	18:27	18:14	18:04
60.4	13.8	R699][Callan CAUTION: Speed Bump	18:28	18:15	18:05
60.6	13.6	MILL ST][CAUTION: Speed Bump	18:28	18:15	18:05
60.8	13.4	MILL ST][CAUTION: Speed Bump	18:29	18:16	18:06
60.9	13.3	WEST ST/GREEN ST	X	LEFT		18:29	18:16	18:06
61.1	13.1	GREEN ST	JR		CAUTION: Supermarket	18:29	18:16	18:06
61.2	13.0	Finish Line - 2nd Passage				18:29	18:16	18:06
61.7	12.5	CLONMEL RD/R698	X	LEFT	CAUTION: Entering Major Road	18:30	18:17	18:07
66.6	7.6	R698/Road	X	LEFT	At Church CAUTION: Narrows	18:39	18:24	18:13
68.7	5.5	Road	X	LEFT	Direction: Callan	18:42	18:28	18:16
72.1	2.1	Road	JR		CAUTION: Golfers Crossing	18:48	18:33	18:21
72.9	1.3	Road/R699	X		CAUTION: Major Road on Right	18:49	18:34	18:22
73.4	0.8	R699][Callan CAUTION: Speed Bump	18:50	18:35	18:22
73.5	0.7	Mill St][CAUTION: Speed Bump	18:51	18:35	18:23
73.6	0.6	Mill St	JL		DEVIATION LEFT: Extreme Caution	18:51	18:35	18:23
73.8	0.4	Mill St][CAUTION: Speed Bump	18:51	18:35	18:23
74.0	0.2	West St/Green St	X	LEFT		18:51	18:36	18:23
74.1	0.1	Green St	JR		CAUTION: Supermarket	18:52	18:36	18:23
74.2	0.0	Finish				18:52	18:36	18:23

STAGE.2 - 101 KM

KILKENNY - KELLS - DUNNAMAGGIN - THOMASTOWN - INISTIOGE - THE ROWER - GRAIGUENAMANAGH - THOMASTOWN - INISTIOGE - THE ROWER

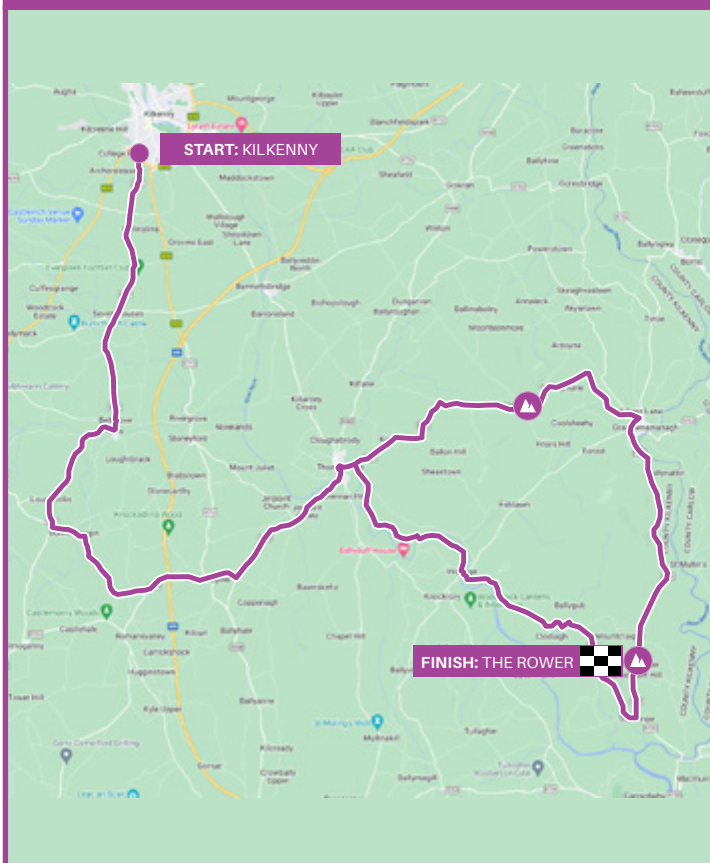
Thursday, September 7th 2023

Neutralised Section <https://ridewithgps.com/routes/43817672>

Race Route <https://ridewithgps.com/routes/41955400>



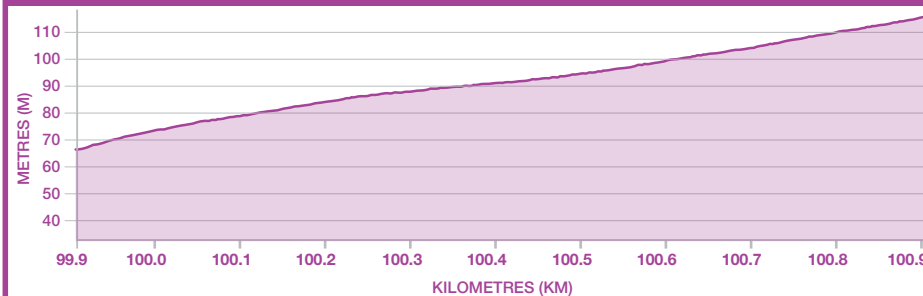
Stage 2 - Route Map



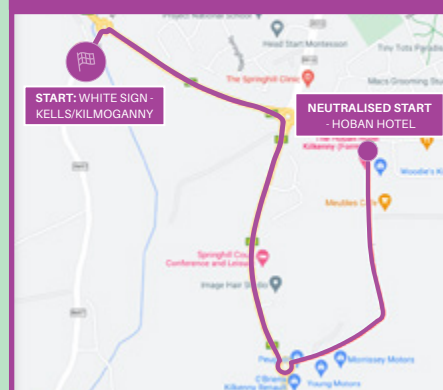
Stage 2 - Last Kilometer Map



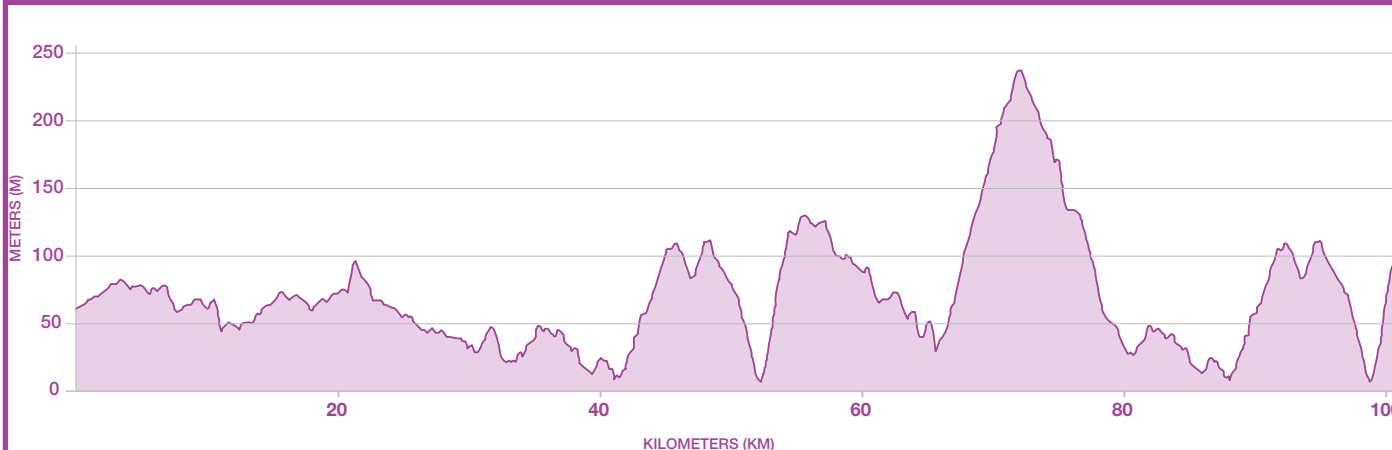
Stage 2 - Last Kilometer Profile



Stage 2 - Neutralised Section



Stage 2 - Profile



STAGE.2 - 101KM

Thursday, 7th September 2023



		TIME
Rollout, THE HOBAN HOTEL, KILKENNY		11:55
Start, R697		12:00
Finish, THE ROWER		14:40 (EXPECTED)
Ascent, 1,041m		

ROUTE						SCHEDULE		
DESCRIPTION			JUNCTION	INSTRUCTION	NOTES	35 KPH	40 KPH	45 KPH
Neutralised Start - Hoban Hotel			EXIT	RIGHT		11:55	11:55	11:55
Neutralised - N10			RND	2 ND EXIT	CAVALCADE MERGING FROM LEFT, AFTER BUNCH PASSES			
Neutralised - N10			RND	1 ST EXIT				
Neutralised - N76			RND	2 ND EXIT				
0.0	101.0	Start			White Sign - Kells/Kilmoganny	12:00	12:00	12:00
11.1	89.9	R697][Kells CAUTION: Narrow Bridge	12:19	12:16	12:14
11.3	89.7	KELLS][CAUTION: Narrow Bridge	12:19	12:16	12:15
11.4	89.6	R697	X	KEEP RIGHT		12:19	12:17	12:15
17.0	84.0	R697/R699	X	LEFT	Direction: Dunnamaggin	12:29	12:25	12:22
17.7	83.3	R699	JL		Dunnamaggin	12:30	12:26	12:23
18.4	82.6	R699	JL	KEEP RIGHT	CAUTION: On bend	12:31	12:27	12:24
22.6	78.4	R699 (R701)	T	LEFT	Direction: Thomastown	12:38	12:33	12:30
23.5	77.5	R699 (M9)	RND	2 ND EXIT	Direction: Thomastown	12:40	12:35	12:31
23.7	77.3	R699 (M9)	RND	1 ST EXIT	Direction: Thomastown	12:40	12:35	12:31
25.2	75.8	KNOCKTOPHER	RND	2 ND EXIT	Direction: Thomastown	12:43	12:37	12:33
25.3	75.7	KNOCKTOPHER	RND	1 ST EXIT	Direction: Thomastown	12:43	12:37	12:33
26.5	74.5	R699 (R448)	X	LEFT	Direction: Thomastown	12:45	12:39	12:35
30.8	70.2	R448	JR		Jerpoint Car Park	12:52	12:46	12:41
32.5	68.5	R448][CAUTION: Traffic Island	12:55	12:48	12:43
32.6	68.4	MILL ST (THE MALL)	JR		Thomastown	12:55	12:48	12:43
32.8	68.2	MILL ST][CAUTION: Bridge	12:56	12:49	12:43
32.9	68.1	MARKET ST	JL	KEEP RIGHT		12:56	12:49	12:43
32.9	68.1	MARKET ST	JR		ENTER ONE WAY SYSTEM	12:56	12:49	12:43
33.0	68.0	MARKET ST (R700)	T	RIGHT		12:56	12:49	12:44
33.1	67.9	R700	T	RIGHT		12:56	12:49	12:44
33.2	67.8	R700	T	LEFT	Direction: Inistioge	12:56	12:49	12:44
33.8	67.2	R700 (R703)	JL	KEEP RIGHT		12:57	12:50	12:45
38.4	62.6	R700][CAUTION: Bridge	13:05	12:57	12:51
38.6	62.4	R700	JR	KEEP LEFT		13:06	12:57	12:51
41.2	59.8	R700][CAUTION: Crossing	13:10	13:01	12:54
41.3	59.7	R700	JL		Inistioge	13:10	13:01	12:55

STAGE.2 - 101KM

Thursday, 7th September 2023

Rás na mBan 2023 –

KM		ROUTE				SCHEDULE		
FROM START	TO FINISH	DESCRIPTION	JUNCTION	INSTRUCTION	NOTES	35 KPH	40 KPH	45 KPH
41.4	59.6	R700	JR	KEEP LEFT	Direction: New Ross	13:10	13:02	12:55
41.5	59.5	R700		KEEP RIGHT	CAUTION: Sharp bend	13:11	13:02	12:55
41.6	59.4	R700][KEEP LEFT	CAUTION: Narrow Bridge	13:11	13:02	12:55
41.7	59.3	R700	X	KEEP RIGHT		13:11	13:02	12:55
45.9	55.1	R700	JR	KEEP LEFT		13:18	13:08	13:01
52.1	48.9	R700	JR		The Stripe	13:29	13:18	13:09
52.3	48.7	R700/R705	JL	LEFT	Direction: Graiguenamanagh	13:29	13:18	13:09
54.4	46.6	R705][CAUTION: Crossing	13:33	13:21	13:12
54.5	46.5	R705 - The Rower	QOH		Length: 2.2km, Avg: 5.3%, Max: 7.5% 1 st passage Finish line	13:33	13:21	13:12
54.7	46.3	R705	X		The Rower	13:33	13:22	13:12
64.8	36.2	R705	RND	1 ST EXIT	Graiguenamanagh	13:51	13:37	13:26
65.6	35.4	R705/R703	RND	1 ST EXIT	CAUTION: Steep Descent, Sharp Turn, Narrows, Traffic Islands	13:52	13:38	13:27
71.9	29.1	R703 - Coppengagh	QOH		Length: 6.2km, Avg: 3.4%, Max: 6.7%	14:03	13:47	13:35
75.5	25.5	R703	JR	KEEP LEFT	CAUTION: Sharp bend	14:09	13:53	13:40
80.3	20.7	R700 (R703)	T	LEFT	Direction: New Ross	14:17	14:00	13:47
84.9	16.1	R700][CAUTION: Bridge	14:25	14:07	13:53
85.1	15.9	R700	JR	KEEP LEFT		14:25	14:07	13:53
86.3	14.7	R700][CAUTION: Crossing	14:27	14:09	13:55
87.6	13.4	R700	JL		Inistioge	14:30	14:11	13:56
87.9	13.1	R700	JR	KEEP LEFT	Direction: New Ross	14:30	14:11	13:57
88.0	13.0	R700		KEEP RIGHT	CAUTION: Sharp bend	14:30	14:12	13:57
88.1	12.9	R700][KEEP LEFT	CAUTION: Narrow Bridge	14:31	14:12	13:57
88.2	12.8	R700	X	KEEP RIGHT		14:31	14:12	13:57
92.4	8.6	R700	JR	KEEP LEFT		14:38	14:18	14:03
98.6	2.4	R700	JR		The Stripe	14:49	14:27	14:11
98.8	2.2	R700/R705	JL	LEFT	Direction: Graiguenamanagh	14:49	14:28	14:11
100.9	0.1	R705][CAUTION: Crossing	14:52	14:31	14:14
101.0	0.0	R705 - The Rower	Finish/ QOH	 	Length: 2.2km, Avg: 5.3%, Max: 7.5%	14:53	14:31	14:14



