

Kerry Group | Rás Mumhan 2023



KERRY Kerry Group
Rás Mumhan



Race Technical Guide 2023

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Race Route 07th - 10th April 2023

Stage	Date	Host Club	From --> To	KMs
1	07th April	Tralee Manor West BC	Tralee – Farranfore – Castleisland – Lyracrumpane - Tralee	77
2	8th April	Killarney CC	Killarney - Killorglin - Ballaghisheen - Sneem	114
3	9th April	Sliabh Luachra CC	Millstreet – Newmarket – Millstreet – Kerrymans Table	118
4	10th April	Killorglin CC	3 laps Killorglin - Beaufort + 10 laps Killorglin	113

Host Clubs 2023

Tralee Manor West BC



Tralee Manor West Bicycle Club is a cycling club based in Tralee, Co. Kerry (Arguably the best cycling terrain in Ireland!). The clubs primary focus is road racing and has built a very impressive racing pedigree since its formation. The club hosts the Lacey Cup, the first Munster race of the Irish Road Racing calendar, and the Tralee GP, each year.

Sliabh Luachra CC



Founded in July 2012 by Pdraig Keane Gneeveguilla and Donie Kelleher Rathmore, they are well known across Ireland for their dedication to helping their youths achieve their goals wherever they may be. The Sliabh Luachra flag can be seen anywhere on the Island where a cycling event is taking place.

Killarney Cycling Club



We are a large and inclusive cycling club with a very diverse range of activities, including - Leisure, Cycling Without Age, Road Racing, MTB, Cyclocross & Track. Our aim is to promote all aspects of cycling in the greater Killarney area. We cater for all levels of age, ability, and interests – from novices to elite riders and from Youth to master’s categories.

Killorglin Cycling Club



The traditional home of cycling in Kerry and steeped in the history of cycling in Ireland, Killorglin Cycling Club boasts both national and international legends of the sport. The Ras Mumhan organising club for many years, it is fantastic to have them on board again this year, hosting the stage which enticed many of our young riders to take up the sport.

Kerry Group Ras Mumhan Race Officials 2023

Race Director	John Breen
Race Secretary	Sinead Moriarty
Race Technical Director	Stephen Daly
Press Officer/PRO	Mark Murphy
Team Liaison	Sinead Moriarty
Race Safety Officer	Stephen Daly
Stage Start/Finish Coordinator	Peter Finn
Road Signs Manager	John Colleran
Stage End Crowd Control	John Riordan
Stage Finish Camera	Michael Concannon
Accommodation Officer	Sinead Moriarty
Route Designer	Host Clubs in association with John Breen

Race Doctors	South Doc
Paramedic	John McCarthy
Paramedic Driver	Damian Roche
Ambulance # 1	c/o John McCarthy
Ambulance # 2	c/o John McCarthy

Commissaire President	Richard O'Gorman
Commissaire #2	Roddy Keane
Commissaire #3	Anthony Kennelly
Moto Commissaire #1	Tom Gentleman
Moto Commissaire #2	Gary Boyle
Commissaire Driver #1	Sean McIlroy
Commissaire Driver #2	Stephen Daly
Commissaire Driver #3	Ray Staunton

Moto Marshall x 10	c/o Ciaran McKenna
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Chip Timing	Brian Conroy
Chief Judge	Mick Toomey
KOM Judge	Joe Hahessy
Timekeeper	Mick Toomey
Blackboard	Con O'Leary
Blackboard	Henry Whitson
Result & Jersey Co-ordinator	Joan Curtin
Race Radio Control Managers	Declan Hannigan & Paddy Fitzsimons
Neutral Service	Pa O'Connor
Broom Wagon	Willie Roche
Twitter Feed	Paddy Clarke
Public Address Announcer	Dany Blondeel
Race Photographer	Caroline Kerley

Stage 1 Race Lead Safety Car	Matt Lacey
Stage 2 Race Lead Safety Car	John Mangan
Stage 3 Race Lead Safety Car	Donie Kelleher
Stage 4 Race Lead Safety Car	John Mangan
Weekend Lead Car # 1	Pat Moss
Weekend Lead Car # 2	Heiko Dreier
Weekend Lead Car # 3	
Weekend Lead Car # 4	Denis Murphy

TEAM REGISTRATION & SIGN-ON - Friday 07. April. 2023

1. **Registration and Sign-On from 13.00 – 15.00:** The Manor West Hotel Tralee, Co Kerry **V92 YC59**
2. Each rider will need to sign on in person to the starters list.
3. Each rider is required to present the following at sign on:
 - a. A current UCI affiliated federation licence & Photo ID
 - b. Team official name
 - c. Equipment for Neutral Service if required.
 - d. Each rider will receive a race number at sign on.
 - e. Each rider will receive one race bike timing transponder at sign on.
4. The race bike timing transponder will have to be collected from Pop Up Races at sign on.
5. **A €50.00 deposit** will be required for each transponder, this is refunded on return of same.
6. Each Team Manager is required to present the following at sign on:
 - a. A current UCI affiliated federation licence & Photo ID.
 - b. Team official name.
 - c. Team vehicles registration numbers.
 - d. Team manager's mobile phone number.
7. **Race Safety & Medical Meeting:** Will take place at 15.00 Manor West Hotel main sign on area.
8. **Managers Meeting & Team Car Draw:** The Chief Commissaire and the Race officials will meet team managers in the Manor West Hotel main sign on area at 15.30pm.
9. **Race Radio** will be available via Declan Hannigan & Paddy Fitzsimons at **a fee of €30.00.**
10. **Pairc Fermé** will be located across from the Manor West Hotel entrance.
11. **The race will depart from the Manor West Hotel at 16.55pm sharp.**

