

Time			Distance		Location	Instruction	Comment
Fastest	Average	Slowest	Kms	Miles			
35kph	32kph	26kph					
<b>Stage 1 (Saturday)</b>							
11:00	11:00	11:00	-3.1	-1.9	Ring Common Sports Centre - Car Park	exit car park. Turn right (eastbound)	Race neutralised.
11:02	11:02	11:02	-1.9	-1.2	Stop sign. "T" junction with "old" Dublin-Belfast road		turn left signed Balbriggan 4km
<b>11:05</b>	<b>11:05</b>	<b>11:07</b>	<b>0.0</b>	<b>0.0</b>	<b>Balrothery</b>	<b>Start Line (FBD Ras)</b>	<b>rolling start if possible</b>
11:05	11:06	11:07	0.2	0.1	just after start line	turn left	direction Balscadden & Gormanstown
11:09	11:10	11:12	2.3	1.4	Cross Roads (stop sign)	turn left	
11:10	11:11	11:14	3.2	2.0	junction	turn left	
11:14	11:16	11:20	5.4	3.4	Stop Sign "T" junction with "old" Dublin-Belfast road		Stop Sign. turn left
11:15	11:17	11:21	6.1	3.8	Finish line (lap 1)		
11:26	11:28	11:35	12.2	7.6	Finish line (lap 2)		
11:36	11:40	11:50	18.2	11.4	Finish line (lap 3)		
11:46	11:51	12:04	24.3	15.2	Finish line (lap 4)		
11:57	12:02	12:18	30.4	19.0	Finish line (lap 5)		
12:07	12:14	12:32	36.5	22.8	Finish line (lap 6)		
12:17	12:25	12:47	42.6	26.6	Finish line (lap 7)		
12:28	12:37	13:01	48.6	30.4	Finish line (lap 8)		
12:38	12:48	13:15	54.7	34.2	Finish line (lap 9) [final lap]		
<b>Stage 2 (Saturday)</b>							
speed=	39kph		distance=	2.0			
		<b>Start</b>		<b>Finish</b>			
First Rider (1)		15:31		15:34		Start Line : Gormanstown Road (south of Huntsman Pub)	
Last Rider (80)		16:51		16:54		Finish Line : 2km south of startline	
<b>Stage 3 (Sunday)</b>							
10:00	10:00	10:00	-3.1	-1.9	Ring Common Sports Centre - Car Park	exit car park. Turn right (eastbound)	Race neutralised.
10:02	10:02	10:02	-1.9	-1.2	Stop sign. "T" junction with "old" Dublin-Belfast road		turn left signed Balbriggan 4km
<b>10:05</b>	<b>10:05</b>	<b>10:07</b>	<b>0.0</b>	<b>0.0</b>	<b>Balrothery</b>	<b>Start Line (FBD Ras)</b>	<b>rolling start if possible</b>
10:05	10:06	10:07	0.2	0.1	just after start line	turn left	direction Balscadden & Gormanstown
10:09	10:10	10:12	2.3	1.4	Cross Roads (stop sign)	straight thru' (on main road)	dir Gormanstown 5km; Balscadden 2km
10:15	10:16	10:20	5.8	3.6	Main Gates Gormanstown College	straight thru' (on main road)	
10:17	10:18	10:23	7.0	4.4	"T" junction (stop sign) with "old" Dublin-B	turn left @ Huntsman inn pub	signed Julianstown 3km; Drogheda 7.5km
10:18	10:20	10:26	8.0	5.0	motorway flyover	keep in right lane - northbound	
10:19	10:21	10:26	8.2	5.1	joining "tail end" of M1 motorway		exercise caution
10:19	10:21	10:27	8.5	5.3	"T" junction (stop sign)	turn left	exercise caution
10:25	10:28	10:35	12.0	7.5	"Old Mill Hotel" Julianstown	turn left (onto side road)	signed Duleek R150 9KM Navan 28 KM
10:30	10:33	10:41	14.7	9.2	cross roads	straight thru' (on main road)	signed Duleek 6km [R150]
10:32	10:36	10:45	16.2	10.1	just before motorway flyover	turn right (onto side road)	signed Beymore
10:36	10:40	10:50	18.6	11.6	"T" junction {yield sign}	turn left	signed Duleek 6km Donore 7km [R152]
10:39	10:43	10:54	20.0	12.5	crossroads	straight thru' (on main road)	unsigned
10:39	10:43	10:54	20.3	12.7	"T" junction {stop sign} @ Platten Cement	turn left	signed Duleek 4km [R150] Navan 20km [R153]
10:44	10:49	11:01	23.0	14.4	junction for Duleek Business Park	keep straight	
10:51	10:56	11:10	27.0	16.9	west of Duleek; just after BS Parts Yard	turn left onto 3rd class road	signed Ardcah 4km; Bellewstown 6km
10:53	10:58	11:13	28.3	17.7	cross-roads	straight through	signed Ardcah 2km; Garristown 7km
10:53	10:59	11:13	28.5	17.8	junction for Greenanstown	veer right (on main road)	signed Ardcah 2km Garristown 7km
10:57	11:03	11:18	30.6	19.1	Ardcah - centre of town	veer left on main road	
10:58	11:03	11:19	31.0	19.4	QOH-1 (at Church in Ardcah)		Sun Mass is at 10am
10:59	11:05	11:22	32.1	20.0	crossroads	straight thru' (on main road)	signed Garristown 3km
11:05	11:11	11:29	35.2	22.0	first junction in Garristown	straight thru' (on mail road)	
11:05	11:12	11:30	35.4	22.1	second junct in Garristown	straight thru' (on mail road)	
11:06	11:12	11:31	35.8	22.4	QOH-2 (just beyond school in Garristown)		
11:11	11:18	11:38	38.9	24.3	cross-roads	keep straight (on main road)	
11:16	11:24	11:45	42.1	26.3	junction	veer left (on main road)	
11:17	11:24	11:46	42.2	26.4	Fox's shop		
11:17	11:24	11:46	42.2	26.4	junction	turn left (onto side road)	signed Naul 10km; Oldtown 5km.
11:22	11:31	11:54	45.6	28.5	cross-roads	keep straight (on main road)	signed Naul 7km.
11:25	11:33	11:57	47.0	29.4	{YIELD} "T" junction	turn left	
11:28	11:36	12:01	48.6	30.4	QOH-3		
11:34	11:43	12:09	52.3	32.7	"T" junction (stop sign)	turn right	signed Naul (beware of camber)
11:34	11:44	12:10	52.5	32.8	thru' Naul village (left then right)		
11:36	11:46	12:12	53.6	33.5	QOH-4		outside C & L shop
11:47	11:58	12:28	60.2	37.6	Ballyboghill Bridge	turn left	signed Corduff 6km
11:55	12:07	12:39	64.8	40.5	M1 Flyover		
11:56	12:08	12:40	65.5	40.9	"T" junction {stop sign}	turn left onto "old" Belfast road (n	signed Belfast Balbriggan
12:02	12:14	12:48	68.7	42.9	just north of Murtagh's pub Ballough	turn right	signed man-o-war 3km
12:07	12:20	12:55	72.0	45.0	Finish Line & QOH-5 - "Man-O-War"		