STAGE.3 - 104.4KM

PORTLAOISE - STRADBALLY - EMO - MOUNTMELICK - CLONASLEE -
THE CUT - MOUNTRATH - BALLACOLLA - ABBEYLEIX - MOUNTRATH

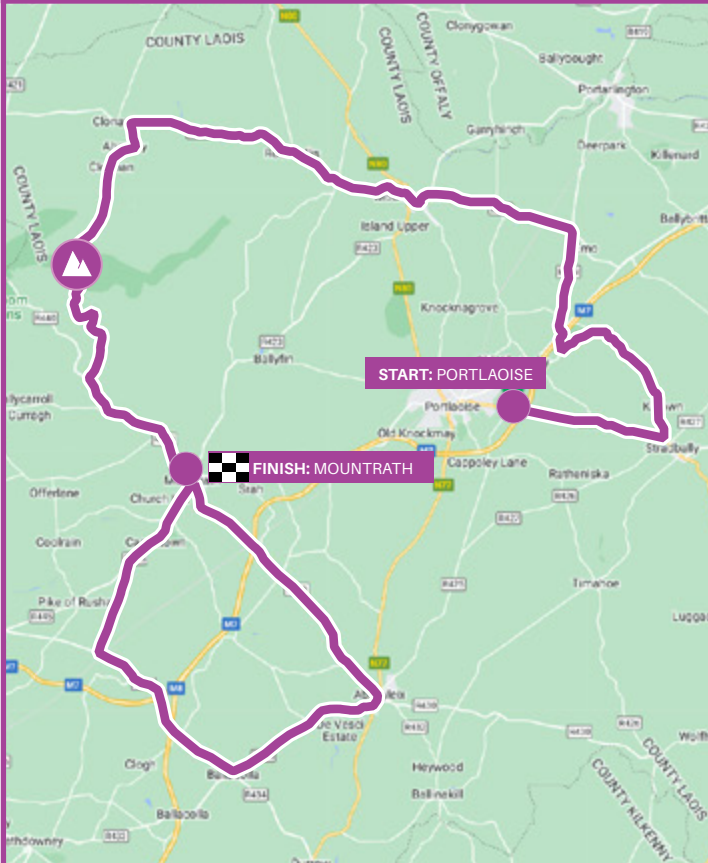
Friday, September 8th 2023

Neutralised Section <https://ridewithgps.com/routes/43818235>

Race Route <https://ridewithgps.com/routes/41818995>



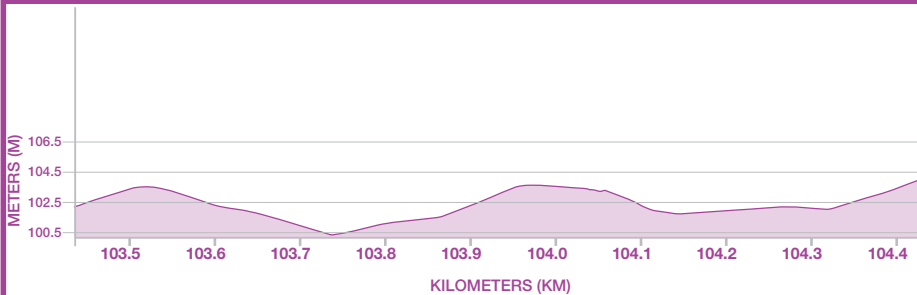
Stage 3 - Route Map



Stage 3 - Last Kilometer Map



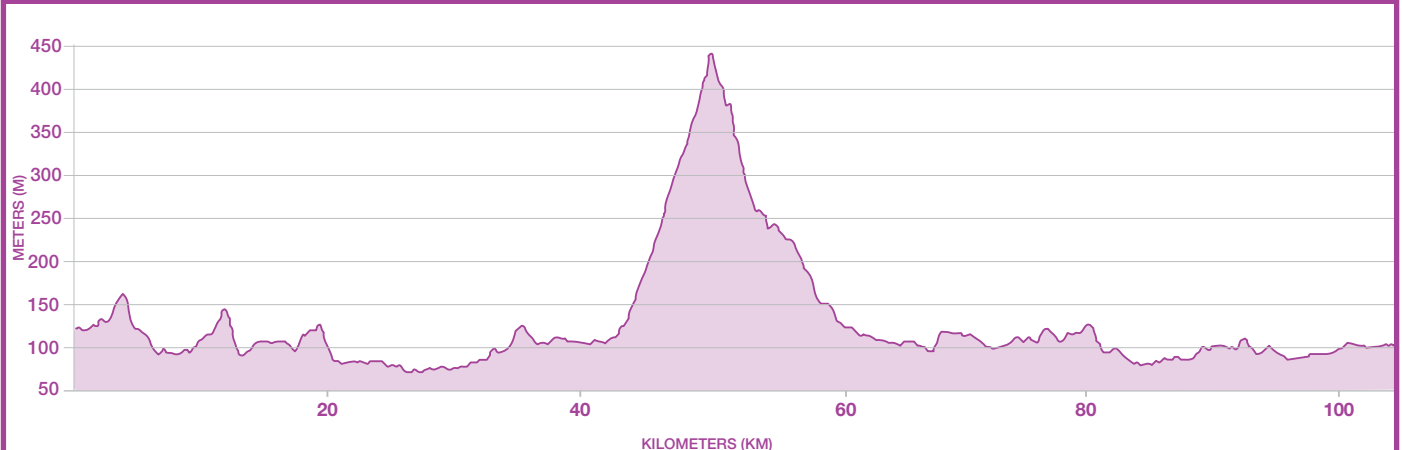
Stage 3 - Last Kilometer Profile



Stage 3 - Neutralised Section



Stage 3 - Profile





Stage.3- 104.4KM		TIME
Rollout, O'MOORE PARK, PORTLAOISE		11:05
Ceremonial, LAOIS COUNTY COUNCIL OFFICES		11:10
Start, N80		11:30
Finish, MOUNTRATH		14:15 (EXPECTED)
Ascent, 839m		

ROUTE				SCHEDULE		
DESCRIPTION	JUNCTION	INSTRUCTION	NOTES	35 KPH	40 KPH	45 KPH
Neutralised Start - O'Moore Park, Portlaoise	EXIT	RIGHT		11:05	11:05	11:05
Neutralised - Father Brown Ave/N77	RND	2 ND EXIT	OFFICIAL CARS AND RIDERS ONLY			
Neutralised - Southern Circular Rd	RND	1 ST EXIT				
Neutralised - James Fintan Lawlor Ave	JL	LEFT	Into Laois Co Co			
Neutralised - Laois Co Co Complex		CEREMONY		11:10	11:10	11:10
Neutralised - James Fintan Lawlor Ave	T	LEFT	Exit Laois Co Co			
Neutralised - James Fintan Lawlor Ave/N80	T	LEFT				
Neutralised - N80	RND	3 RD EXIT				
Neutralised - N80	RND	2 ND EXIT				
Neutralised - N80	RND	2 ND EXIT				
Neutralised - N80/N80	DBLRND	3 RD EXIT	Right, Keep Church on Left			
Neutralised - N80	RND	1 ST EXIT				
Neutralised - N80	RND	2 ND EXIT				
Neutralised - N80/M7 Junction	RND	2 ND EXIT	Direction Stradbally			

KM		ROUTE				SCHEDULE		
FROM START	TO FINISH	DESCRIPTION	JUNCTION	INSTRUCTION	NOTES	35 KPH	40 KPH	45 KPH
0	104.4	N80 - 100m after RND				11:30	11:30	11:30
7.1	97.3	N80/R427	JR		Stradbally	11:42	11:41	11:40
7.1	97.3	N80/L3818	JL	LEFT	Direction: The Heath	11:42	11:41	11:40
9.1	95.3	L3818	JR	KEEP LEFT		11:45	11:44	11:43
13.0	91.4	L3818	JR	KEEP LEFT	CAUTION: On bend	11:52	11:50	11:48
13.4	91.0	L3818]]	CATTLE GRID		11:52	11:51	11:49
13.5	90.9	L3818	Y	KEEP LEFT		11:53	11:51	11:49
13.7	90.7	L3818	X	STRAIGHT		11:53	11:51	11:49
14.4	90.0	L3818	JR	ENTRANCE	Golf Club	11:54	11:52	11:50
15.4	89.0	L3818/ROAD	JR	RIGHT	Direction: Portarlinton	11:56	11:54	11:52
16.0	88.4	ROAD		RIGHT	CAUTION: Sharp bend	11:57	11:55	11:52
16.4	88.0	ROAD/R445/R419	X	STRAIGHT	Direction: Portarlinton Staggered Cross	11:58	11:55	11:53
21.0	83.4	R419/R422	X	LEFT	Direction: Mountmellick	12:06	12:03	12:00
22.4	82.0	R422]]	RAILWAY BRIDGE		12:08	12:05	12:02
24.8	79.6	R422	JR	KEEP LEFT		12:12	12:09	12:05
27.7	76.7	R422	JR		Mountmellick	12:17	12:13	12:09
28.4	76.0	R422]]		CAUTION: Pedestrian Crossing	12:18	12:14	12:10
28.4	76.0	R422/SARFIELD ST	RND	2 ND EXIT	Direction: Tullamore Mini RND	12:18	12:14	12:10
28.7	75.7	SARFIELD ST (R422)	JR		CAUTION: Pedestrian Crossing	12:19	12:15	12:11
28.8	75.6	R422/N80	JL	KEEP AHEAD	CAUTION: Major Junction	12:19	12:15	12:11