GENERAL RACE INFORMATION

1. Riders, team drivers and race officials are advised that roads for Kerry Group Rás Mumhan are not closed to other traffic.
2. Due care should be exercised and responsibility rests with riders and all race drivers to observe the Road Traffic Acts at all times.
3. Where possible, stewards will be in position at relevant road junctions, centre road traffic islands and other road hazards. A series of traffic islands may be indicated by a steward at the first traffic island only. As time gaps develop between groups it will not be possible for stewards to remain in position for the passage of all groups.
4. The function of race stewards at road junctions is to indicate direction; responsibility rests with the rider/driver to decide whether the movement is safe.
5. The race takes place on open roads which vary from well surfaced dual carriageways to poorly surfaced winding narrow roads. Riders are advised that potholes and distressed surfaces will be encountered during the course of the race.

The race HQ is River Island Hotel Castleisland, V92 HWN0

Race Schedule

Kerry Group Rás Mumhan Stage 1 | Friday 07. April. 2023

- 1) **Registration and Sign-On from 13.00 – 15.00:** The Manor West Hotel Tralee, Co Kerry **V92 YC59**
- 2) Each rider will need to sign on in person to the starters list.
- 3) **Race Safety & Medical Meeting:** Will take place at 15.00 Manor West Hotel main sign on area.
- 4) The race will depart from the Manor West Hotel at 16.55pm sharp.
- 5) There will be a controlled rollout from the Manor West Hotel R875 and onto the N72 at 16.55pm approx.
- 6) **Pairc Fermé** will be located across from the Manor West Hotel entrance.
- 7) Prize presentation will take place at the finish line podium 20min after first rider crosses the line.

Kerry Group Rás Mumhan Stage 2 | Saturday 08. April. 2023

- 1) **Sign-On from 8.30 – 9.30:** St Oliver's School, Ballycasheen, Killarney, Co Kerry **V93 W594**
- 2) Each rider will need to sign on in person to the starters list.
- 3) **Race Safety & Medical Meeting:** Will take place at 9.00 in sign on area.
- 4) The race will depart from the school front yard at 9.45am.
- 5) There will be a controlled rollout from the school yard via Countess Rd & Killarney Town, turning left onto the N72 at Lidl, before the flag drops just past the village of Fossa at the 100 kph Sign at 10.00am.
- 6) **Pairc Fermé** will be located inside the school car park.
- 7) Prize presentation will take place at the finish line podium 20min after first rider crosses the line.
- 8) **Note – A bus will be available for riders to ferry back to Killarney if required.**

Kerry Group Rás Mumhan Stage 3 | Sunday 09. April. 2023

- 1) Sign On **Sign-On from 10.30 – 11.30:** Green Glens Arena, Millstreet, Co. Cork **P51 X4H9**
- 2) Each rider will need to sign on in person to the starters list.
- 3) **Race Safety & Medical Meeting:** Will take place at 11.30 in sign on area.
- 4) The race will depart from the Green Glens Arena at 11.55am.
- 5) There will be a controlled rollout from the Green Glens Arena through the Millstreet before the flag drops at the Community Hospital Entrance at 12.00pm.
- 6) **Pairc Fermé** will be located at the Green Glens Arena car park.
- 7) Prize presentation will take place at the finish line podium 20min after first rider crosses the line.

Kerry Group Rás Mumhan Stage 4 | Monday 10. April. 2023

- 1) **Sign-On from 8.30 – 9.30:** K.C.Y.M.S. Community Hall, Mill Road Co. Kerry **V93 DN1Y**
- 2) Each rider will need to sign on in person to the starters list.
- 3) **Race Safety & Medical Meeting:** Will take place at 09.30 in sign on area.
- 4) The race will depart from the K.C.Y.M.S. Community Hall at 09.55am.
- 5) There will be a controlled rollout from the K.C.Y.M.S. Community Hall before the flag drops before the flag drops passed the Glencar Junction (RHS) at 10.00am
- 6) **Pairc Fermé** will be located in the Fair Field car park behind the K.C.Y.M.S. Community Hall.
- 7) **Note: Only top 3 team cars & cars of Jersey holders will be allowed in the race cavalcades, all other teams cars are encouraged to spread out around the circuit and offer neutral service if required.**
- 8) Any rider falling three (3) or more minutes behind the race leaders on the finishing circuit will be removed from the race. Riders will have the appropriate time penalty added to their times.
- 9) Each rider that completes the 4-stage event will be presented with a finishing medal.
- 10) **Prize presentation will take place on the podium at the finish line directly after the race.**
- 11) Race Radios, race numbers and timing transponders are to be returned at the K.C.Y.M.S. Community Hall.

Cavalcade Organisation

At the start of each stage, we have a separate section of car parking reserved for team vehicles. This *parc fermé* is the only place a car can join the race cavalcade. Cavalcade numbers are issued to cars entering the area. Once inside you are to park in your designated position and wait there until your car is called forward. Once within the *parc fermé* you must surrender your cavalcade number if you wish to leave the area. It will be returned to you on your return provided it is before the time the *parc fermé* closes. This is 10 minutes before the stage start.

Please note each team vehicle is issued with:

1. A blue sticker “**Team Car**”. This must be placed at the top of the windscreen at the front of the vehicle.
2. Two race cavalcade numbers. These numbers are issued each day at *parc fermé* and must be placed on a vertical surface within the vehicle so that one faces forward and the other to the rear. These numbers must be easily read from following vehicles and from race and/or Garda motorcycles. Please ensure they do not obstruct the drivers view. Cavalcade numbers are colour coded for each day, are dated, and have the stage number printed on them.

