|   |   |   | ***  |  | -  | I=  | la .   |
|---|---|---|--|--|--|---|--|
| Ett   | Time  | C14   |  | tance  | Location   | Instruction   | Comment  |
| Fastest<br>35kph  | Average<br>32kph  |   | Kms  | Miles  |  |   |  |
| ээкри   | 32KPII  | 20крп   |  |  |  |   |  |
|   |   |   |  |  |  |   |  |
|   |   |   |  |  |  |   |  |
| C4  | $\alpha$  | <b>、1</b>   | /C   | . 4  |  |   |  |
| DU  | agt   | <b>.</b> I  | (36  | iturd  | ay)  |   |  |
| 11:00   | 11:00   | 11:00   | -3.1   | -1.9   | Ring Common Sports Centre - Car Park   | exit car park. Turn right (eastboun   | Race neutralised.  |
| 11:02   | 11:02   | 11:02   | -1.9   | -1.2   | Stop sign. "T" junction with "old" Dublin-B  |   | turn left signed Balbriggan 4km  |
| 11:05   | 11:05   | 11:07   | 0.0  | 0.0  | Balrothery   | Start Line (FBD Ras)  | rolling start if possible  |
| 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-B   | elfast road   | Stop Sign. turn left   |
| 11:15   | 11:17   | 11:21   | 6.1  | 3.8  | Finish line (lap 1)  |   |  |
| 11:26<br>11:36  | 11:28<br>11:40  | 11:35<br>11:50  | 18.2   | 7.6<br>11.4  | Finish line (lap 2) 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>.</b>  |   |   |  |  |  |   |  |
| Ct.   | 200   | <b>7</b>  | 150  | iturd  | (a, b)   |   |  |
| Du  | agu   | <b>ك</b> ر  | $(\mathcal{S}\mathcal{U})$   | uura   | uy)  |   |  |
| speed= 3  | 39kph   | Ċ   | listance=  | 2.0  |  |   |  |
|   |   | Start   |  | Finish   |  |   |  |
| First Ride  | er (1)  | 15:31   |  | 15:34  |  | Start Line: Gormanstown Road (s   | outh of Huntsman Pub)  |
| Last Ride   | r (80)  | 16:51   |  | 16:54  |  | Finish Line: 2km south of startlin  | ę  |
|   |   |   |  |  |  |   |  |
|   |   |   |  |  |  |   |  |
| C4.   | 0.00  | , 2   | 10   | 1  | . \  |   |  |
| Du  | ayt   | •   | (Su  | ınday  | <i>7</i> <b>)</b>  |   |  |
| 10:00   | 10:00   | 10:00   | -3.1   | -1.9   | Ring Common Sports Centre - Car Park   | exit car park. Turn right (eastboun   | Page poutrolised   |
|   |   |   |  |  |  |   |  |
| 10.02   | 10:02   |   |  | l  | - L  |   |  |
| 10:02<br>10:05  | 10:02<br><b>10:05</b>   | 10:02   | -1.9<br><b>0.0</b>   | -1.2   | Stop sign. "T" junction with "old" Dublin-B  | elfast road   | turn left signed Balbriggan 4km  |
| 10:02<br>10:05<br>10:05   | 10:02<br><b>10:05</b><br>10:06  |   | -1.9   | l  | - L  |   |  |
| 10:05   | 10:05   | 10:02<br><b>10:07</b>   | -1.9<br><b>0.0</b>   | -1.2<br><b>0.0</b>   | Stop sign. "T" junction with "old" Dublin-B Balrothery   | elfast road<br>Start Line (FBD Ras)   | turn left signed Balbriggan 4km rolling start if possible  |
| 10:05<br>10:05<br>10:09<br>10:15  | <b>10:05</b><br>10:06   | 10:02<br><b>10:07</b><br>10:07<br>10:12<br>10:20  | -1.9<br><b>0.0</b><br>0.2<br>2.3<br>5.8  | -1.2<br><b>0.0</b><br>0.1  | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College  | elfast road Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road)  | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown   |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17   | 10:05<br>10:06<br>10:10<br>10:16<br>10:18   | 10:02<br>10:07<br>10:12<br>10:20<br>10:23   | -1.9<br><b>0.0</b><br>0.2<br>2.3<br>5.8<br>7.0   | -1.2<br><b>0.0</b><br>0.1<br>1.4<br>3.6<br>4.4   | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B   | elfast road Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub   | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown   |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18  | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20  | 10:02<br>10:07<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26   | -1.9<br><b>0.0</b><br>0.2<br>2.3<br>5.8<br>7.0<br>8.0  | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0   | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover  | elfast road Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road)  | turn left signed Balbriggan 4km  rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km  signed Julianstown 3km; Drogheda 7.5km  |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19   | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20<br>10:21   | 10:02<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26<br>10:26   | -1.9<br><b>0.0</b><br>0.2<br>2.3<br>5.8<br>7.0<br>8.0<br>8.2   | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0<br>5.1  | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway  | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound  | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution   |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:19  | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20<br>10:21   | 10:02<br>10:07<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26<br>10:26<br>10:27   | -1.9<br>0.0<br>0.2<br>2.3<br>5.8<br>7.0<br>8.0<br>8.2<br>8.5   | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0<br>5.1<br>5.3   | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign)   | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound turn left  | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution  |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:19  | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20<br>10:21<br>10:21<br>10:28   | 10:02<br>10:07<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26<br>10:27<br>10:35   | -1.9<br>0.0<br>0.2<br>2.3<br>5.8<br>7.0<br>8.0<br>8.2<br>8.5<br>12.0   | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0<br>5.1<br>5.3<br>7.5  | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown  | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound  turn left turn left (onto side road)  | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM   |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:19<br>10:25<br>10:30  | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20<br>10:21<br>10:21<br>10:28<br>10:33  | 10:02<br>10:07<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26<br>10:27<br>10:35<br>10:41  | -1.9<br>0.0<br>0.2<br>2.3<br>5.8<br>7.0<br>8.0<br>8.2<br>8.5<br>12.0<br>14.7   | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0<br>5.1<br>5.3<br>7.5<br>9.2   | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads  | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound turn left turn left turn left (onto side road) straight thru' (on main road)   | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150]  |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:25<br>10:30<br>10:32  | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20<br>10:21<br>10:21<br>10:28<br>10:33<br>10:36   | 10:02<br>10:07<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26<br>10:26<br>10:27<br>10:35<br>10:41<br>10:45  | -1.9<br>0.0<br>0.2<br>2.3<br>5.8<br>7.0<br>8.0<br>8.2<br>8.5<br>12.0<br>14.7<br>16.2   | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0<br>5.1<br>5.3<br>7.5<br>9.2<br>10.1   | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads just before motorway flyover   | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound  turn left turn left turn left (onto side road) straight thru' (on main road) turn right (onto side road)  | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150] signed Beymore   |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:25<br>10:30<br>10:32<br>10:36   | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20<br>10:21<br>10:21<br>10:28<br>10:33<br>10:36<br>10:40  | 10:02<br>10:07<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26<br>10:26<br>10:27<br>10:35<br>10:41<br>10:45<br>10:50   | -1.9<br>0.0<br>0.2<br>2.3<br>5.8<br>7.0<br>8.0<br>8.2<br>8.5<br>12.0<br>14.7<br>16.2<br>18.6   | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0<br>5.1<br>5.3<br>7.5<br>9.2<br>10.1<br>11.6   | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads just before motorway flyover "T" junction {yield sign}   | elfast road  Start Line (FBD Ras)  turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound  turn left turn left turn left (onto side road) straight thru' (on main road) turn right (onto side road) turn right (onto side road)   | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150] signed Beymore signed Duleek 6km Donore 7km [R152]   |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:19<br>10:25<br>10:30<br>10:32<br>10:36<br>10:39   | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20<br>10:21<br>10:21<br>10:28<br>10:33<br>10:36<br>10:40  | 10:02<br>10:07<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26<br>10:26<br>10:27<br>10:35<br>10:41<br>10:45<br>10:50<br>10:54  | -1.9<br>0.0<br>0.2<br>2.3<br>5.8<br>7.0<br>8.0<br>8.2<br>8.5<br>12.0<br>14.7<br>16.2<br>18.6<br>20.0   | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0<br>5.1<br>5.3<br>7.5<br>9.2<br>10.1<br>11.6<br>12.5   | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads just before motorway flyover "T" junction {yield sign} crossroads  | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound turn left turn left (onto side road) straight thru' (on main road) turn right (onto side road) turn right (onto side road) turn left straight thru' (on main road)   | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150] signed Beymore signed Duleek 6km Donore 7km [R152] unsigned  |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:19<br>10:25<br>10:30<br>10:32<br>10:36<br>10:39   | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20<br>10:21<br>10:21<br>10:23<br>10:33<br>10:36<br>10:40<br>10:43   | 10:02<br>10:07<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26<br>10:26<br>10:27<br>10:35<br>10:41<br>10:45<br>10:50<br>10:54<br>10:54   | -1.9<br>0.0<br>0.2<br>2.3<br>5.8<br>7.0<br>8.0<br>8.2<br>8.5<br>12.0<br>14.7<br>16.2<br>18.6<br>20.0<br>20.3   | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0<br>5.1<br>5.3<br>7.5<br>9.2<br>10.1<br>11.6<br>12.5<br>12.7   | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads just before motorway flyover "T" junction {yield sign} crossroads "T" junction {stop sign} @ Platten Cement  | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound turn left turn left (onto side road) straight thru' (on main road) turn right (onto side road) turn left straight thru' (on main road) turn left   | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150] signed Beymore signed Duleek 6km Donore 7km [R152] unsigned  |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:19<br>10:25<br>10:30<br>10:32<br>10:36<br>10:39<br>10:39  | 10:05<br>10:06<br>10:10<br>10:16<br>10:18<br>10:20<br>10:21<br>10:21<br>10:28<br>10:33<br>10:36<br>10:40  | 10:02<br>10:07<br>10:07<br>10:12<br>10:20<br>10:23<br>10:26<br>10:26<br>10:27<br>10:35<br>10:41<br>10:45<br>10:50<br>10:54  | -1.9<br>0.0<br>0.2<br>2.3<br>5.8<br>7.0<br>8.0<br>8.2<br>8.5<br>12.0<br>14.7<br>16.2<br>18.6<br>20.0<br>20.3<br>23.0   | -1.2<br>0.0<br>0.1<br>1.4<br>3.6<br>4.4<br>5.0<br>5.1<br>5.3<br>7.5<br>9.2<br>10.1<br>11.6<br>12.5<br>12.7   | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads just before motorway flyover "T" junction {yield sign} crossroads  | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound turn left turn left (onto side road) straight thru' (on main road) turn right (onto side road) turn right (onto side road) turn left straight thru' (on main road)   | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150] signed Beymore signed Duleek 6km Donore 7km [R152] unsigned signed Duleek 4km [R150] Navan 20km [R153]   |