KM		ROUTE				SCHEDULE		
FROM START	TO FINISH	DESCRIPTION	JUNCTION	INSTRUCTION	NOTES	35 KPH	40 KPH	45 KPH
29.0	75.4	N80 (MARKET ST)	J[CAUTION: Pedestrian Crossing	12:19	12:15	12:11
29.2	75.2	N80/R422	RND	1 ST EXIT	Direction: Birr	12:20	12:16	12:11
35.0	69.4	R422	JR		Rosenallis	12:30	12:25	12:20
35.0	69.4	R422		LEFT	CAUTION: Sharp bend	12:30	12:25	12:20
42.7	61.7	R422	JL		Clonaslee	12:43	12:37	12:31
42.8	61.6	R422/L1005	JL	LEFT	Direction: The Slieve Bloom Mountains	12:43	12:37	12:31
42.9	61.5	L1005	J[CAUTION: Pedestrian Crossing	12:43	12:37	12:31
43.6	60.8	L1005	JL	KEEP AHEAD		12:44	12:38	12:32
50.1	54.3	L1005 - The Cut	QOH		Length: 7.4km, Avg: 4.5%, Max: 9.8%	12:55	12:49	12:41
51.1	53.3	L1005	S		CAUTION: Fast Bends	12:57	12:50	12:43
53.2	51.2	L1005	JR		CAUTION: Forest Rd, Fast bends	13:01	12:54	12:46
54.1	50.3	L1005	J[, S, JL		CAUTION: Forest Rd, Fast bends, Bridge	13:02	12:55	12:47
57.5	46.9	L1005/R440	X	LEFT	Direction: Mountrath	13:08	13:00	12:52
59.4	45.0	R440/L1031	T	LEFT	Direction: Mountrath	13:11	13:03	12:54
60.3	44.1	R440	J[CAUTION: Bridge	13:13	13:05	12:56
64.1	40.3	R440/R423	T	RIGHT	Mountrath	13:19	13:11	13:01
64.8	39.6	R423/R445	T	RIGHT	On bend, appears straight	13:21	13:12	13:02
64.9	39.5	R445 (Main St)	J[CAUTION: Pedestrian Crossing	13:21	13:12	13:02
65.3	39.1	R445 (Patrick St)			CAUTION: Pedestrian Crossing	13:21	13:13	13:03
65.4	39.0	R445 (Patrick St)			Finish Line - 1st Passage	13:22	13:13	13:03
65.6	38.8	R445 (Patrick St)	J[CAUTION: Pedestrian Crossing	13:22	13:13	13:03
65.8	38.6	R445	JR		CAUTION: Traffic Islands	13:22	13:13	13:04
69.8	34.6	R445/L1596	JL	LEFT	Direction: Rathdowney	13:29	13:20	13:09
74.1	30.3	L1596/R434	T	LEFT	Direction: Ballacolla	13:37	13:27	13:15
76.1	28.3	R434	JL		Aghaboe Abbey CAUTION: Car Park on Left	13:40	13:30	13:18
76.1	28.3	R434	JR		CAUTION: On bend	13:40	13:30	13:18
82.8	21.6	R434/R433	X	Left	Ballacolla Direction: Abbeyleix	13:51	13:40	13:28
88.6	15.8	R433	X		CAUTION: Complex Junction	14:01	13:49	13:36
90.1	14.3	R433	JL		Abbeyleix	14:04	13:52	13:38
90.3	14.1	R433/N77	T	Left	Direction: Portlaoise	14:04	13:52	13:39
90.7	13.7	N77/R430	X	Left	Direction: Mountrath	14:05	13:53	13:39
90.7	13.7	R430	J[CAUTION: Contra Flow, Road Narrows	14:05	13:53	13:39
102.7	1.7	R430	JL		CAUTION: On bend	14:26	14:12	13:56
103.2	1.2	R430	JR		Mountrath	14:26	14:12	13:57
104.1	0.3	R430 (Shannon St)/R445	RND	1 st Exit		14:28	14:14	13:58
104.3	0.1	R445 (Patrick St)	JL	Left	DEVIATION: Into Church Car Park	14:28	14:14	13:59
104.4	0.0	R445 (Patrick St)			CAUTION: Pedestrian Crossing	14:28	14:14	13:59
104.4	0.0	Finish				14:28	14:14	13:59

STAGE.4 - 102.7 KM

TRAMORE - KILMEADEN - KILMATHOMAS - LEMYBRIEN -
DUNGARVAN - COPPER COAST - TRAMORE

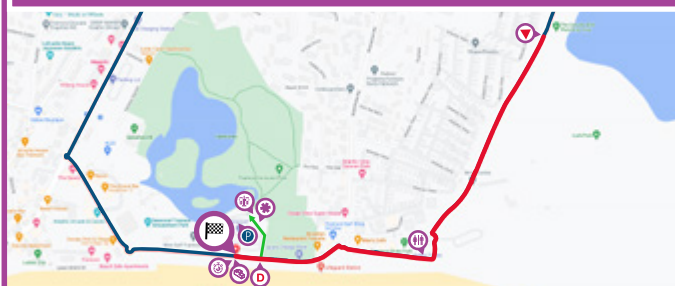
Saturday, September 9th 2023

Neutralised Section <https://ridewithgps.com/routes/43818888>

Race Route <https://ridewithgps.com/routes/42638688>



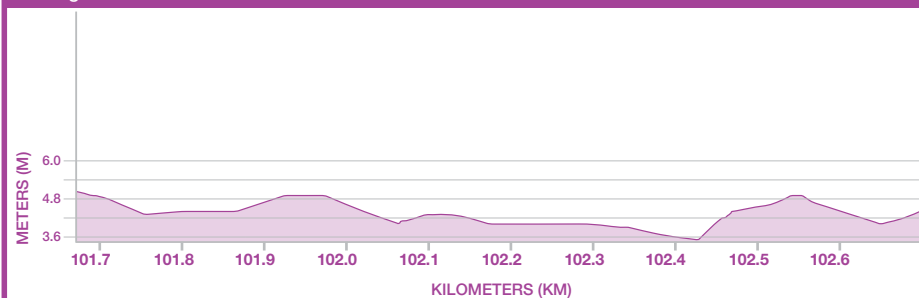
Stage 4 - Last Kilometer Map



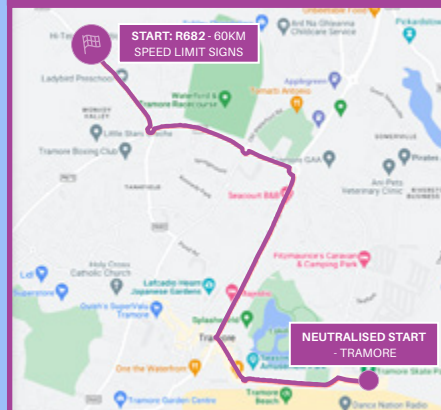
Stage 4 - Route Map



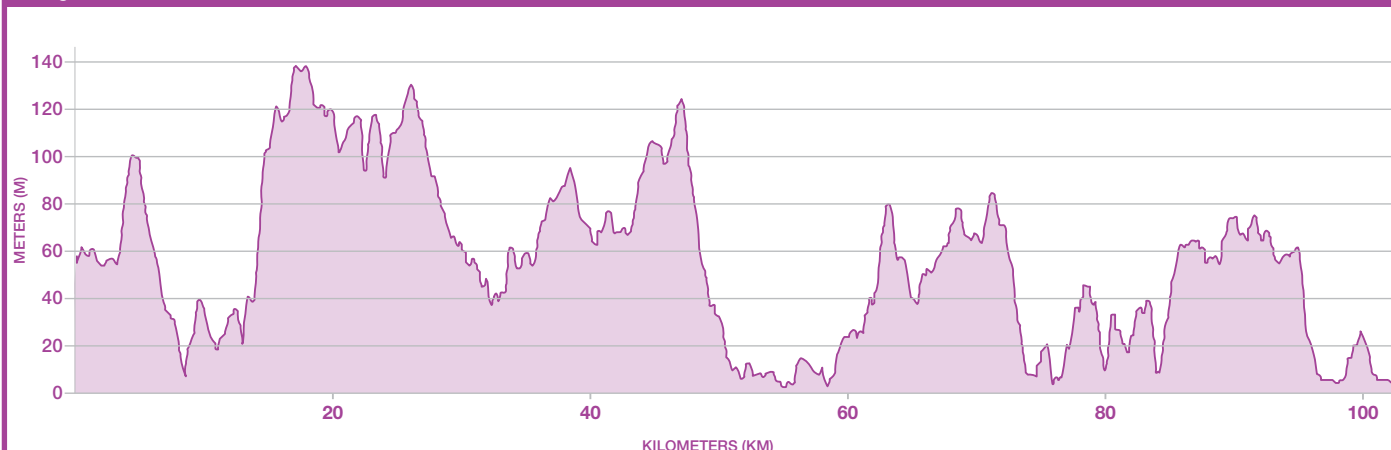
Stage 4 - Last Kilometer Profile



Stage 4 - Neutralised Section



Stage 4 - Profile





STAGE.4 - 102.7KM

Saturday, 9th September 2023



		TIME
Rollout, TRAMORE PROMENADE CAR PARK, CO. WATERFORD		11:40
Ceremonial, PROMENADE, TRAMORE		11:42
Start, R682		12:00
Finish, TRAMORE, COUNTY WATERFORD		14:40(EXPECTED)
Ascent, 982m		

ROUTE						SCHEDULE		
DESCRIPTION		JUNC-TION	INSTRUCTION	NOTES		35 KPH	40 KPH	45 KPH
Neutralised Start - Promenade Car Park						11:40	11:40	11:40
Neutralised - Promenade		RND	1 ST EXIT					
Neutralised - Finish Line			CEREMONY					
Neutralised - Promenade/Strand Rd		RND	2 ND EXIT					
Neutralised - Strand Rd/Turkey Rd		RND	2 ND EXIT					
Neutralised - Waterford Rd/Ring Rd		RND	1 ST EXIT					
Neutralised - Ring Rd		RND	2 ND EXIT					
Neutralised - Ring Rd/R682		RND	3 RD EXIT					
0.0	102.7	R682 - 60km Speed Limit signs			Start	12:00	12:00	12:00
1.0	101.7	R682	T	LEFT	Direction: Dungarvan	12:01	12:01	12:01
7.6	95.1	R682/R680	X	LEFT	Direction: Kilmeaden	12:14	12:12	12:10
7.6	95.1	R682/R680	X	LEFT	Direction: Kilmeaden	12:14	12:12	12:10
10.0	92.7	R680/R681	JL		CAUTION: Traffic Islands	12:18	12:15	12:14
10.3	92.4	R680	JR		Kilmeaden	12:19	12:16	12:14
10.5	92.2	R680][CAUTION: Pedestrian Crossing	12:19	12:16	12:15
11.0	91.7	R680	JL		CAUTION: Traffic Islands	12:20	12:17	12:15
11.3	91.4	R680][CAUTION: Traffic Islands	12:21	12:17	12:16
11.4	91.3	R680	RND	2 ND EXIT	Direction: Carrick On Suir	12:21	12:18	12:16
12.1	90.6	R680/N25	RND	2 ND EXIT	Direction: Carrick On Suir Caution: Major Junction	12:22	12:19	12:17
12.8	89.9	R680/L4026	JL	LEFT		12:24	12:20	12:18
14.3	88.4	L4026 - Kilmagemogue	QOH		Length: 2.6km, Avg: 4.1%, Max: 9.6%	12:26	12:22	12:20
19.1	83.6	L4026	X	STRAIGHT	CAUTION: Complex Junction	12:35	12:30	12:27
24.0	78.7	L4026/R677	X	LEFT	Direction: Kilmacthomas	12:45	12:37	12:34
25.1	77.6	R677	JL	KEEP RIGHT		12:47	12:39	12:35
27.6	75.1	R677	JR	KEEP LEFT		12:51	12:43	12:39
31.5	71.2	R677	JR		Kilmacthomas	12:59	12:49	12:45
31.7	71.0	R677][CAUTION: Narrow Bridge/Bend	12:59	12:50	12:45
31.9	70.8	R677	X	STRAIGHT	CAUTION: Complex Junction	12:59	12:50	12:45
32.2	70.5	R677][CAUTION: Pedestrian Crossing	13:00	12:50	12:46
33.1	69.6	R679	JL	LEFT	Direction: Dungarvan Slip Road	13:02	12:52	12:47
33.2	69.5	R679/N25	T	LEFT	Direction: Dungarvan Caution: entering major road	13:02	12:52	12:47
41.4	61.3	N25	JR		Lemybrien	13:17	13:05	12:59

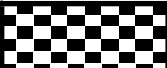
KM		ROUTE				SCHEDULE		
FROM START	TO FINISH	DESCRIPTION	JUNCTION	INSTRUCTION	NOTES	35 KPH	40 KPH	45 KPH
41.7	61.0	N25	JR		CAUTION: Traffic Islands	13:18	13:05	12:59
41.8	60.9	N25/R676	JR		CAUTION: Traffic Islands	13:18	13:06	12:59
42.0	60.7	N25	JL		CAUTION: Traffic Islands	13:18	13:06	13:00
48.5	54.2	N25	S	KEEP TO LHS OF ROAD	CAUTION: Steep Descent, Sweeping Bend	13:30	13:16	13:09
51.2	51.5	N25/N72	JR	KEEP LEFT	CAUTION: Major Junction	13:36	13:20	13:13
52.0	50.7	N25	JL		CAUTION: Traffic Islands	13:37	13:22	13:14
52.5	50.2	N25	X		CAUTION: Traffic Islands	13:38	13:22	13:15
53.0	49.7	N25	JL		CAUTION: Traffic Islands	13:39	13:23	13:15
53.1	49.6	N25	[[CAUTION: Pedestrian Crossing, Traffic Islands	13:39	13:23	13:15
53.2	49.5	N25	[[CAUTION: Traffic Islands	13:39	13:24	13:16
53.3	49.4	N25	JR		CAUTION: Traffic Islands	13:39	13:24	13:16
53.4	49.3	N25	JL		CAUTION: Traffic Islands	13:40	13:24	13:16
53.5	49.2	N25	[[Dungarvan CAUTION: Traffic Islands	13:40	13:24	13:16
53.6	49.1	N25/Sraid An Roisin	RND	1 ST EXIT	Direction: Town Centre CAUTION: Traffic Islands"	13:40	13:24	13:16
53.7	49.0	Sraid An Roisin	[[CAUTION: Pedestrian Crossing	13:40	13:24	13:16
53.7	49.0	Sraid An Roisin/Clonea Rd (R675)	RND	1 ST EXIT	Direction: Tramore	13:40	13:24	13:16
53.7	49.0	R675	[[CAUTION: Pedestrian Crossing	13:40	13:24	13:16
54.4	48.3	R675	[[CAUTION: Pedestrian Crossing	13:42	13:25	13:17
54.8	47.9	R675	[[CAUTION: Pedestrian Crossing	13:42	13:26	13:18
55.4	47.3	R675	RND	2 ND EXIT	Direction: Tramore	13:43	13:27	13:19
55.5	47.2	R675	[[CAUTION: Pedestrian Crossing	13:44	13:27	13:19
56.0	46.7	R675	[[CAUTION: Pedestrian Crossing	13:45	13:28	13:20
56.5	46.2	R675	[[CAUTION: Pedestrian Crossing	13:45	13:29	13:20
57.0	45.7	R675	[[CAUTION: Pedestrian Crossing	13:46	13:30	13:21
57.0	45.7	R675	RND	2 ND EXIT	Direction: Tramore	13:46	13:30	13:21
58.0	44.7	R675	S		CAUTION: Bends/Bridge	13:48	13:31	13:22
65.1	37.6	R675	S		CAUTION: Bends/Bridge	14:02	13:42	13:33
67.2	35.5	R675	X		CAUTION: Complex Junction	14:06	13:46	13:36
75.7	27.0	R675	JR	KEEP LEFT	Bunmahon	14:21	13:59	13:48
77.9	24.8	R675 - Rathinure Hill	QOH		Length: 1.0km, Avg: 4.6%, Max: 5.3%	14:26	14:03	13:51
83.6	19.1	R675	JL		Annestown	14:36	14:12	13:59
85.9	16.8	R675 - Annestown	QOH		Length: 1.5km, Avg: 3.7%, Max: 5.0%	14:41	14:15	14:02
88.2	14.5	R675	JL	KEEP RIGHT	Fennor	14:45	14:19	14:06
92.5	10.2	R675/Newtown Hill	RND	1 ST EXIT	Direction: Waterford	14:53	14:26	14:12
93.4	9.3	R675	[[CAUTION: Pedestrian Crossing	14:55	14:27	14:13
93.9	8.8	R675	[[CAUTION: Pedestrian Crossing	14:56	14:28	14:14
93.9	8.8	R675	RND	2 ND EXIT		14:56	14:28	14:14
94.8	7.9	R675	RND	2 ND EXIT		14:57	14:29	14:15
95.3	7.4	R675	RND	2 ND EXIT	CAUTION: Descent	14:58	14:30	14:16
95.5	7.2	R675 /Waterford Rd	RND	1 st Exit	Entering Finish Circuit	14:59	14:30	14:16
95.8	6.9	Waterford Road	[[CAUTION: Pedestrian Crossing	14:59	14:31	14:16
96.0	6.7	Waterford Road	RND	3 RD EXIT		15:00	14:31	14:17
96.3	6.4	Great Somerville	JR		CAUTION: Mini Roundabout	15:00	14:32	14:17