Race Results

Provisional results for each stage will be available in live time as riders cross the finish line: www.popupraces.ie

Official Race results at the end of each stage will be posted online on at www.RasMumhan.ie

Race Radio

Each support vehicle must be equipped with a 2-way radio on the same frequency as the Race Organisation and Commissaires. Race Radio will be available via Declan Hannigan & Paddy Fitzsimons at a fee of €30.00 for the weekend. Transmission is reserved to Race Organisation, Commissaires or Gardai. Only if it is urgent or important should team managers transmit or if requested to do so by a Commissaire. Radios must be returned in a similar condition as supplied and signed back in by a member of the Race Organisation. The individual signing for the radio is responsible for any radios lost/damaged. Race radio frequency is 453.5625mhz.

Distances in the road books

The route distances\elevations as shown in the tables\maps were measured with Strava and may not be 100% accurate to the actual course.

Medical Services

Race Medical Services consists of one Race Doctor, one Race Paramedic two Irish Red Cross Ambulances and four ambulance personnel. The Race Doctor will be available for consultation:

- (a) For 30 minutes after broom at the race ambulance, parked at the finish line of each stage.

Local Hospital Details

Kerry General Hospital, Tralee, Co Kerry 066 7184000 – V92 NX94

South Doc Tralee, Co Kerry 0818 335999

Extreme weather protocol

The protocol involves notably the compulsory convening of a meeting between the President of the Commissaires Panel, the Race Director, a representative of the race organisation, the Chief judge, a representative of the riders chosen by the President of the Commissaires Panel and a team manager chosen by the President of the Commissaires Panel when extreme weather conditions are anticipated prior to the start of a stage. Extreme weather conditions can be considered to be likely to occur if a weather warning from Met Eireann has been issued or if local observation leads to the conclusion that conditions need to be assessed.

The meeting shall be held in a suitable environment and in a formal manner; an executive summary of the meeting shall be drawn up by the President of the Commissaires' Panel and remitted with the race report. The extreme weather conditions that could lead to this meeting include:

1. Freezing rain
2. Snow accumulation on the road
3. Strong winds
4. Extreme temperatures
5. Poor visibility
6. Air pollution

Depending on the type of condition that may be encountered the following actions may be taken:

1. No action
2. Modification of the start venue
3. Modification of the start time
4. Modification of the finish venue
5. Use of an alternative course
6. Neutralization of a section of the stage/race
7. Cancellation of the stage/race

The outcome of such a meeting will be published at least fifteen (15) minutes prior to the scheduled race start.

Race Specific Regulations

ARTICLE 1: ORGANISATION

The *Kerry Group Rás Mumhan* is organised by *Cycling Munster* under the regulations of Cycling Ireland and these specific race regulations. It is to be held from the 07th of April 2023 to the 10th of April 2023.

ARTICLE 2: TYPE OF EVENT

The event is open to athletes holding an A+, A1, A2, A3 and Junior category licence issued by Cycling Ireland or the equivalent licence from another UCI National Federation. The event is entered on the Cycling Ireland *Road Racing* calendar. Riders who hold a licence from a UCI Registered team are graded as A+. Riders who hold a licence from another UCI registered federation are graded as A1.

ARTICLE 3: PARTICIPATION

The event is open to the following teams:

3.1 National, Provincial or County team selections subject to the conditions of Article T1.5 of the Cycling Ireland Technical Regulations.

3.2 Club Teams where riders are all members of the same club. If members of a Cycling Ireland affiliated club riding as guest riders for another Cycling Ireland affiliated club must have a letter of authority from their own club permitting them to ride as guest riders for another club. All riders must be attired in identical jerseys. Where more than one team from a club is entered in the race then the first team must consist of the five riders of the highest CI ranking. If riders are equal in ranking, then the club may decide who, of those riders of equal ranking, is entered on either team. This process will be repeated in the event of a third or more teams from the same club. The constitution of a club team must be consistent with Cycling Ireland regulations.

3.3 Composite Teams (teams made up of riders who are members of different clubs) Members of a Cycling Ireland affiliated club riding as part of a composite team must have a letter of authority from their own club permitting them to ride on the composite team. All riders must be attired in identical jerseys which will need approval from the race organisation. A composite team must declare its panel of riders and then get permission from the race organisation following consultation with the Commissaire President in order to be allowed to enter the event.

3.4 Teams must be formed of *five (5)* riders of A+, A1, A2, A3 or U23 Categories. Junior only teams must be formed of up to six (6) riders. Teams may not be mixed between Junior and A+, A1, A2, A3 or U23 Categories. Entry to the race of riders who are members of a UCI registered team is regulated by 3.1 above. UCI registered teams may only enter the event at the discretion of the Race Organisation and subject to the particular UCI regulations.

Note: The acceptance of any entry is at the discretion of the Race Organisation and Commissaire President

ARTICAL 4: RACE HEADQUATERS

[Kerry Group Rás Mumhan - Stage 1](#) | Friday 07. April. 2023

- 1) **Registration and Sign-On from 13.00 – 15.00:** The Manor West Hotel Tralee, Co Kerry **V92 YC59**.
- 2) Each rider will need to sign on in person to the starters list.
- 3) **Race Safety & Medical Meeting:** Will take place at 15.00 Manor West Hotel main sign on area.
- 4) The race will depart from the Manor West Hotel at 16.55pm sharp.
- 5) There will be a controlled rollout from the Manor West Hotel along the R875 and onto the N72 at 16.55pm approx.
- 6) **Pairc Fermé** will be located across from the Manor West Hotel entrance.
- 7) Prize presentation will take place at the finish line podium 20min after first rider crosses the line.