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| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:19<br>10:25<br>10:30<br>10:32<br>10:36<br>10:39<br>10:39<br>10:44<br>10:51<br>10:53<br>10:53<br>10:53<br>10:53<br>10:55<br>11:05<br>11:05<br>11:05<br>11:05<br>11:06<br>11:11<br>11:16<br>11:17<br>11:17<br>11:12<br>11:22<br>11:28<br>11:34                    | 10:05 10:06 10:10 10:16 10:18 10:20 10:21 10:21 10:28 10:33 10:36 10:40 10:40 10:45 10:56 10:58 10:59 11:03 11:03 11:03 11:04 11:11 11:12 11:12 11:18 11:24 11:24 11:24 11:33 11:36 11:43   | 10:02 10:07 10:07 10:12 10:20 10:23 10:26 10:26 10:27 10:35 10:41 10:45 10:50 10:54 11:01 11:13 11:18 11:19 11:22 11:29 11:30 11:31 11:38 11:45 11:46 11:46 11:57 12:01 12:09   | -1.9 0.0 0.2 2.3 5.8 7.0 8.0 8.2 8.5 12.0 14.7 16.2 20.0 20.3 23.0 27.0 28.3 28.5 30.6 31.0 32.1 35.2 35.4 42.2 42.2 42.2 42.6 47.0 48.6 52.3                          | -1.2  0.0  0.1  1.4  3.6  5.0  5.1  5.3  7.5  9.2  10.1  11.6  12.5  12.7  14.4  16.9  17.7  17.8  19.1  19.4  20.0  22.0  22.1  22.4  24.3  26.3  26.4  26.4  28.5  29.4  30.4  32.7                                    | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads just before motorway flyover "T" junction {stop sign} "Crossroads "T" junction {stop sign} @ Platten Cement junction for Duleek Business Park west of Duleek; just after BS Parts Yard cross-roads junction for Greenanstown Ardcath - centre of town QOH-1 (at Church in Ardcath) crossroads first junction in Garristown second junct in Garristown QOH-2 (just beyond school in Garristown cross-roads junction Fox's shop junction cross-roads {YIELD} "T" junction QOH-3 "T" junction {stop sign}   | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) durn left @ Huntsman inn pub keep in right lane - northbound turn left turn left (onto side road) straight thru' (on main road) turn right (onto side road) turn right (onto side road) turn left straight thru' (on main road) turn left teep straight turn left onto 3rd class road straight through veer right (on main road) veer left on main road) straight thru' (on main road) turn left (on main road) straight thru' (on main road)   | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150] signed Beymore signed Duleek 6km Donore 7km [R152] unsigned signed Duleek 4km [R150] Navan 20km [R153] signed Ardcath 4km; Bellewstown 6km signed Ardcath 2km; Garristown 7km Sun Mass is at 10am signed Garristown 3km  |
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| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:25<br>10:30<br>10:32<br>10:30<br>10:39<br>10:39<br>10:44<br>10:51<br>10:53<br>10:53<br>10:53<br>10:55<br>11:05<br>11:05<br>11:05<br>11:05<br>11:05<br>11:105<br>11:11<br>11:11<br>11:11<br>11:12<br>11:25<br>11:28<br>11:34<br>11:34<br>11:36<br>11:47<br>11:55 | 10:05 10:06 10:10 10:16 10:18 10:20 10:21 10:21 10:28 10:33 10:36 10:40 10:43 10:49 10:56 10:58 10:59 11:03 11:05 11:11 11:12 11:12 11:12 11:12 11:12 11:13 11:24 11:24 11:24 11:31 11:33 11:33 11:36   | 10:02 10:07 10:07 10:12 10:20 10:23 10:26 10:26 10:27 10:35 10:41 10:45 10:50 10:54 11:01 11:13 11:13 11:13 11:13 11:13 11:14 11:29 11:20 11:30 11:31 11:46 11:46 11:54 11:57 12:01 12:09 12:12 12:28 12:39   | -1.9 0.0 0.2 2.3 5.8 7.0 8.0 8.2 8.5 12.0 14.7 16.2 20.3 23.0 27.0 28.3 23.0 27.0 30.6 31.0 32.1 35.2 35.4 42.2 42.2 42.2 42.2 45.6 47.0 48.6 52.3 52.5 53.6 60.2 64.8 | -1.2  0.0  0.1  1.4  3.6  4.4  5.0  5.1  5.3  7.5  9.2  10.1  11.6  12.5  12.7  14.4  16.9  17.7  17.8  19.1  19.4  20.0  22.0  22.1  22.4  24.3  26.3  26.4  28.5  29.4  30.4  32.8  33.5  37.6                         | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads just before motorway flyover "T" junction {side sign} crossroads "T" junction {stop sign} @ Platten Cement