STAGE.4 - 102.7 KM

Rás na mBan 2023 –

Saturday, 9th September 2023

KM		ROUTE				SCHEDULE		
FROM START	TO FINISH	DESCRIPTION	JUNCTION	INSTRUCTION	NOTES	35 KPH	40 KPH	45 KPH
96.4	6.3	Great Somerville	JR		CAUTION: Mini Roundabout	15:00	14:32	14:17
96.6	6.1	The Estuary	JR		CAUTION: Mini Roundabout	15:01	14:32	14:18
97.9	4.8	The Estuary	RND	2 ND EXIT	APPEARS STRAIGHT CAUTION: Traffic Islands	15:03	14:34	14:19
97.9	4.8	Promenade	[[CAUTION: Raised Pedestrian Crossing	15:03	14:34	14:19
97.9	4.8	Promenade	T	RIGHT		15:03	14:34	14:19
97.9	4.8	Promenade	[[CAUTION: Pedestrian Crossing	15:03	14:34	14:19
97.9	4.8	Promenade	[[CAUTION: Raised Pedestrian Crossing	15:03	14:34	14:19
98.0	4.7	Promenade	[[CAUTION: Pedestrian Crossing	15:03	14:34	14:20
98.0	4.7	Promenade	[[CAUTION: Pedestrian Crossing	15:03	14:34	14:20
98.1	4.6	Promenade	RND	1 ST EXIT	CAUTION: Traffic Islands	15:03	14:34	14:20
98.1	4.6	Promenade	[[CAUTION: Pedestrian Crossing	15:03	14:34	14:20
98.2	4.5	Promenade	[[CAUTION: Pedestrian Crossing	15:04	14:35	14:20
98.4	4.3	Promenade (Finish Line)	[[1st Passage Finish Line CAUTION: Pedestrian Crossing	15:04	14:35	14:20
98.6	4.1	Promenade	[[CAUTION: Pedestrian Crossing	15:04	14:35	14:20
98.6	4.1	Promenade/Strand Rd	RND	2 ND EXIT		15:04	14:35	14:20
98.6	4.1	Strand Rd	[[CAUTION: Pedestrian Crossing	15:04	14:35	14:20
98.9	3.8	Strand Rd/Waterford Rd	RND	2 ND EXIT		15:05	14:36	14:21
99.1	3.6	Lower Branch Rd	[[CAUTION: Pedestrian Crossing	15:05	14:36	14:21
99.3	3.4	Lower Branch Rd	[[CAUTION: Pedestrian Crossing	15:06	14:36	14:21
99.7	3.0	Waterford Road	[[CAUTION: Pedestrian Crossing	15:06	14:37	14:22
99.8	2.9	R675/Waterford Rd	RND	2 ND EXIT		15:07	14:37	14:22
100.1	2.6	Waterford Road	[[CAUTION: Pedestrian Crossing	15:07	14:38	14:23
100.3	2.4	Waterford Road	RND	3 RD EXIT		15:08	14:38	14:23
100.6	2.1	Great Somerville	JR		CAUTION: Mini Roundabout	15:08	14:38	14:23
100.7	2.0	Great Somerville	JR		CAUTION: Mini Roundabout	15:08	14:39	14:23
100.9	1.8	The Estuary	JR		CAUTION: Mini Roundabout	15:09	14:39	14:24
102.2	0.5	The Estuary	RND	2 ND EXIT	APPEARS STRAIGHT CAUTION: Traffic Islands	15:11	14:41	14:26
102.2	0.5	Promenade	[[CAUTION: Raised Pedestrian Crossing	15:11	14:41	14:26
102.3	0.4	Promenade	T	RIGHT		15:11	14:41	14:26
102.3	0.4	Promenade	[[CAUTION: Pedestrian Crossing	15:11	14:41	14:26
102.4	0.3	Promenade	[[CAUTION: Raised Pedestrian Crossing	15:12	14:41	14:26
102.4	0.3	Promenade	[[CAUTION: Pedestrian Crossing	15:12	14:41	14:26
102.4	0.3	Promenade	RND	1 ST EXIT	CAUTION: Traffic Islands	15:12	14:41	14:26
102.4	0.3	Promenade	[[CAUTION: Pedestrian Crossing	15:12	14:41	14:26
102.5	0.2	Promenade	[[CAUTION: Pedestrian Crossing	15:12	14:41	14:26
102.6	0.1	Promenade	JL	DEVIATION	INTO CAR PARK	15:12	14:42	14:26
102.7	0.0	Finish Line				15:12	14:42	14:26

STAGE.5 - 2.5KM

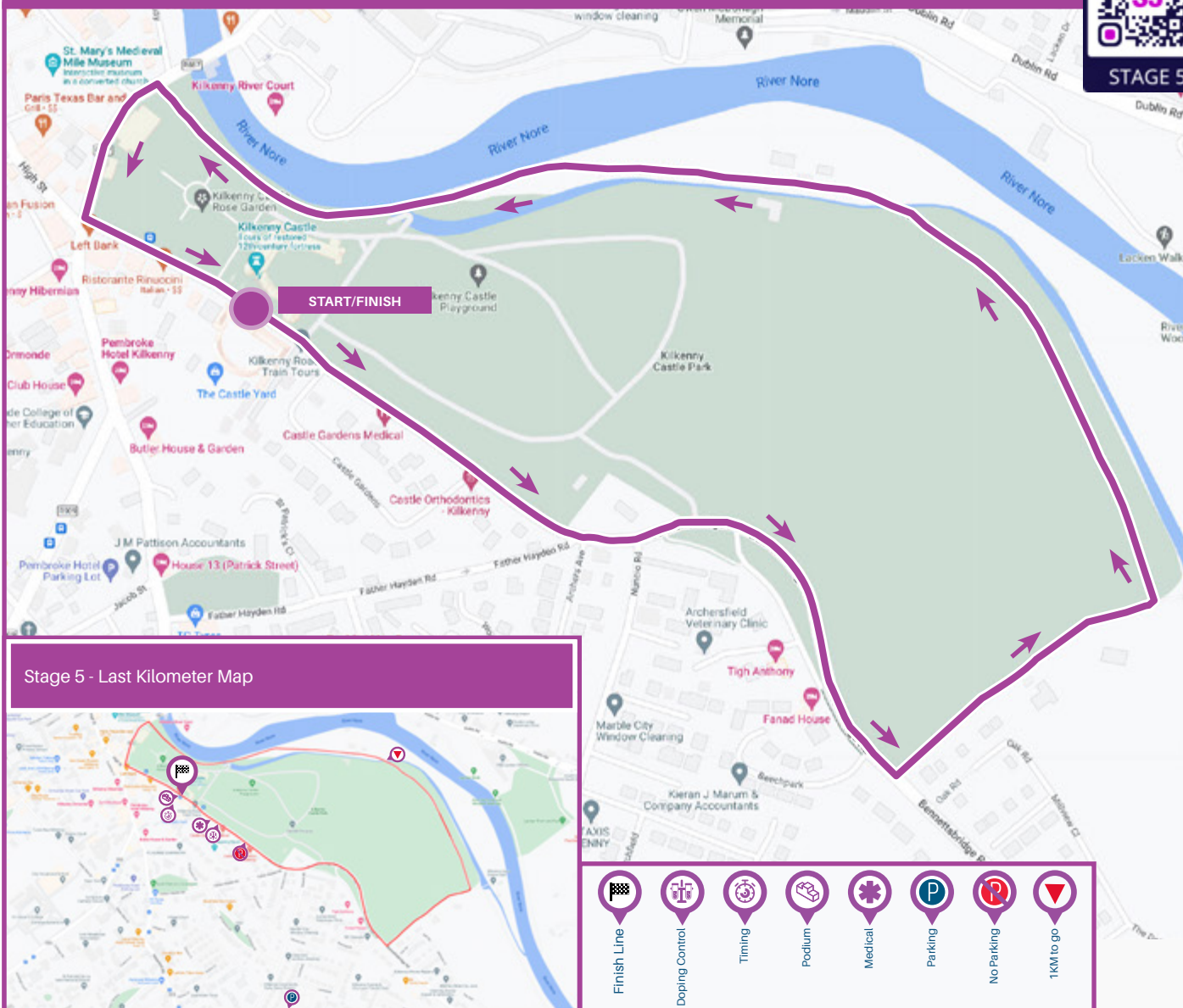
INDIVIDUAL TIME TRIAL - KILKENNY CASTLE

Sunday, September 10th 2023

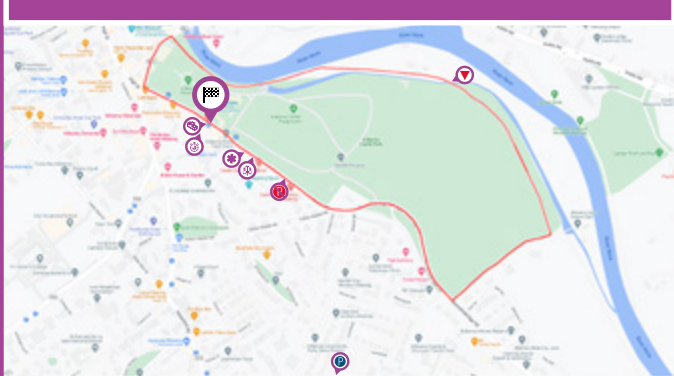
Race Route <https://ridewithgps.com/routes/43327662>



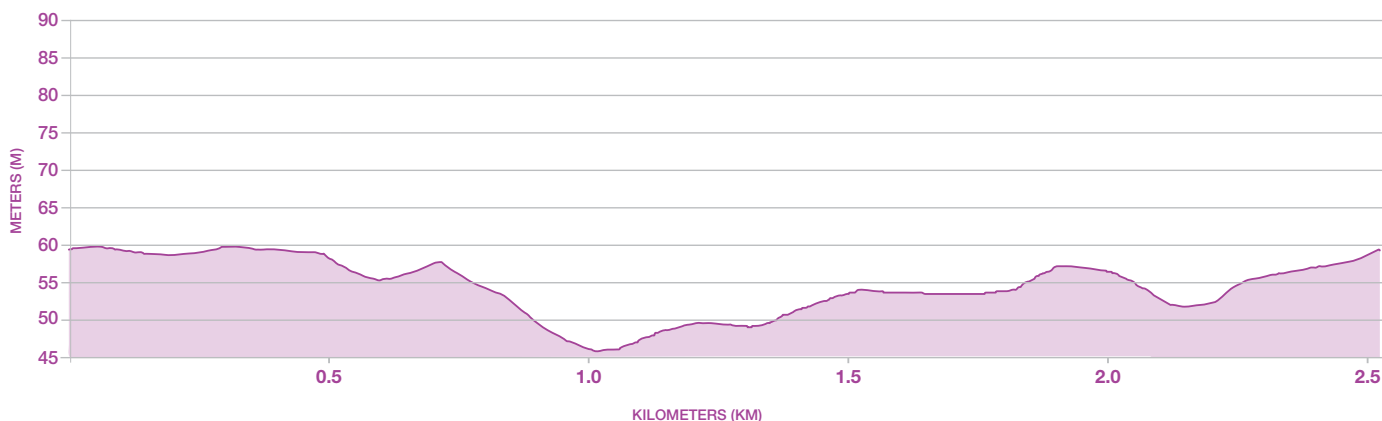
Stage 5 - Route Map



Stage 5 - Last Kilometer Map



Stage 5 - Profile



STAGE.5 - 2.5KM

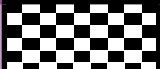
Rás na mBan 2023 —

INDIVIDUAL TIME TRIAL - KILKENNY CASTLE

Sunday, September 10th 2023

Race Route <https://ridewithgps.com/routes/43327662>

		TIME
Start, KILKENNY CASTLE		9:00
Finish, KILKENNY CASTLE		11:00 (EXPECTED)
Distance, 2.5KM		12:00