[Kerry Group Rás Mumhan - Stage 2](#) | Saturday 08. April. 2023

- 1) **Sign-On from 8.30 – 9.30:** St Oliver's School, Ballycasheen, Killarney, Co Kerry **V93 W594**.
- 2) Each rider will need to sign on in person to the starters list.
- 3) **Race Safety & Medical Meeting:** Will take place at 9.00 in sign on area.
- 4) The race will depart from the school front yard at 9.45am.
- 5) There will be a controlled rollout from the school yard via Countess Rd & Mission Rd, turning left onto the N72, before the flag drops just past the village of Fossa at the 100 kph Sign at 10.00am.
- 6) **Pairc Fermé** will be located inside the school car park.
- 7) Prize presentation will take place at the finish line podium 20min after first rider crosses the line.
- 8) **Note – A bus will be available for riders to ferry back to Killarney if required.**

[Kerry Group Rás Mumhan - Stage 3](#) | Sunday 09. April. 2023

- 1) Sign On **Sign-On from 10.30 – 11.30:** Green Glens Arena, Millstreet, Co. Cork **P51 X4H9**
- 2) Each rider will need to sign on in person to the starters list.
- 3) **Race Safety & Medical Meeting:** Will take place at 11.30 in sign on area.
- 4) The race will depart from the Green Glens Arena at 11.55am.
- 5) There will be a controlled rollout from the Green Glens Arena through the Millstreet before the flag drops at the Community Hospital Entrance at 12.00pm.
- 6) **Pairc Fermé** will be located at the Green Glens Arena car park.
- 7) Prize presentation will take place at the finish line podium 20min after first rider crosses the line.

[Kerry Group Rás Mumhan - Stage 4](#) | Monday 10. April. 2023

- 1) **Sign-On from 8.30 – 9.30:** K.C.Y.M.S. Community Hall, Mill Road Co. Kerry **V93 DN1Y**
- 2) Each rider will need to sign on in person to the starters list.
- 3) **Race Safety & Medical Meeting:** Will take place at 09.30 in sign on area.
- 4) The race will depart from the K.C.Y.M.S. Community Hall at 09.55am.
- 5) There will be a controlled rollout from the K.C.Y.M.S. Community Hall before the flag drops before the flag drops passed the Glencar Junction (RHS) at 10.00am
- 6) **Pairc Fermé** will be located in the Fair Field car park behind the K.C.Y.M.S. Community Hall.
- 7) **Note: Only top 3 team cars & cars of Jersey holders will be allowed in the race cavalcades, all other teams cars are encouraged to spread out around the circuit and offer neutral service if required.**
- 8) Any rider falling three (3) or more minutes behind the race leaders on the finishing circuit will be removed from the race. Riders will have the appropriate time penalty added to their times.
- 9) Each rider that completes the 4-stage event will be presented with a finishing medal.
- 10) **Prize presentation will take place on the podium at the finish line directly after the race.**
- 11) Race Radios, race numbers and timing transponders are to be returned at the K.C.Y.M.S. Community Hall.

ARTICLE 5: NEUTRAL TECHNICAL SUPPORT.

Neutral service will be available from one vehicle as provided by the Race Organiser. This vehicle will provide a service to the teams supplying equipment to them. Such equipment must be in prime working order and must be acceptable to the Neutral Service Crew. It must be clearly marked by the supplying team. Wherever possible this Neutral Service Car will aim to service the leading rider or group of riders without another team car being present. This is the intention but cannot be guaranteed due to the nature of the gaps, road conditions or indeed racing incidents. All equipment issued by neutral service or by a team vehicle to a member of another team must be returned and/or replaced immediately following the stage. Failure to do so may result in penalties. All team cars will provide open service in a fair and sporting manner to members of other teams where the situation demands or were instructed to do so by a Commissaire. If a situation arises where the Neutral service crew is engaged then a Commissaire will request the first car in the cavalcade to provide service to the next rider requiring service, then the second car to the next rider and so on. Any team car that refuses to comply with such a request will be relegated to the end of the cavalcade. Similarly, in the event of a rider in a dropped group needing service and his car not being in attendance or a Commissaire not being in attendance then the above procedure should apply on a voluntary basis.

ARTICLE 6: FRAME NUMBERS

Frame numbers must be used by all riders and properly fitted on the rear of the saddle post. Failure to do so may result in a fine of €20 for each offence in addition to the penalties specified in Cycling Ireland Rules.

ARTICLE 7: DULY NOTED MISHAPS

The regulation governing the treatment of a duly noted fall, a puncture or the breakage of an essential part will apply in the final 3km of each stage except stage 3.

ARTICLE 8: FINISHING TIME LIMITS

The time limit for the event will be 20% for stages 1/2/3. Riders arriving at the stage finish with a time greater by 20% than the stage winner's time will be declared non-finishers. On stages where there is a lap included in the route, the Commissaires may request a rider or a group of riders to pull over and allow the front groups through. An adjustment to the time of these riders will be made in the result sheet as an approximation of time lost. There may also be a time control on entry to the circuit where the same time adjustment will be made. Riders arriving at the entry to the circuit at over 20% of the leader's time may not be allowed on the circuit and be deemed non finishers for the stage.