junction for Duleek Business Park west of Duleek; just after BS Parts Yard cross-roads junction for Greenanstown Ardcath - centre of town QOH-1 (at Church in Ardcath) crossroads first junction in Garristown second junct in Garristown QOH-2 (just beyond school in Garristown cross-roads junction Fox's shop junction cross-roads {YIELD} "T" junction QOH-3 "T" junction {stop sign} thru' Naul village (left then right) QOH-4 Ballyboghil Bridge M1 Flyover | elfast road  Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) turn left @ Huntsman inn pub keep in right lane - northbound  turn left (onto side road) straight thru' (on main road) turn right (onto side road) turn left straight thru' (on main road) turn left straight thru' (on main road) turn left keep straight turn left onto 3rd class road straight through veer right (on main road) veer left on main road) straight thru' (on mail road) turn left (onto side road) keep straight (on main road) turn left (onto side road) keep straight (on main road) turn left (onto side road) keep straight (on main road) turn left   | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150] signed Beymore signed Duleek 6km Donore 7km [R152] unsigned signed Duleek 4km [R150] Navan 20km [R153 signed Ardcath 2km; Garristown 7km signed Ardcath 2km; Garristown 7km signed Ardcath 2km Garristown 7km Sun Mass is at 10am signed Garristown 3km  signed Naul 10km; Oldtown 5km. signed Naul 7km.  signed Naul (beware of camber) outside C & L shop signed Corduff 6km                               |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:25<br>10:30<br>10:32<br>10:30<br>10:39<br>10:39<br>10:44<br>10:51<br>10:53<br>10:57<br>10:58<br>10:59<br>11:05<br>11:06<br>11:11<br>11:16<br>11:17<br>11:12<br>11:25<br>11:28<br>11:34<br>11:34<br>11:36<br>11:47   | 10:05 10:06 10:10 10:16 10:18 10:20 10:21 10:21 10:28 10:33 10:36 10:40 10:43 10:49 10:56 10:58 10:59 11:03 11:05 11:11 11:12 11:12 11:12 11:12 11:12 11:13 11:24 11:24 11:24 11:24 11:24 11:24 11:24 11:24 11:24 11:24 11:24 11:24 11:24 11:25 11:33 11:36 11:43 11:46 11:58 12:07   | 10:02 10:07 10:07 10:12 10:20 10:23 10:26 10:26 10:27 10:35 10:41 10:45 10:50 10:54 11:01 11:13 | -1.9 0.0 0.2 2.3 5.8 7.0 8.0 8.2 8.5 12.0 14.7 16.2 20.3 23.0 27.0 28.3 23.0 27.0 28.3 35.4 35.8 38.9 42.1 42.2 42.2 42.2 42.2 45.6 60.2 64.8 65.5                     | -1.2  0.0  0.1  1.4  3.6  4.4  5.0  5.1  5.3  7.5  9.2  10.1  11.6  12.5  12.7  14.4  16.9  17.7  17.8  19.1  19.4  20.0  22.0  22.1  22.4  24.3  26.3  26.4  26.4  28.5  29.4  30.4  32.7  32.8  33.5  37.6  40.5       | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads just before motorway flyover "T" junction {sign} crossroads "T" junction {stop sign} @ Platten Cement junction for Duleek Business Park west of Duleek; just after BS Parts Yard cross-roads junction for Greenanstown Ardcath - centre of town QOH-1 (at Church in Ardcath) crossroads first junction in Garristown second junct in Garristown QOH-2 (just beyond school in Garristown Cross-roads junction Fox's shop junction cross-roads [YIELD] "T" junction QOH-3 "T" junction {stop sign} thru' Naul village (left then right) QOH-4 Ballyboghil Bridge                 | Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) durn left @ Huntsman inn pub keep in right lane - northbound turn left (onto side road) straight thru' (on main road) turn right (onto side road) turn right (onto side road) turn left straight thru' (on main road) turn left keep straight turn left onto 3rd class road straight through veer right (on main road) veer left on main road) straight thru' (on main road) turn left (onto side road) keep straight (on main road) turn left (onto side road) keep straight (on main road) turn left   | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150] signed Beymore signed Duleek 6km Donore 7km [R152] unsigned signed Duleek 4km [R150] Navan 20km [R153 signed Ardcath 4km; Bellewstown 6km signed Ardcath 2km; Garristown 7km signed Ardcath 2km Garristown 7km Sun Mass is at 10am signed Garristown 3km  signed Naul 10km; Oldtown 5km. signed Naul 7km.  |