WKM		Route			
FROM START	TO FINISH	DESCRIPTION	JUNCTION	INSTRUCTION	NOTES
0	2.5	Kilkenny Castle			Start
0.8	1.7	BENNETSBRIDGE RD/CANAL WK	JL	LEFT	
1.1	1.4	CANAL WALK	JL	LEFT	
2.2	0.3	CANAL WK/ROSE INN STREET	T	LEFT	
2.4	0.2	ROSE INN STREET/THE PARADE	X	LEFT	
2.5	0.0	Finish			



2023.TT

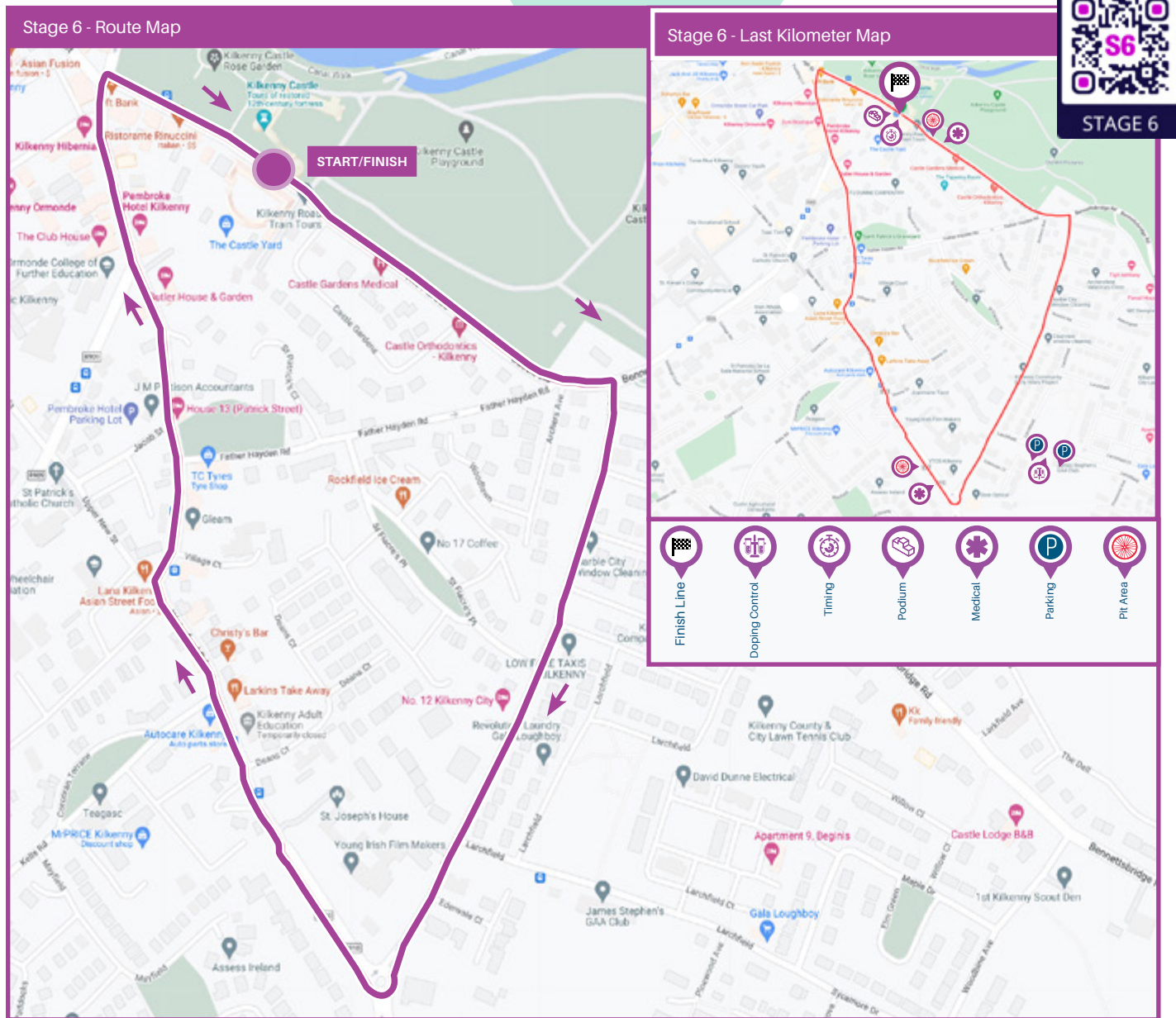


STAGE.6 - 2.1 KM

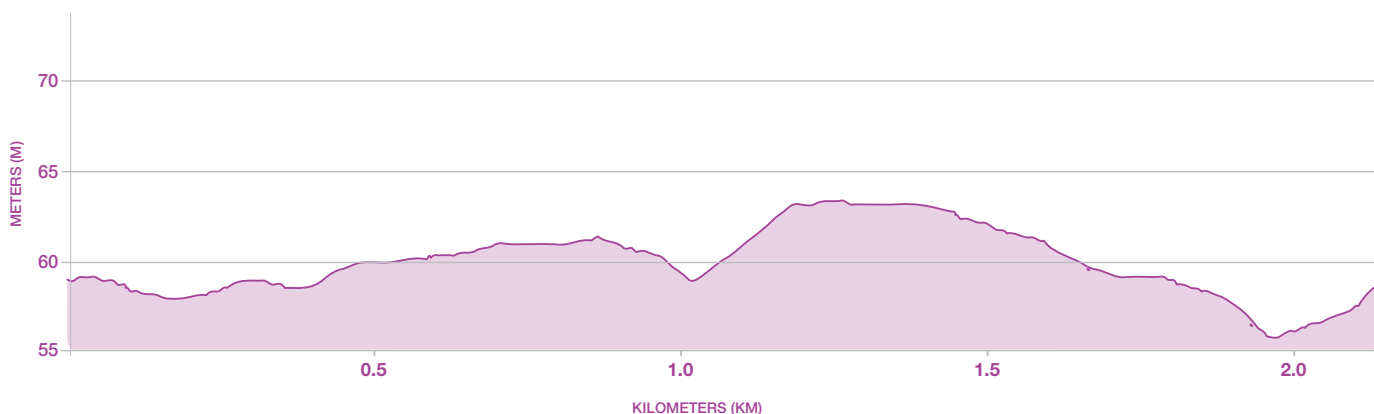
KILKENNY CITY

Sunday, September 10th 2023

Race Route <https://ridewithgps.com/routes/43327545>




Stage 6 - Profile



STAGE.6 - 2.1 KM

Sunday, 10th September 2023

TIME	
Start, KILKENNY CASTLE	12:30
Finish, KILKENNY CASTLE	13:45 (EXPECTED)
Distance, 1 HOUR + 5 LAPS	

WKM		Route				
FROM START	TO FINISH	DESCRIPTION	FEATURE	JUNCTION	INSTRUCTION	NOTES
0	2.1	Start/Finish Line - The Parade	Start			
0.1	2.0	THE PARADE - CASTLE GARDENS		JR		Pit Area 1
0.4	1.7	THE PARADE - NUNCIO RD		JR	RIGHT	
1.0	1.1	NUNCIO RD - WATERFORD RD		RND	RIGHT	Take Roundabout to right (ie "wrong" way)
1.1	1.0	WATERFORD RD][Pit Area 2 CAUTION: Traffic Island
1.5	0.6	UPPER PATRICK ST - VILLAGE CT		JR		CAUTION: Crossing
1.9	0.2	PATRICK ST][CAUTION: Crossing
1.9	0.2	UPPER PATRICK ST - THE PARADE		X	RIGHT	
2.1	0.0	Start/Finish Line - The Parade				



	1	2	3	4	5	6	GC	Irish	QOH	Points	U23	Int . Team	Irish Team	Total
1 st	€130	€130	€130	€130	€110	€130	€400	€120	€120	€120	€120	€250	€180	€2430
2 nd	€100	€100	€100	€100	€90	€100	€350	€100	€100	€100	€100	€200	€150	€1690
3 rd	€80	€80	€80	€80	€80	€80	€300	€80	€80	€80	€80	€150	€110	€1360
4 th	€60	€60	€60	€60		€60	€250	€60						€620
5 th	€50	€50	€50	€50		€50	€200	€50						€510
6 th	€40	€40	€40	€40		€40	€150	€40						€400
7 th							€130	€30						€170
8 th							€120							€150
9 th							€100							€100
10 th							€80							€80
	€460	€460	€460	€280	€460	€460	€2080	€550	€300	€300	€300	€600	€440	€7610

Other Prizes: First unplaced **Young Irish Rider** overall: €120, First unplaced **Junior** overall: €120, **Master** overall: €120. **Prime Prize:** €100, will be awarded on **Stage 6**.

RACE OFFICIALS

Race Director Valerie Considine
Deputy Race Director Ronan Fox
Race Director Driver Jen Bates
Chief Commissaire Aaron Wallace
Moto Commissaire Tomás Sheehy
Commissaire Julia Mulvihill
Commissaire Meli Reade
Timing/Judge John Breen
Commissaire Driver Henry Whitson
Commissaire Driver Stephen O'Shea
Commissaire Driver Derek Webb
Neutral Service Crew 1 Damien Nelson
Neutral Service Crew 1 Driver Eddie Keogh
Neutral Service Crew 2 Dave Tansey
Neutral Service Crew 2 Driver Orla Hendron
Finish Camera Loch Miwa
QoH Crew Dermot O'Gorman
QoH Crew Eoin Kelly
Lead Car 1 Mick Twomey
Lead Car 2 Eamonn Landy
Lead Car 3 Hannah Gibney
Signage Manager Dermot Moyne
Marshal Manager/Start Manager Brian Hayden
Safety Officer/Cars Barry Redmond
Race Doctor Malcolm Kell
Race Doctor Driver Paul Smith
Media and Communications Director Declan Quigley
Production Manager Georgie Francis
Podium Team Elaine Cahill
Podium Team Bairbre Redmond
Podium Team Emma Smith
Photographer Lorraine O'Sullivan
TV Camera David Laird
TV Camera Tom Lee
TV Camera Morgan Fullam
Media James Gordon

Media Emma Porter
Media Ciara O'Shea
Race Announcer / Race Radios Pat Moss
Race Announcer / Race Radios Declan Halligan
Broom Allison Smyth
Broom Tosh Lavery
Chief Moto Marshal John Ryan
Moto Marshal Andrew Stokes
Moto Marshal Brendan Dolan
Moto Marshal Derek Keogh
Moto Marshal Dick Lanigan
Moto Marshal Feargal Gallagher
Moto Marshal Gary Walsh
Moto Marshal Ken Nelson
Moto Marshal Malcolm Goode
Moto Marshal Mick Cogan
Moto Marshal Noel Tonge
Moto Marshal Ollie Egan
Moto Marshal Paul Davis
Moto Marshal Richie O'Gorman
Moto Marshal Ted O'Malley
Moto Marshal Terry O'Regan
Moto Marshal Tom Roche
Moto Marshal Tom Ryder
Moto Marshal Tommy Champion
Finish Manager Dave Cormack
Finish Crew Paddy Davis
Finish Crew John Dillon
Finish Crew Eunan Malone
Finish Crew Ray McKenna
Finish Crew Luke Potter
Finish Crew Damien Long
Finish Crew Richard Shakespeare
Finish Crew Kieran Culhane
Finish Crew Clodagh Allen
Finish Crew Raymond Allen

On the eve of the 17th edition of Rás na mBan it's a good time to reflect on some of the epic days of bike racing in the history of the event.

Here is a small selection of great memories reflecting the courage, athleticism and extraordinary topography of Rás na mBan over the years...



EPIC STAGES.

2017.

ELINOR BARKER (TEAM GB) ALONE IN HER SUFFERING ON MOUNT LEINSTER IN 2017 ON HER WAY TO AN EMPHATIC STAGE VICTORY AND A COMMANDING OVERALL RACE LEAD.