ARTICLE 9: STAGE 4

a) Riders who are three (3) minutes or more down on the race leaders will not be permitted, in normal circumstances, on to the finishing circuit. Such riders will be withdrawn by a race Commissaire at the filling station 100m before Killorglin Bridge. Transponders will be removed from bikes here; riders' details will be noted, and the riders will be credited as finishing the race but will have a correction factor added to their time to reflect the situation.

b) Any rider falling three (3) or more minutes behind the race leaders on the finishing circuit will be removed from the race at the Killorglin Sports and Leisure Centre. Transponders will be removed from bikes here; riders' details will be noted, and the riders will be credited as finishing the race but will have a correction factor added to their time to reflect the situation.

ARTICLE 10: BONUSES

Time bonuses be awarded as follows to the first three riders on each stage as follows:
1st five (5) seconds, 2nd three (3) seconds and 3rd one (1) second

ARTICLE 11: CLASSIFICATIONS

The following classification(s) will be issued and in this order of precedence.

Individual General Classification

Points Classification

Mountains Classification

Individual U23 Classification
Individual Junior Classification
Individual A2 Classification
Individual A3 Classification
Team General Classification

No rider will be awarded more than one jersey following Stages 1, 2 & 3. A rider winning prizes in more than one competition will accumulate all the cash prizes but will only be awarded the jersey with the highest precedence. Following Stage 4 the final classification winner of each category will be awarded both the jersey and the appropriate cash prize. There is no limit to the number of jerseys or prizes a rider can accumulate in the final classification. The prime line for the Mountains competition will be marked by the waving of a flag or by the positioning of a marker board. The start of the climb will be indicated by a sign bearing that information. Points will be awarded in the Mountain Classification as follows:

- i. Cat 1 20, 15, 11, 8, 6, 5 to the first 6 riders
- ii. Cat 2 15, 11, 8, 6, 5 to the first 5 riders
- iii. Cat 3 10, 7, 5, 4 to the first 4 riders
- iv. Cat 4 5, 3, 2 to the first 3 riders

Points will be awarded in the Points Classification as follows:

15, 12, 10, 8, 6, 5, 4, 3, 2, 1 to the first ten (10) riders in each stage.

All classifications will be decided in accordance with Cycling Ireland stage race regulations.

ARTICLE 12: TEAM SERVICE CARS

A team car, the height of which must not exceed 1.66 metres will be permitted in the race to support each properly formed team.

Team Managers and drivers must be in possession of a licence issued by a UCI National Federation.

All race officials must be in possession of a licence issued by a UCI National Federation. One team vehicle per team will be permitted in the race cavalcade. Each team vehicle in the race cavalcade must contain another competent person in addition to the driver. To qualify entry of a vehicle into the race cavalcade, a team must start stage 1 with a minimum of four riders.

No team vehicle will be permitted to pass any group within the last 10km of any stage.

The Chief Commissaire may opt to remove some or all of the cars in the race cavalcade when the race enters the finishing laps on Stage 4.

All service must take place on the left-hand side of the road. Failure to do so may result in a penalty of €20 in addition to the penalties specified in Cycling Ireland Rules, for each offence.

Feeding from following vehicles will be normally permitted after 30 Km and up to 20 Km from the finish of the event. This may be relaxed due to weather conditions. In such circumstances the Commissaires will make an announcement to the effect.

Feeding must take place behind the Commissaires vehicle except in a group of 15 or less riders when feeding may take place alongside the rider at the back of the group.

Feeding must not take place on an ascent or descent, nor within 1 km of a prime.

ARTICLE 13: START OF THE RACE

All team service cars must start from the nominated Parc Fermé – Gates will close 30min before rollout:

Stage 1: **Parc Fermé** will be located across from the Manor West Hotel entrance.

Stage 2: **Parc Fermé** will be located St Oliver's School, Killarney

Stage 3: **Parc Fermé** will be located at the Green Glens Arena car park.

Stage 4: **Parc Fermé** will be located at the Fair Field car park behind the KYCMS Community Hall, Killorglin.

Team service vehicles will be presented with their cavalcade numbers at the Parc Fermé.

Parc Fermé will open for entry of vehicles at 30 minutes before the stage start time. It will close at 10 minutes to go before the stage start time. Team service vehicles not presenting at Parc Fermé will be relegated to last place in the cavalcade. Riders are to assemble in the Parc Fermé prior to the race start each day.

There is a controlled roll-out to a rolling start each day. Riders overtaking the race control vehicle will be subject to a time penalty of 30 seconds.

ARTICLE 14: PENALTIES AND APPEALS

The control of the race is under the Panel of Commissaires, which has the right to interpret and apply the rules as they see fit. For infringements of Cycling Ireland or Special Race Rules, they may apply monetary and/or other penalties. The decision of the Panel of Commissaires is final. No appeal against their decisions will be entertained. All fines levied must be paid to the Chief Commissaire before the start of the following stage, failure to do so will result in the rider being excluded from the start of that stage. In addition to the penalties specified in these specific regulations, the Cycling Ireland penalty scale is the only one applicable.

ARTICLE 15: AWARDS CEREMONY

The following riders must attend the official awards ceremony at the end of each stage:

- The first *three (3)* riders on the stage
- The leaders of the following classifications: *Individual General Classification, Points Classification, Mountains Classification, Individual Under 23 Classification, Individual Junior Classification, A2 Classification & A3 Classification*. The riders will present themselves at the podium in a time limit of maximum 15 minutes after the third placed rider on the stage crosses the finish line. Failure to do so may result in a fine of 100% of the prize money and/or exclusion from the race. A rider arriving late for podium presentations will be required to present themselves before the Panel of Commissaires before the start of the next stage. The Panel of Commissaires will decide the scale of the penalty that may be imposed. The presentation of race classification jerseys will take place on the finish podium at the end of each stage and after the stage winner's presentation.

