

Time			Distance		Location	Instruction	Comment
Fastest 35kph	Average 32kph	Slowest 26kph	Kms	Miles			
<b>Stage 1 (Saturday 4th October 2003)</b>							
11:00	11:00	11:00	-7.5	-4.7	Sports Link car park	exit Sportslink onto R132 northbound	
11:00	11:00	11:00	-7.2	-4.5	Junction with old airport road	turn left exit Sportslink onto R132 northbound	
11:02	11:02	11:03	-6.1	-3.8	Dardistown Cemetary Traffic Lights	turn left	
11:04	11:04	11:05	-5.1	-3.2	Airport viewing point		
11:05	11:06	11:07	-4.3	-2.7	Ballymun Kickhams Clubhouse "T" junction	turn right onto R108	
11:06	11:07	11:09	-3.5	-2.2	Airport summer car park entrance		
11:10	11:11	11:14	-1.4	-0.9	"T" junction @ tip of runway	turn right onto R122	
11:10	11:12	11:15	-1.1	-0.7	Roundabout at tip of runway	turn right	
<b>11:12</b>	<b>11:14</b>	<b>11:17</b>	<b>0.0</b>	<b>0.0</b>	<b>Start</b>	<b>rolling start if possible</b>	
11:14	11:15	11:19	1.0	0.6	Veer Sharp Left		
11:17	11:19	11:24	2.8	1.7	"T" junction		
11:23	11:26	11:32	6.4	4.0	Roundabout at tip of runway		
11:26	11:29	11:36	8.0	5.0	Finish line (lap 1)		
11:40	11:44	11:55	16.0	10.0	Finish line (lap 2)		
11:53	11:59	12:13	24.0	15.0	Finish line (lap 3)		
12:07	12:14	12:32	32.0	20.0	Finish line (lap 4)		
12:21	12:29	12:51	40.0	25.0	Finish line (lap 5)		
12:34	12:44	13:10	48.0	30.0	Finish line (lap 6)		
12:48	12:59	13:28	56.0	35.0	Finish line (lap 7)		
13:01	13:14	13:47	64.0	40.0	Finish line (lap 8) [final lap]		
<b>Stage 2 (Saturday 4th October 2003)</b>							
speed=	39kph		distance=	2km			
		<b>Start</b>		<b>Finish</b>			
First Rider (1)		16:01		16:04			
Last Rider (50)		16:51		16:54			
<b>Stage 3 (Sunday 5th October 2003)</b>							
10:00	10:00	10:00	-6.6	-4.1	Sports Link car park	exit Sportslink onto R132 northbound	
10:00	10:00	10:00	-6.2	-3.9	Junction with old airport road	turn left exit Sportslink onto R132 northbound	
10:02	10:02	10:03	-5.1	-3.2	Dardistown Cemetary Traffic Lights	turn left	
10:04	10:04	10:05	-4.2	-2.6	Airport viewing point		
10:05	10:06	10:07	-3.4	-2.1	Ballymun Kickhams Clubhouse "T" junction	turn right onto R108	
10:06	10:07	10:09	-2.6	-1.6	Airport summer car park entrance		
10:10	10:11	10:14	-0.5	-0.3	"T" junction @ tip of runway	turn right onto R122	
10:10	10:12	10:15	-0.2	-0.1	Roundabout at tip of runway	straight thru'	
<b>10:11</b>	<b>10:12</b>	<b>10:15</b>	<b>0.0</b>	<b>0.0</b>	<b>Start / Finish Line</b>	<b>rolling start if possible</b>	
10:17	10:18	10:23	3.5	2.2	Junction with road from Boot Inn		
10:17	10:19	10:24	3.7	2.3	Roundabout near Forrest Great	take first exit onto R108	direction Naul
10:21	10:23	10:28	5.8	3.6	Knocksedan Bridge		
10:24	10:27	10:34	8.0	5.0	"T" junction @ "S" bends (Ashbourne-Swords)	turn left onto R125 westbound	
10:31	10:34	10:43	11.8	7.4	Crossroads	Straight	
10:33	10:36	10:45	13.0	8.1	Crossroads	turn right onto R130 northbound	direction Garristown
10:43	10:47	10:59	18.9	11.8	crossroads	straight	direction Garristown 2K
10:49	10:54	11:08	22.6	14.1	Garristown	turn right continue on R130 eastbound	direction Naul 9K
10:53	10:58	11:13	24.6	15.4	crossroads	straight	direction Naul 7K
10:57	11:03	11:18	27.0	16.9	"T" junction	turn left onto R122 northbound	direction Naul 4K
10:59	11:05	11:21	28.3	17.7	top of climb (QOH - 1)		
11:05	11:12	11:30	32.0	20.0	"T" junction at entry to Naul village	turn right	
11:06	11:12	11:30	32.2	20.1	Centre of Naul village	turn left remaining on R122	direction Balbriggan
11:14	11:22	11:42	37.3	23.3	Bridge & roundabouts over M1 motorway	straight thru'	
11:16	11:24	11:45	38.4	24.0	Crossroads	turn left	signalled Gormanstown 5km
11:23	11:32	11:55	42.6	26.6	Gormanstown College	turn left	
11:25	11:34	11:57	43.7	27.3	Bridge over M1 motorway	straight thru'	
11:28	11:37	12:01	45.4	28.4	junction as leaving Stamullen	veer left	
11:29	11:38	12:03	45.9	28.7	junction	veer right	signalled Greenanstown 2
11:31	11:41	12:06	47.4	29.6	Clinstown Cross (start of climb)	turn left onto R108 southbound	signalled Naul 2
11:34	11:43	12:09	48.6	30.4	junction	veer sharp right	signalled Naul 1
11:34	11:44	12:10	49.1	30.7	top of climb (QOH - 2)		
11:38	11:48	12:15	51.0	31.9	Naul village	veer left then right	
11:39	11:49	12:16	51.8	32.4	QOH line (QOH - 3)		
11:43	11:54	12:22	54.2	33.9	top of climb (Nags Nead)		
11:51	12:02	12:32	58.6	36.6	Ballyboghil Bridge		
11:59	12:11	12:44	63.7	39.8	"T" junction at "S" bends (Ashbourne-Swords)	turn left	
12:00	12:12	12:45	63.8	39.9	"S" bends junction	turn right	
12:03	12:16	12:50	66.1	41.3	Knocksedan bridge		
12:07	12:20	12:55	68.2	42.6	Roundabout near Forrest Great	take second exit	
12:14	12:27	13:04	72.2	45.1	Roundabout @ tip of runway	turn left	
12:16	12:30	13:08	73.8	46.1	Finish Line		