2011 STAGE 3

'Healy Pass' - Dillon on Fire

— Olivia Dillon had a point to prove when the riders faced the starter's flag for the 80km third stage of the 2011 race. Having just heard that no Irish team would be heading to the World Road Race Championships Dillon was out to show what they were missing.

Already in the pink leader's jersey and on her way to her second overall win in the event, Dillon charged up Healy Pass with only the Netherlands' Linda Ringlever (Moving Ladies) for company by the top. With just 35km completed Dillon set off on her own for a 45km solo adventure around the roads of Kerry with a little bit of County Cork thrown in. She had almost two minutes in hand by the finish line back in Kenmare with the entire field strewn all over the roads of Munster.

Dillon had secured her second overall Rás na mBan win in the most emphatic fashion. Point made. Dillon remains Ireland's most recent overall winner after wins in 2011 and 2013.

2012 STAGE 5

The Ballaghs' - Boddy Double

— By the fourth day of five legs were starting to soften in Kerry when the organisers dropped a grenade into the bunch in the form of the 95km 'Queen' stage including the awesome climbs of Ballaghabeama and Ballaghasheen followed by Coomaciste for dessert.

Danish junior Amalie Dideriksen - who would go on to win the Elite World Road Race title in 2016 - danced up the mountains on her way to the IVCA climbers jersey while High Wycombe sprint ace Karla Boddy charged down the final descent to get back in contention to take her second successive stage win. Boddy made it a hat trick on the final day as Dideriksen's team mate Kamilla Sofie Vallin took a great win for Team Rytger.

2017 STAGE 3

Mount Leinster - Barker Pounces

— The second visit to Kilkenny for Rás na mBan featured the already classic sojourn into Wexford and Carlow for the windswept ascent of Mount Leinster to a summit finish at Nine Stones. Britain's Elinor Barker, a gold medal winner on the track at the Rio Olympics (and silver medallist in Tokyo '21) put Team GB squad on the front early on and let the steepening gradient take care of the rest.

Race leader Belle de Gast of the Netherlands was left floundering on the lower slopes of Corrabut Gap as Barker made her move, the Cardiff woman reeling in and quickly distancing the remains of the early break.

2022 STAGE 5 KILKENNY

Richardson By Fractions

— After an impressive solo win at Woodstock, Inistioge on stage two, Dutchwoman Lieke Van Zeelest defended her leaders magenta jersey confidently for the next two days, carrying a narrow lead of five seconds over Kate Richardson into the final day time trial at Kilkenny Castle.

Torrential rains made the roads around the castle treacherous and, having seen stage three winner Richardson start off for her solo effort, Van Zeelest knew she would have to be at her best in the 2.5km test.

Richardson raced to the fastest time while Van Zeelest, guesting with the Limerick club Greenmount Cycling Academy, splashed around in her wheeltracks. Richardson was still bent double over her bike recovering from her effort as Van Zeelest flashed across the finish line. Her time was 5.13s slower than Richardson who took her second stage win and with it the leader's jersey by the scant margin of 0.13s.

There was further drama in the final stage criterium when Scotland's Richardson (Team Alba Development) crashed and needed a bike change but she survived to claim an historic victory.

RACE RULES - 2023



ARTICLE 1 Organisation

Rás na mBan is organised by the Rás na mBan Organising Committee, under the auspices of Cycling Ireland and will take place from Wednesday 6th September until Sunday 10th September 2023.

Rás na mBan is promoted under the Technical Rules and Regulations of Cycling Ireland (<https://www.cyclingireland.ie/downloads/Rules2023E30.2G.pdf>) along with those specified hereunder. It is the responsibility of team officials and competitors to be familiar with all race regulations.

ARTICLE 2 Type of Event

Rás na mBan International 5-day cycle race for women is registered on the Cycling Ireland Road Racing Calendar.

All participants should be aware that the roads used by Rás na mBan are **NOT CLOSED** to other traffic, and competitors will encounter normal road traffic during the event. While every effort will be made to ensure the safety of the riders, care must be taken by all riders, particularly on narrow roads and at the rear of the race. Riders are responsible for their own safety and must comply with the rules of the road. Riders are reminded that, in Ireland, we cycle and drive on the left-hand-side of the road.

ARTICLE 3 Participation

Ras na mBan is open to teams of riders of W+, W, WJ and MW categories.

All entrants shall hold a valid racing licence issued by a UCI affiliated National Federation.

The maximum number of riders that can be entered on a team is 5, and the minimum is 3.

ARTICLE 4 Race Headquarters

Team Registration for Rás na mBan 2023 is via the Cycling Ireland portal (<https://eventmaster.ie/event/qwJkuP7SQq>)

Race headquarters is the Hoban Hotel, Ring Road, Springhill, Kilkenny, County Kilkenny R95 XV2D (Tel: +353 56 7783100).

Riders will be required to report to the race HQ between 12:30 and 14:00 on Wednesday 6th September 2023 at the Hoban Hotel, Ring Road, Springhill, Kilkenny, County Kilkenny R95 XV2D (Tel: +353 56 7783100) to sign on and receive their rider pack. Individual rider sign on will not be required on subsequent days. Riders will be required to provide their rider licences to the race organisation, to be retained for the duration of the race pending return of timing chips.

Team Managers will be required to report to the race HQ between 12:30 and 14:00 on Wednesday 6th September 2023 to complete the following procedures:

1. Present the following to the Chief Commissaire for approval and information purposes:

- Manager's current UCI affiliated federation licence
 - Sample of Team Jersey and, if applicable, Skinsuit
2. Ensure race organisation have their up to date contact details (mobile for Whatsapp messages and email address for results, etc) and bank account details.
 3. Receive team information pack. Team Managers or a team representative **MUST** sign in each day and notify the race organisation of any non-starters. Times and places for sign-on will be communicated to managers via Whatsapp.

Team Managers shall be responsible for the return of ALL riders timing chips at the finish of the final stage of the race. Licences will be returned to team managers on return of timing chips. There will be a penalty charge of €35 per chip for lost or damaged chips.

Team Managers are required to attend a briefing meeting at the Hoban Hotel at 14:15 on Wednesday 6th September in the designated meeting room. The meeting will be opened by the Race Organiser and addressed by the Chief Commissaire and a Garda officer. Race Technical Staff will also be in attendance.

Where a team car is to be driven by someone other than the Team Manager, the driver must also sign on and produce a valid UCI affiliated federation licence.

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

The Race Medical Team will be in attendance at this meeting. Managers should notify the Race Doctor of any relevant rider or staff medical conditions he/she may need to be aware of in case of emergency.

ARTICLE 5 Radio Tour

Radio Tour will be broadcast on frequency 453.5625Mhz

Race Radios will be available at Manager registration for rental. A fee of €50 will be payable at sign on for radios issued to team managers, which includes the rental fee of €20 plus a refundable deposit of €30. The deposit will be refunded on return of the radio at race headquarters, undamaged, following the final stage of the race.

ARTICLE 6 Service and Neutral Support

The first neutral service vehicle will normally be placed with the leading group and the second will remain behind the main bunch or as determined by Commissaires. Teams wishing to avail of the service will equip these vehicles. Such equipment must be in good mechanical order. Wheels must be clearly marked with the team name.

Given the variety of equipment in use, neutral service cannot guarantee suitable equipment will be available in every situation. Neutral service is provided on a "best effort" basis.

Riders receiving equipment from neutral service will be responsible for returning equipment undamaged, replacing it or providing adequate compensation to the owner. It is the responsibility of the team manager to return equipment obtained from neutral service immediately after the stage finishes.

Equipment is provided to neutral service at owners risk, notwithstanding the conditions listed above. The organisers of Rás na mBan, and their agents and volunteers, shall not be responsible for loss of or damage to any equipment provided to neutral service.

Team vehicles are obliged to service riders from other teams when requested to do so by a Commissaire or when neutral service is not available. It is expected that this open service will be carried out in a fair and sporting manner. Where no neutral service is available the first vehicle in line must service any rider requiring service, in the absence of her own team vehicle. Following Stage 1, team vehicles of the first 3 riders on General Classification are exempt from this rule and the next vehicle in line must provide service.

In the event of a puncture or other mechanical fault, riders must stop and be serviced on the LEFT hand side of the road only.

Riders shall be serviced only from the rear of a group.

ARTICLE 7 Bonuses

There are no time bonuses on stages.

ARTICLE 8 Stage 5 Time Trial

Stage 5 Individual Time Trial must be ridden on a classic road bike as defined in UCI regulations.

No bar extensions or similar are permitted nor are wheels with less than 12 spokes.

Time Trial Helmets and Skinsuits are allowed. Where Skinsuits are worn, they must either be a Classification leaders skinsuit provided by the Race Organisers, a champions skinsuit where qualified to wear such, a Team Skinsuit, as registered by the Team Manager prior to Stage 1, or, with the Commissaires agreement, a plain design carrying no advertising, apart from a manufacturer's logo.

Riders will start at 1-minute intervals in reverse General Classification order.

The Time Trial will take place partly on open roads. Riders **MUST** keep to the left-hand side of the carriageway within the designated lane, in order not to impede traffic.

Cycling Ireland Technical Regulations T7.A4 will apply.

ARTICLE 9 Stage 6 Criterium

There will be two pit areas on the circuit. If a rider suffers a mishap or genuine mechanical, then she will need to report to the Pit Commissaire at the next pits to her location on the circuit. The rider in question will not travel against the race but move forward to the next pits. She will then be allowed to re-join the race after one lap out



into the back of the group she left before the incident took place. If this group has split then it will be the rear split that she re-joins. No lap outs will be permitted in the last 5 laps.

The criterium duration will be 1 hour plus 5 laps of the circuit, including an initial 3 speed-controlled laps paced by the Race Directors car. Riders must not pass the Race Directors car during these controlled laps.

Riders who are deemed by Commissaires to be in danger of being lapped by the leaders in the criterium will be stopped and will be credited with a calculated finishing time for the stage and for the final General Classification.

ARTICLE 10 Stage 1 and Stage 4 Finishing Circuits

Any rider lapped or in danger of being lapped on a finishing circuit may be asked by Commissaires to stop to allow the leaders a clear passage and the time delay incurred will be noted to give an accurate finishing time for the stage. In addition, Cycling Ireland Technical Regulation T7.A3.23 will apply.

ARTICLE 11 Final 3 Kilometre Rule

Rás na mBan operates a final 3 Kilometre rule on stages 1,3 and 4. This extends Cycling Ireland Technical Regulation T7.A3.8

For Stage 6 Criterium, Cycling Ireland Technical Regulation T7.A3.8 will be extended to apply to the final lap.

This rule shall not apply on Stage 2 hill top finish or Stage 5 Individual Time Trial.

ARTICLE 12 Finishing Time Limits

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

The time limit may be extended, in extenuating circumstances, by the panel of Commissaires in agreement with the Race Director.

ARTICLE 13 Classifications

The following classifications will be awarded a jersey:

1. Individual General Classification - Magenta Jersey

The individual general classification on time is established by adding up the times recorded for stages, taking into account any time penalties.

Ties will be split in accordance with Article T7.3A of Cycling Ireland Technical Regulations.

2. Points General Classification - Blue Jersey

Points will be awarded to riders for stage placings.

The points will be allocated as follows: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points respectively for 1st to

10th placing on stages 1, 2, 3, 4 and 6. No points will be awarded for Stage 5, the Individual Time Trial.

Ties will be split in accordance with Article T7.3B of Cycling Ireland Technical Regulations.

3. Queen of the Hills General Classification - Orange Jersey

QOH Points will be awarded for climb primes on the following scale:

Category 1 climb, 1st to 5th placing respectively; 12, 10, 8, 6, and 4 points.

Category 2 climb, 1st to 4th placing respectively; 9, 7, 5, and 3 points.

Category 3 climb, 1st and 2nd placing respectively; 5 and 3 points

Ties will be split in accordance with Article T7.3C of Cycling Ireland Technical Regulations

4. Best Young Rider Classification - White Jersey

Restricted to riders born after the 31st of December 2000.

Ties will be split in accordance with Article T7.3A of Cycling Ireland Technical Regulations.

5. Best Irish Rider Classification - Green Jersey

The Best Irish Rider classification will be awarded to the top Ireland-based rider on General Classification who fulfils the following criteria:

- be ordinarily resident in Ireland AND
- have an IRL code on their licence OR a licence issued by Cycling Ireland AND
- not be riding Rás na mBan on the Ireland national team.

In the event of a dispute over eligibility, the Race Director has the final say on whether a rider is eligible, taking account of the intention to reward riders who live and ordinarily compete domestically in Ireland, regardless of their nationality or team affiliation.

Ties will be split in accordance with Article T7.3A of Cycling Ireland Technical Regulations.

6. Stage Winner Jersey - Light Blue Jersey

A Stage Winner Jersey will be awarded to the winner of each stage, including Stage 5 TT.

Jersey Priority

The priority of Classification Jerseys is as follows:

1. General Classification by time
2. Points Classification
3. Queen of the Mountains Classification
4. Best Young Rider Classification by time
5. Best Irish Rider Classification by time
6. Stage Winners Jersey

Non-Jersey Classifications

1. Team General Classifications (Best Team, Best Irish Based Team)

The maximum number of riders on a team is 5 and the minimum is 3. The team standings on each day are calculated by adding the three best individual times from each team.