Moreover, at the general finish of the event, the following riders must also present themselves at the final awards ceremony:

- The first *three (3)* of the event.
- The *winner* of the following secondary classifications:
 - † Points Classification
 - † Mountains Classification
 - † Individual U23 Classification, Individual A2 Classification & Individual A3 Classification
 - † Team General Classification Following the arrival of the final stage the first, second and third rider on General Classification and each of the race category winners will present themselves for the prize presentation ceremonies. Failure to do so may result in a fine of 100% of the prize money due.
 - † Prize presentation will take place on the podium at the finish line directly after the race.

Note – Teams need to present themselves together at the podium to collect their finishers medals.

Prize presentation will take place at the finish line podium 20min after first rider crosses the line.

ARTICLE 16: PRIZES

The following prizes are awarded:

Kerry Group Rás Mumhan Prize Fund 2023						
Rank	Stage 1	Stage 2	Stage 3	Stage 4		Final GC
1	€150.00	€150.00	€150.00	€150.00		€500.00
2	€90.00	€90.00	€90.00	€90.00		€400.00
3	€70.00	€70.00	€70.00	€70.00		€300.00
4	€60.00	€60.00	€60.00	€60.00		€200.00
5	€50.00	€50.00	€50.00	€50.00		€100.00
6	€40.00	€40.00	€40.00	€40.00		€100.00
K.O.M	€75.00	€75.00	€75.00	€75.00		€150.00
1 – GC Team	€60.00	€60.00	€60.00	€60.00		€150.00
2 – GC Team	€50.00	€50.00	€50.00	€50.00		€100.00
3 – GC Team	€30.00	€30.00	€30.00	€30.00		€50.00
1 - U23 Rider	€50.00	€50.00	€50.00	€50.00		€100.00
2 - U23 Rider	€30.00	€30.00	€30.00	€30.00		€80.00
3 - U23 Rider	€20.00	€20.00	€20.00	€20.00		€50.00
1 – Junior Rider	€50.00	€50.00	€50.00	€50.00		€100.00
2 – Junior Rider	€30.00	€30.00	€30.00	€30.00		€70.00
3 – Junior Rider	€20.00	€20.00	€20.00	€20.00		€50.00
1 – A2 Rider	€50.00	€50.00	€50.00	€50.00		€100.00
2 – A2 Rider	€30.00	€30.00	€30.00	€30.00		€70.00
3 – A2 Rider	€20.00	€20.00	€20.00	€20.00		€50.00
1 – A3 Rider	€50.00	€50.00	€50.00	€50.00		€100.00
2 – A3 Rider	€30.00	€30.00	€30.00	€30.00		€70.00
3 – A3 Rider	€20.00	€20.00	€20.00	€20.00		€50.00

Perpetual Race Cups 2022

- 1) Overall Yellow Jersey Winner: *The Paddy O'Callaghan Cup*
- 2) Overall Red Jersey Winner (Junior): *The Paul O'Shea Cup*

Race Jerseys

- | | | |
|----------------------------------|----------------------------|-------------------------------|
| 1. Race Leader – Yellow | 4. U23 Leader – White | 7. A3 Leader Jersey – Orange |
| 2. Points Leader – Green | 5. Junior Leader – Red | 8. Stage winner Jersey – Blue |
| 3. KOH Leader Jersey – Polka Dot | 6. A2 Leader Jersey – Navy | |

Kerry Group | Rás Mumhan 2023

ARTICLE 17: GENERAL BEHAVIOUR

Riders, Managers, Drivers, and other Support members of teams are reminded that we need to protect the image of the race. For example, urinating in public, cycling on footpaths, littering will carry serious sanctions for anyone caught doing so as well as any other acts that may be seen as having a negative impact on the sport, sponsors and/or the venues. Riders' numbers and Managers will be notified at the end of the stage.

A fine of €50.00 will be made payable before signing on for the next stage.

ARTICLE 18: 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 situated adjacent to the presentation podium and indicated by signage at the stage finish. The numbers of the riders required to report to the Doping Control Station will be displayed in accordance with the UCI Anti-doping Regulations.

Teams & Rider listings will be placed here.

And a revised sheet to reflect any changes to personnel on teams will be published on www.rasmumhan.ie before Friday 07 April.