| 10:05<br>10:05<br>10:09<br>10:15<br>10:17<br>10:18<br>10:19<br>10:25<br>10:30<br>10:30<br>10:32<br>10:36<br>10:39<br>10:44<br>10:51<br>10:53<br>10:53<br>10:57<br>10:58<br>11:05<br>11:05<br>11:06<br>11:11<br>11:16<br>11:17<br>11:22<br>11:25<br>11:28<br>11:34<br>11:34<br>11:34<br>11:35<br>11:55<br>11:55                    | 10:05 10:06 10:10 10:16 10:18 10:20 10:21 10:21 10:28 10:33 10:36 10:40 10:43 10:49 10:56 10:58 10:59 11:03 11:03 11:03 11:04 11:11 11:12 11:12 11:18 11:24 11:31 11:33 11:36 11:43 11:44 11:44 11:44 11:49 11:49 11:49 11:49 11:40 11:40 11:41 11:40 11:41 | 10:02 10:07 10:07 10:12 10:20 10:23 10:26 10:26 10:27 10:35 10:41 10:45 10:50 10:54 11:01 11:13 11:13 11:13 11:13 11:13 11:13 11:14 11:19 11:22 11:29 11:30 11:31 11:38 11:45 11:46 11:54 11:54 11:51 11:40 11:54   | -1.9 0.0 0.2 2.3 5.8 7.0 8.0 8.2 8.5 12.0 14.7 16.2 18.6 20.0 20.3 23.0 27.0 28.3 28.5 30.6 31.0 32.1 35.2 35.4 42.2 45.6 47.0 48.6 52.3 52.5 53.6 60.2 64.8 65.5      | -1.2  0.0  0.1  1.4  3.6  4.4  5.0  5.1  5.3  7.5  9.2  10.1  11.6  12.5  12.7  14.4  16.9  17.7  17.8  19.1  19.4  20.0  22.0  22.1  22.4  24.3  26.3  26.4  28.5  29.4  30.4  32.7  32.8  33.5  37.6  40.5  40.9  42.9 | Stop sign. "T" junction with "old" Dublin-B Balrothery just after start line Cross Roads (stop sign) Main Gates Gormanstown College "T" junction (stop sign) with "old" Dublin-B motorway flyover joining "tail end" of M1 motorway "T" junction (stop sign) "Old Mill Hotel" Julianstown cross roads just before motorway flyover "T" junction {stop sign} @ Platten Cement junction for Duleek Business Park west of Duleek; just after BS Parts Yard cross-roads junction for Greenanstown Ardcath - centre of town QOH-1 (at Church in Ardcath) crossroads first junction in Garristown second junct in Garristown QOH-2 (just beyond school in Garristown cross-roads junction Fox's shop junction cross-roads {YIELD} "T" junction QOH-3 "T" junction {stop sign} thru' Naul village (left then right) QOH-4 Ballyboghil Bridge M1 Flyover "T" junction {stop sign}            | Start Line (FBD Ras) turn left straight thru' (on main road) straight thru' (on main road) durn left @ Huntsman inn pub keep in right lane - northbound  turn left (onto side road) straight thru' (on main road) turn left (onto side road) turn right (onto side road) turn left straight thru' (on main road) turn left keep straight turn left onto 3rd class road straight through veer right (on main road) veer left on main road) straight thru' (on main road) straight thru' (on main road) veer left on main road) turn left (onto side road) turn left (on main road) straight thru' (on main road) straight thru' (on main road) turn left (onto side road) keep straight (on main road) turn left (onto side road) keep straight (on main road) turn left (onto side road) keep straight (on main road) turn left | turn left signed Balbriggan 4km rolling start if possible direction Balscadden & Gormanstown dir Gormanstown 5km; Balscadden 2km signed Julianstown 3km; Drogheda 7.5km exercise caution exercise caution signed Duleek R150 9KM Navan 28 KM signed Duleek 6km [R150] signed Beymore signed Duleek 6km Donore 7km [R152] unsigned signed Duleek 4km [R150] Navan 20km [R153] signed Ardcath 4km; Bellewstown 6km signed Ardcath 2km; Garristown 7km signed Ardcath 2km Garristown 7km Sun Mass is at 10am signed Garristown 3km  signed Naul 10km; Oldtown 5km. signed Naul 7km.  signed Naul (beware of camber)  outside C & L shop signed Corduff 6km  signed Belfast Balbriggan |