The overall team classification is calculated by adding the three best individual times from each team from all stages.

The Paddy Doran Best Irish (Ireland based) team classification is calculated by adding the three best individual Irish based rider times from all stages. Only teams with 3 or more riders satisfying the Best Irish Rider category qualify for the Irish Team prize. The Ireland National Team is excluded from this category.

Composite Teams, as defined under Article T1.5 – T1.7 of Cycling Ireland Technical Regulations, are eligible for the Team Classification and/or the Best Irish Team Classification.

Ties will be split in accordance with Article T7.3E of Cycling Ireland Technical Regulations

2. Mick Lawless Best Young Irish Rider Classification

This classification is open to riders who qualify for both the Best Young Rider Classification and the Best Irish Rider Classification.

ARTICLE 14 Prizes

In addition to the above, prizes will be awarded to:

- I. First unplaced junior (WJ) rider overall (riders born after the 31st of December 2004).
- II. First unplaced masters (MW) rider overall (riders born before the 1st January 1984)
- III. A combativity prize, titled 'The Daily Beast Award', will be awarded on the podium after each stage to the rider adjudged by the Commissaires to have grabbed the stage by its horns.

Prime prizes of €50 will be awarded on Stage 6, to the first rider crossing the finish line after 15 minutes of racing, and after 30 minutes of racing. A klaxon will indicate the start of each lap that will finish with a prime. A bell will indicate the start of the final lap.

A grand total of €7610 will be awarded in prize money at Rás na mBan 2023. All prize money will be paid post-race via Bank Transfer to Team Managers. The full list of prize money is included in the Race Technical Guide.

ARTICLE 15 Anti-Doping

Doping Control may 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 as indicated in the technical guide for each stage. The numbers of the riders required to report to the Doping Control Station will be displayed in accordance with the UCI Anti-doping Regulations.

Selected riders, who have not completed anti-doping procedures and are required for podium presentations must ensure they make themselves available for such prior to completing anti-doping procedures.



RACE RULES - 2023

ARTICLE 16 Awards Ceremony

The following riders must attend the official post-stage awards ceremony:

- First 3 riders on the stage
- The leaders of the following classifications:
 - Individual General Classification
 - Points Classification
 - Queen of the Mountains Classification
 - Best Young Rider General Classification
 - Best Irish Rider General Classification

These riders must present themselves on the presentation podium immediately after the finish of each stage.

While race personnel will be assigned to assemble riders for the post stage presentations, the co-operation of riders and team managers in the smooth running of this procedure is essential. Fines may be issued to riders who fail to attend the post-stage awards ceremony, or who only present themselves after an undue delay.

The leader of each classification shall be presented their jersey following each stage.

Should a rider qualify for more than one jersey she will wear the jersey of the higher priority in the next stage. Subsequent classification jerseys will be worn by the next best-placed rider in the classification, subject to her not being entitled to any other classification jersey.

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

- First 3 riders on General Classification
- Team General Classification Winners
- Irish Based Team General Classification Winners
- Mick Lawless Best Young Irish Rider

ARTICLE 17 Penalties

The Cycling Ireland Scale of Penalties shall apply throughout the duration of the race.

GENERAL INFORMATION

- Entering this race implies acceptance of all race regulations.
- The organisers will - under no circumstances - hold themselves responsible for any 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 in addition to possible legal consequences.

- Keep Ireland Beautiful - all personnel are reminded that littering will not be tolerated. Participants infringing this rule will have their numbers noted by race officials, and fines may be issued. There are no designated Litter Zones.
- All race personnel (riders, officials, team officials) must be holders of a current valid license issued by a UCI affiliated national federation.
- It is compulsory for all riders to wear rigid safety headgear at all times on every stage.
- All stages, including Stage 5 TT, must be ridden on a classic road bike as defined in the UCI regulations Part 1 Chapter 2 Section 2.
- Bikes must be in proper working condition and mechanical order.
- The last 3 and 1 kilometres on all stages will be indicated by a 3km and 1km sign respectively positioned on the left-hand side of the road.
- Boards indicating zero kms (the end of neutralised section) and the final 20, 10, 5, 3, and 1 kms will be displayed.
- Signs for 500m, 200m and 100m from the finish line will also be indicated.
- Signs for 1km, 200m and the QOH point will be indicated.
- Riders, other than classification jersey wearers or those entitled to wear a champions jersey, must wear their team kit, as approved prior to starting Rás na mBan, during all stages including stage 5, individual time trial (subject to Article 8 above).
- Timing chips will be provided by the race organisation to each rider. Timing chips should be attached to the front fork using the cable ties provided.

SPECIAL RACE REGULATIONS

- Team cavalcade vehicle regulations:
 - A maximum of one vehicle may follow each complete team in the race cavalcade. Only complete teams (who started Stage 1 with three or more riders) can have a team car in the cavalcade.
 - Only officially approved vehicles will be allowed in the race cavalcade, these vehicles must not be equipped with extended 'prong type' boot racks.
 - Race cavalcade team vehicles may not exceed 166cm in height.
 - In addition to the driver, the approved cavalcade team vehicle must contain at least one other competent person.
 - Numbers will be provided for team vehicles showing their place in the following cavalcade on each stage. These numbers will be positioned on the front and rear windows of the vehicle nearest the road centre. The numbers will be replaced for each stage and only the current numbers may be displayed.

A draw for team vehicle placings on Stage 1 will be conducted by the Chief Commissaire at the team managers' meeting on Wednesday 6th September at 15:00.

- Following Stage 1, team vehicles in the race cavalcade will follow in the order of the team's best rider on the individual classification on the basis of one vehicle per team.
- The responsibility rests with a rider whether to accept food/drink from any vehicle other than her own team vehicle.
- Break-away groups may only be followed by team cars when the gap between them and the chasers is greater than 1 minute and then only with the consent of a Commissaire.
- No team vehicle may overtake any group of riders in the last 10km of a stage.
- All cavalcade vehicles, unless specifically authorised, must follow any deviation indicated on the race route and/or at the stage finish. Where deviations are through residential areas a strict speed limit of 30kph applies unless a lower limit is shown on road signage.
- On certain stages, team vehicles may be required to proceed through the finish line. There is strictly NO STOPPING before, on or after the finish line. Team cars must proceed to designated parking or as directed to keep the finish clear for riders.
- Team vehicles which are not part of the cavalcade, including support vans, must park in designated parking areas at stage finishes or as directed by race officials and/or Gardai. Team vehicles must not park in any other location on or near the race route, finish area or where they might impede traffic without permission from a race official. Please be aware that some parking areas have limited space and consideration is requested for other teams when setting up gazebos, turbo trainers, etc.

- Control flags
The standard control flags to be used throughout the race are:
 - Rás na mBan magenta flag for the ceremonial start of each stage
 - Rás na mBan black and white chequered flag for each stage finish
 - Rás na mBan white flag at QOH Finish points
 - Rás na mBan orange and white chequered flag to denote neutral zone.





Hospital Name	Address	Phone	Distance From HQ	Closest for Stages
ST.LUKE'S HOSPITAL	Freshford Road, Kilkenny	00353-56-7785000	4.6KM	1,2,5,6
UNIVERSITY HOSPITAL WATERFORD	Dunmore Road, Waterford	00353-51-848000	50.5KM	2,4
MIDLAND REGIONAL HOSPITAL	Block Rd, Ballyroan, Portlaoise	00353-57-8621364	85.8KM	3

HOSPITALS.



QOH 2023

Stage	Category	Climb	Distance	Length	Avg Gradient	Max Gradient
1	3	CURRAGAWN	30.0km	3.3km	3.7%	7.1%
2	2	THE ROWER	53.6km	2.2m	5.3%	7.5%
2	2	COPPENAGH	70.9km	6.2km	3.4%	7.6%
2	2	THE ROWER	100.8km	2.2km	5.3%	7.5%
3	1	THE CUT	48.3km	7.4km	4.5%	9.8%
4	2	KILMAGEMOGUE	14.3km	2.6km	4.1%	9.6%
4	3	RATHINURE HILL	77.9km	1.0km	4.6%	5.3%
4	3	ANNESTOWN	85.9km	1.5km	3.7%	5.0%



WHERE TO WATCH THE RACE - 2023



Want to check out the action in Ireland's top international stage race?

The 17th edition of Rás na mBan kicks off in Kilkenny on Wednesday 6th September and the best bike riders from Ireland and abroad are busy making their final preparations for the five-day epic.

Here's our guide to the best places to catch the action during the week and some places to visit closeby the race route.

For a more detailed guide see rasnamban.com.

STAGE 1

Kilkenny (HH) - Danesfort - Stoneyford - Knocktopher - Kilmaganny - Windgap - Callan

Start: Hoban Hotel @16:45

Distance: 74.2km

Finish: Callan. ETA circa 18:35

WHERE TO WATCH

The race starts from the Hoban Hotel in Kilkenny. Grab a coffee or lunch at Meubles café across from the Hoban and watch as the race atmosphere begins to unfold in the build-up to the start of stage 1.

As the riders race towards Callan, the climb at Curragawn 30km in to the race at around 17:20 will get the Queen of the Mountains competition underway, and is always an exciting part of the first stage to witness as certain riders will begin to make their climbing intent known.

Arriving into Callan at 17:45 the race will take just over two loops on a shorter circuit, meaning you have multiple opportunities to see and support your favourite teams and riders. Last year there was a large bunch sprint finish to keep the crowd on their toes until the final moments.

POINTS OF INTEREST

Danesfort

Burnchurch Castle in Danesfort is a six storey tower house.

STONEYFORD

Malzard's

At Malzard's Traditional Irish Pub you can learn the ancient Irish Gaelic sport of Hurling in a relaxed, fun environment

Mount Juliet

Set on 500 acres of land, Mount Juliet estate is uniquely tailored for every guests own needs, desires and conception of luxury relaxation.

KNOCKTOPHER

Knocktopher Abbey

Set in the green and pleasant countryside between the historic

towns of Kilkenny and Waterford, the Abbey makes an ideal touring centre for the picturesque south east of Ireland

Jerpoint Abbey

Founded in the 12th century, Jerpoint Abbey is one of the best examples of a medieval Cistercian Abbey in Ireland.

WINDGAP

Knockroe Passage Tomb

Located in a picturesque setting on the slopes above the Lingaun River, the site dates to around 3000 BC.

The Calvary Grotto Reflective Walk.

This amazing Grotto is the largest in Europe, covering 4 acres. Situated on a hill overlooking the village it contains many interesting walkways.

CALLAN

The Moat

Known locally as The Moat, the Callan Motte located in the centre of Callan, north of the Kings River, west of Upper Bridge Street and east of the N76 is a motte-and-bailey and is recognised as a National Monument.

Ballykeefe Distillery

Ballykeefe Distillery has received multiple national and international awards and a visit includes the Distillery Tour experience.

STAGE 2

Kilkenny (HH) - Kells - Dunamaggin - Thomastown - Inistioge - The Rower - Graignamanagh - Thomastown - Inistioge - The Rower

Start: Hoban Hotel @12:00

Distance: 101km

Finish: The Rower. ETA circa 14:40

WHERE TO WATCH

Stage 2 will speed through a number of picturesque towns as the road will narrow and widen and force the riders to really consider their positioning in the bunch before reaching Thomastown.

Thomastown will provide the chance to see the race go by twice. However, the Rower QOH will definitely be a highlight of the day. Should the riders remain largely together, you can be sure this is where the attacks will make a difference. Passing at 53km and finishing on The Rower, you'll see plenty of action here. The 6.2km climb at Coppenagh will also be another spot on the course that will host some exciting riding and provide a great opportunity to support the riders as they enter the final 30km of the race.





POINTS OF INTEREST

KELLS

Kells Priory

Founded in c. 1193 extensive remains exist today which include a nave, chancel, lady chapel, cloister and associated builds plus the remains of the priory's infirmary, workshop, kitchen, bread oven and mill.

Kings Mill Restaurant

Kings Mill restaurant lies beside an ancient, picturesque river.

THOMASTOWN

Jerpoint park

Offers daily guided heritage tours of the footprints of the 12th Century Medieval Town during the season plus The Tomb Effigy of St. Nicholas.

Kilfane Glen and Waterfall

Located in Co. Kilkenny, Ireland, Kilfane Glen and Waterfall is a pristine example of a romantic era garden dating from the 1790s.

Goatsbridge

Goatsbridge Trout Farm is a leading provider of premium Irish Trout. They welcome visitors to their eco-friendly working environment and to try their premium fresh and smoked trout.

Tim's Bar

Quay side bar in Thomastown Co Kilkenny serving quality beers, an international selection of Gins / whiskeys & food.

INISTIOGE

Woodstock House and Gardens

Woodstock Gardens and Arboretum is located in the south east of Kilkenny, just outside the picturesque village of Inistioge.