Kerry Group | Rás Mumhan 2023

Previous Winners

Year	Name	Club/Team	Venue
1957	Pat O'Meara	Tipperary	Clonmel
1958	Gene Mangan	Kerry	Tralee
1959	John Gearon	Clonmel	
1960	Shay O Hanlon	Clann Brugha	Clonmel
1961	Noel Waddy	Star Wheelers	
1962	Michael Twomey	Fermoy	
1963	Sonny Cullen	Setanta CC	
1964	Shay O Hanlon	Cathal Brugha	
1965	Shay O Hanlon	Cathal Brugha	
1966	Shay O Hanlon	Clann Brugha	Carrick on Suir
1967	Paddy Flanagan	Brownstown CC	Carrick on Suir
1968	Mick O Donoghue	Carlow	Kanturk/Banteer
1969	Mick O Donoghue	Carlow	
1970	Mick O Donoghue	Carlow	
1971	Brian Connaughton	Garda	Carrick on Suir
1972	Seamus Kennedy	Navan	Thurles
1973	Mick Cahill	Banteer	
1974	Colm Nulty	Boyne Valley CC	Killarney
1975	John Mangan	Killorglin	Killorglin
1976	Larry Clarke	Navan	
1977	Bobby Power	Carrick Wheelers	
1978	Mike Breen	Killorglin CC	
1982	Stephen Delaney	Tara CC	South Tipperary
1983	Anthony O Gormon	Carrick Cidona	
1984	Dave McCall		
1987	Bernie McCormick		
1988	Larry Power	Carrick Cidona	Carrick on Suir
1998	Brian Kenneally	Carrick Cidona	Killorglin/Cork
1999	Stephen O Sullivan	Leinster	Thurles
2000	Paddy Moriarty	Dublin Skip Les Junes	Nenagh
2001	Eugene Moriarty	Cycleways Meath	Killorglin
2002	Kevin Dawson	Compensation Group GB	Killorglin
2003	Kevin Dawson	Life Repair CRT GB	Killorglin
2004	Russell Downing	MGX Power UK	Killorglin
2005	John Dempsey	Dan Morrissey Carrick	Killorglin
2006	Paul Healion	Murphy & Gunn Dublin	Killorglin
2007	Brian Kenneally	myhome.ie Meath	Killorglin
2008	Ciaran Power	Pezula Mayo	Killorglin
2009	Brian Kenneally	Engraveit.ie Meath	Killorglin
2010	Timmy Barry	The Edge CC	Killorglin
2011	Sean Lacey	The Edge CC	Killorglin
2012	Denis Bakker	Ruiter Dakkapellen WT	Killorglin
2013	Damian Shaw	Aquablue	Killorglin

2014	Mark Dowling	DID/Dunboyne CC	Killorglin
2015	Sean McKenna	Ireland Development Squad	Killorglin
2016	Chris McGlinchey	Ireland Development Squad	Killorglin
2017	Dillon Byrne	VCUK Velo Champion UK	Killorglin
2018	Conor Henebry	Pactimo	Killorglin
2019	Ben Healy	Ireland Development Squad	Killorglin
2022	Lindsay Watson	All Human Velo Revolution	Cycling Munster
2023	T.B.C	T.B.C	Cycling Munster

Stage Maps and Route Guides:

Kerry Group Rás Mumhan Stage 1 | Friday 07. April. 2023

Ras Mumhan 2023 - Stage 1

Cycling Route

★ Saved

Edit

Details

77.05 km

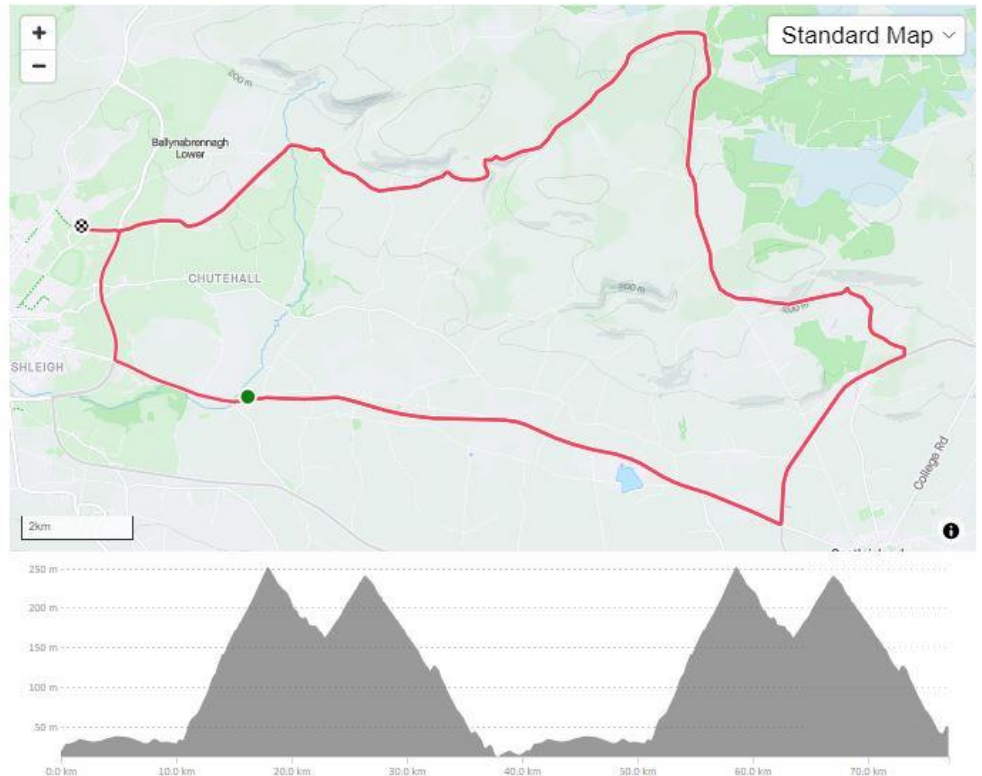
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CREATED BY

Stephen Daly
February 16, 2023 · Public

Route and Elevation



<https://www.strava.com/routes/3061317801465270388>

Stage 1 – Used by Tralee for their club league races, this stage, although the shortest of the stage's, packs quite a punch.

The Sign-On is the Manor West Hotel Tralee. It will commence under a Grand Depart starting from the Manor West Hotel, departing at 16:55 sharp.