Canoe Tours Thomastown to Inistioge

Kilkenny Eco Tours offers day and half day ecotourism canoe tours on a picturesque stretch of the River Nore between Thomastown and Inistioge, and from Inistioge down river to the quay at Ballinagot. Co. Kilkenny.

GRAIGNAMANAGH

Duisk Abbey

Duisk Abbey, is an early Cistercian (1204) Catholic parish church where guests can view the remains of the 13th-century Cistercian monastery that it formerly belonged to.

Cushendale Woollen Mills

Six generations of the Cushen family have been crafting exceptional textiles in Graignamanagh, County Kilkenny.

The Barrow Way walk from Graignamanagh to St. Mullins

The Barrow Way is a 120km trail, stretching from Kildare to Kilkenny. You can find the final section of the walk at the Sport Ireland Trails website here:

Ullard Church

Located in the shadow of the Blackstairs Mountains, <https://www.google.ie/maps/place/Ullard,+Co.+Kilkenny/@52.5798435,-6.9331917,14z/data=!3m1!4m6!3m5!1s0x485d4c29396d2b79:0x7dbc632eaff8faeb!8m2!3d52.5777103!4d-6.931984!16s%2Fg%2F119tzyms9?entry=ttu> contains a fine 12th century doorway, which is well worth visiting.

RIDERS ON THE CUT IN THE SLIEVE BLOOM MOUNTAINS IN 2019



STAGE 3

Portlaoise - Stradbally - Emo - Mountmellick - Clonaslee - The Cut - Mountrath - Ballacolla - Abbeyleix - Mountrath

Start: O'Moore Park @ 11:30.

Distance: 104.4km

Finish: Mountrath, ETA circa 14:15.

WHERE TO WATCH

The opening 4km of the stage is neutralised as the riders roll out of Portlaoise. There are plenty of spots to cheer them on as they move through a fast opening section from Stradbally to Emo, on to Mountmellick, before hitting the main climb of the day.

Cheer the riders over the top of the QOH at The Cut. There is a carpark at the top of the climb which will also allow you to explore some of the amazing views of the Slieve Bloom mountains. Be sure to get there well ahead of the planned time to ensure the road is still accessible to vehicles.

Mountrath will see the race twice. Having descended down from The Cut, riders will be glad to see flatter roads as they race towards Ballacolla and Abbeyleix before tearing back to Mountrath.

POINTS OF INTEREST

DUNAMSE

Grab a coffee and stroll around the Rock of Dunamse to stretch the legs before the action starts.

STRADBALLY

Stradbally hosts Electric Picnic, the National Steam Rally, equine and athletic events and the National Ploughing Championships.

EMO

Emo Court and Parklands is one of the largest Country estates in Ireland.

MOUNTMELICK

At the foot of the Slieve Bloom mountains, Mountmellick is a town of fine buildings and the home of a uniquely Irish textile art.

CLONASLEE

Is a village situated in the Slieve Bloom mountains provides a hub for walking/hiking in the Slieve Bloom mountains.

THE CUT

Located at an elevation of 430 metres in the Slieve Bloom Mountains from the car park it is possible to gain access to the Slieve Bloom Way which passes through the forest.

MOUNTRATH

At the foot of the Slieve Bloom Mountains providing access to the trail head at Baunreagh Slieve Bloom Mountain Bikes Trails.

BALLACOLLA

As the cyclists go from Mountrath to Ballacolla they will pass Aghaboe Abbey, founded in the sixth century by St. Canice.

ABBEYLEIX

Just 14km south of Portlaoise wander along the beautiful Abbeyleix Bog Walk, walk through the walled Heywood Gardens, or explore Abbeyleix Heritage House to learn about the history of County Laois.

STAGE 4

Tramore - Kilmeaden - Kilmacthomas - Lemybrien - Dungarvan - Copper Coast - Tramore

Start: Tramore Promenade @12:00

Distance: 103km

Finish: Tramore Promenade. ETA circa 14:40

WHERE TO WATCH

With Stage 4 described by the race organiser as "among the most beautiful and challenging in the history of the race", it's sure to be one to remember for riders and spectators alike." The riders will travel through Kilmeaden and Kilmacthomas, on to Dungarvan, before returning along the Copper Coast to the finish line on the Prom in Tramore.

If you're hoping to cheer them on in more than one place, head to Kilmeaden before they start to climb, and then cut across to see if you can catch them before they descend into Kilmacthomas. The race will finish with a fast, and sure to be exciting, loop and a half circuit in Tramore town.

POINTS OF INTEREST

TRAMORE

Tramore beach and promenade has plenty to offer everyone; a walk in the dunes, or a surfing lesson from one of the local surf schools, or head to Splash World - Tramore's famous indoor water park.

KILMEADEN

Fairbrook House Gardens & Museum of Contemporary Figurative Art

A romantic walled garden at the river Dawn laid out between ruins of the former Fairbrook Mill (since 1700).

Suir Valley Railway

Waterford Suir Valley Railway is Ireland's longest narrow gauge railway, based in Kilmeadan, Co Waterford.

Mount Congreve Gardens

Located in the heart of County Waterford & open year-round, the world-renowned Mount Congreve Gardens are a haven for plant & history lovers alike as well as for those simply looking to relax in nature.

Kilmacthomas

Kilmacthomas is a charming town in County Waterford overlooking the winding River Mahon.

DUNGARVAN

Dungarvan Castle

Dungarvan Castle is an Anglo-Norman fortification founded in 1185. It was built in a very strategic location at the mouth of the River Colligan.

The Waterford Greenway

The Waterford Greenway is a 29-mile (46-kilometer) paved bike route than follows an old railway track around Waterford.

The Copper Coast

The Waterford Copper Coast is now a UNESCO Global Geopark.

Geopark Visitor Centre

The Copper Coast Geopark Visitor Centre is located in a restored 19th century church, the Geopark Visitor Centre contains a local mining and environmental heritage exhibition, walking trail guides and leaflets as well as a high quality cafe.

STAGE 5

Kilkenny City

Stage 5 Start: Kilkenny Castle First rider @09:00

Distance: 2.5km Time Trial

Finish: Kilkenny Castle. Last rider circa 11:00

STAGE 6

Kilkenny City

Stage 6 Start: Kilkenny Castle First rider @12:30

Distance: 1hr plus five laps of 2.1km circuit

Finish: Kilkenny Castle. Last rider circa 13:45

WHERE TO WATCH

The final day of racing features a double helping of racing beginning and ending in front of the world famous Kilkenny Castle. The fastest two stages of the week are also the shortest. A flat out 2.5km solo race against the watch in the morning followed the hugely popular hour and a quarter of high speed racing around Kilkenny's medieval city, among Ireland's most popular visitor destinations after which the champion of Rás na mBan 2023 will be crowned.



WHERE TO WATCH THE RACE - 2023

PLACES OF INTEREST

KILKENNY CITY

The Marble City, Kilkenny City is an effortless blend of old and new. Kilkenny Castle, the medieval streets and riverside setting fuse beautifully with contemporary art galleries and famous Kilkenny design centres.

Hawk Walk

A Private Hawk Walk will begin with an introduction into the Ancient Art of Falconry.

<https://www.hawkeyefalconry.ie/hawkwalk.html>

Kilkenny Castle Tour

Few buildings in Ireland can boast a longer history of continuous occupation than Kilkenny Castle.

Kilkenny Famine Experience

Visit Kilkenny Union Workhouse, adjacent to Kilkenny Train Station, now beautifully restored as MacDonagh Junction Shopping Centre to take this FREE audio visual self-led tour.

<https://visitkilkenny.ie/members/kilkenny-famine-experience/>

Smithwicks Brewery

Immerse yourself in the story of Smithwick's, told as only a local knows how.

St Canice's Cathedral

St Canice's Cathedral has been an important site of Christian worship since the sixth century. For both pilgrim and tourist alike, the cathedral remains both a hallowed place, and one of significant historical interest.

Rothe House

Located in the heart of Kilkenny on Ireland's Medieval Mile, Rothe House & Garden was built between 1594 and 1610.

Jurassic Newpark

Take a giant step back through time at the Jurassic Newpark. Featuring twelve life-size, moving dinosaurs, you will come face to face with some of the mightiest beasts to have ever lived.

Medieval Mile

Explore Kilkenny's Cobblestone Streets. Ireland's Medieval Mile. From Castle to Cathedral and everything in between- explore Ireland's best-preserved medieval city.

Black Abbey

Located just outside the original walls of Kilkenny City, The Black Abbey was a peaceful place and home to a group of Dominican friars when it was founded in the 1220s. ages.

Butler Gallery

Located in the heart of Kilkenny city, and established in 1943 by George Pennefather, Butler Gallery is a vibrant contemporary art gallery, in the historic Evans' Home, and offers one of the finest exhibition spaces in Ireland.

Kilkenny City Train Tours

Kilkenny City Tours' road train was established in 2011, as a convenient way for visitors to see all the wonderful sights of Kilkenny city.

RÁS NA MBAN ON TV!

This year's event is being filmed for a highlights programme to be broadcast on RTE TV and Eurosport on the weekend after the final stage. Check schedules for up to date viewing times.

FOLLOW THE ACTION ONLINE Check out X, facebook and instagram for regular race updates, videos and photos through the week. [@rasnamban](#) [#rasnamban](#)



IN MEMORY OF OUR FRIEND



PAUL DEANS
Dearly Missed





What is Rás na mBan

— Ireland's only international stage cycle race for women. It's the premier cycling event on the Irish racing calendar and this year is the 17th edition. There has been an international stage race of some type almost every year since 1986.

Who's Racing?

— Rás na mBan riders are high performance athletes. This is not a charity bike ride or a mass participation challenge event. Many of the riders are full-time paid professionals and all of them have dedicated themselves to their sport 100%. The top riders and teams in Ireland are doing battle with riders from 15 other nations for the coveted Rás na mBan title. Olympic and World champions are listed among the former winners of Rás na mBan.

What is Stage Racing?

— A multi-day event with numerous separate 'stages' from which the overall winner and the various other classifications emerge. Bicycle road racing is the most popular form of competition cycling worldwide. Events typically include a variety of different terrain and styles of event and Rás na mBan is no different. This year's race includes four endurance road races on varying terrain, a solo time trial race where riders race solo against the watch and a short circuit 'criterium' race in Kilkenny City Centre which is the fastest stage of the week.

How Does it Work?

— Road race cycling is a race for individual riders who depend on the help of their team-mates to achieve their best result. The winner is the rider who completes all of the stages in the shortest cumulative time. All of the tactics of road racing derive from the fact that a rider uses much less energy sitting in the slipstream of others than riding in front 'in the wind'. Teams will shelter their team leaders from the wind for as much of the stage as possible and chase down 'attacks' by other riders trying to 'break away' from the slipstream of the other riders.

The Bikes

— Road racing bicycles conform to a strict set of regulations set down by the UCI, the governing body of international cycling. The minimum weight is 6.8kg and many of the bikes are ballasted to meet that minimum. The main frame set and much of the componentry including the wheelrims is constructed from carbon composite material. The bikes will typically have between 22 and 24 separate gear ratios, adjusted daily to suit the terrain.

Peloton—(from French meaning 'platoon') The main bunch of riders from which all other groups emerge – either the 'breakaway' group up front or 'dropped' riders distanced by the peloton.

Bidon—The water bottle riders carry to stay hydrated. Riders usually carry two on the bike and will get replacements from the team car or at feed stations during the longer stages.

Attack—To quickly accelerate while riding in a pack, or in smaller numbers, with a view to create a gap between yourself and other riders.

Breakaway— or 'break' in short, is when a small group of riders or an individual have successfully opened a gap ahead of the peloton.

Climber—A rider who specializes in riding uphill quickly, usually due to having a high power-to-weight ratio.

Sprinter—Rider with the ability to generate very high power over short periods (a few seconds to a minute) allowing for great finishing speeds, though not necessarily able to sustain sufficiently high power over long periods to be a good time trialist nor have a high enough power-to-weight ratio to be a good climber

Commissaire—A race judge or referee. In road-racing they are usually based in a car following the event.

Domestique—A rider whose job is to support and work for other riders in their team (literally "servant" in French). A 'Domestique' will chase down competitors and try to neutralize their efforts; they will often protect their team leader from the wind by surrounding her.

Echelon—A line of riders seeking maximum slipstreaming in a crosswind, resulting in a diagonal line across the road.

Individual time trial— Race where riders set off at fixed intervals and complete the course against the clock.

Queen of the Mountains (or "QOM") – The title given to the best climber in Rás na mBan. The leader wears the Wicklow 200 jersey.

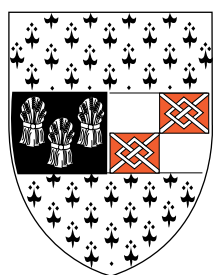
Prime—Primes (pronounced preem, after the French word for "gift") are intermediate sprints within a race, usually offering a prize or points. Primes are a way to encourage more competitive riding, and also an opportunity for companies to gain publicity by sponsoring a prime.

THANKS AND ACKNOWLEDGEMENTS



SPONSORS

The organisers of Rás na mBan 2023 acknowledge the grateful assistance of all our sponsors and contributors including:



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