The flag will drop at approx. 17:00 at the iron rail bridge at the start of the Castleisland Road, before heading out the Castleisland bypass and turning left heading for Lyracrumpane. As it is the first prime of the race there will be prizes of €50.00, €30.00 & €20.00 for the first 3 to cross the KOM finish line on lap one. Then taking a left turn at Dan Paddy Andy's (Renagowan) cross we head back for Tralee down a technical decent and onto the Tralee bypass where we head back towards the Manor West Hotel to do the loop again. This time we will go straight through the Listowel roundabout finishing just before the MTU North Campus entrance.

Stage distance is 77.0Km approximately.

Kerry Group | Rás Mumhan 2023

Kerry Group Rás Mumhan Stage 1 | Friday 07th April 2023

KM		Description		Instruction		30	30	30
Nutralised Section								
0.0	3.6	The Manor West Hotel Tralee		Depart Under Neutral Roll-Out		16:55	16:55	16:55
0.1	3.5	Clashleane Roundabout		2nd Exit (Straight through)		16:55	16:55	16:55
1.0	2.6	Bypass Roundabout		2rd Exit (Straight through)		16:56	16:56	16:56
2.6	1.0	Ballyseedy Garden Centre Junction		Continue Straight		16:58	16:58	16:58
3.4	0.2	John Cronin Roundabout		F1st Exit Direction Castleisland		17:00	17:00	17:00
3.6	0.0	Metal Railway Bridge Overpass		Race Start		17:00	17:00	17:00
KM		Race Route				Schedule		
From Start	To Finish	Description		Instruction	35Km	40Km	45Km	
0.00	77.05	Metal Railway Bridge crossing N21		Rolling Start	17:00	17:00	17:00	
0.25	76.8	Knockavinnane Junction		Continue Straight - Dir Castleisland	17:00	17:00	17:00	
1.30	75.8	Cloghermore, Forge Cross		Continue Straight - Dir Castleisland	17:02	17:01	17:01	
2.00	75.1	Ballydwyer West Junction		Continue Straight - Dir Castleisland	17:03	17:03	17:02	
2.90	74.2	Gortagullane, Forge Cross		Continue Straight - Dir Castleisland	17:04	17:04	17:03	
3.40	73.7	Ballydwyer East Junction		Continue Straight - Dir Castleisland	17:05	17:05	17:04	
4.30	72.8	Rockfield, Forge Cross		Continue Straight - Dir Castleisland	17:07	17:06	17:05	
5.50	71.6	O'Riadas Bar		Continue Straight - Dir Castleisland	17:09	17:08	17:07	
10.00	67.1	Castisland Roundabout		Take first exit to stay on N21	17:17	17:15	17:13	
10.80	66.3	KOM Start - Cat 2		KOM Start - Cat 2	17:18	17:16	17:14	
13.30	63.8	Dooneen Roundabout		Take first exit to stay on N22	17:22	17:19	17:17	
14.00	63.1	Daly Transport		Left Turn - Direction Lyracrumpane	17:24	17:21	17:18	
16.90	60.2	Tullagubbeen cross		Straight - Direction Lyracrumpane	17:28	17:25	17:22	
18.40	58.7	KOM Finish - Cat 2		KOM Finish - Cat 2	17:31	17:27	17:24	
20.00	57.1	Caution - Narrow Skew Bridge		Narrow Skew Bridge	17:34	17:30	17:26	
23.00	54.1	Renagowan (Dan Paddy Andy's) Cross		Left Turn - Direction Tralee	17:39	17:34	17:30	
26.40	50.7	North Kerry Landfill		Straight - Direction Tralee	17:45	17:39	17:35	
		Technical Decent		Caution				
28.50	48.6	Reamore Cross		Straight - Direction Tralee	17:48	17:42	17:38	
31.20	45.9	Kilduff cross		Straight - Direction Tralee	17:53	17:46	17:41	

31.40	45.7	Kilduff Community Centre	Straight - Direction Tralee	17:53	17:47	17:41
32.40	44.7	Knockawaddra Road Junction	Straight - Direction Tralee	17:55	17:48	17:43
35.10	42.0	Ballinorig East Junction	Straight - Direction Tralee	18:00	17:52	17:46
35.70	41.4	Ballinorig Roundabout	Take first exit onto N69	18:01	17:53	17:47
38.20	38.9	Ballinorig Roundabout	Take first exit onto N21	18:05	17:57	17:50
39.80	37.3	Ballyseedy Home & Garden - Traffic Calming	Caution - Traffic Calming & Junction	18:08	17:59	17:53
40.50	36.6	John Cronin Roundabout	Take first exit onto N21	18:09	18:00	17:54
41.00	36.1	Knockavinnane Junction	Continue Straight - Dir Castleisland	18:10	18:01	17:54
42.00	35.1	Cloghermore, Forge Cross	Continue Straight - Dir Castleisland	18:12	18:03	17:56
42.70	34.4	Ballydwyer West Junction	Continue Straight - Dir Castleisland	18:13	18:04	17:56
43.60	33.5	Gortagullane, Forge Cross	Continue Straight - Dir Castleisland	18:14	18:05	17:58
44.10	33.0	Ballydwyer East Junction	Continue Straight - Dir Castleisland	18:15	18:06	17:58
45.00	32.1	Rockfield, Forge Cross	Continue Straight - Dir Castleisland	18:17	18:07	18:00
46.20	30.9	O'Riadas Bar	Continue Straight - Dir Castleisland	18:19	18:09	18:01
50.70	26.4	Castisland Roundabout	Take first exit to stay on N21	18:26	18:16	18:07
51.30	25.8	KOM Start - Cat 2	KOM Start - Cat 2	18:27	18:16	18:08
54.00	23.1	Dooneen Roundabout	Take first exit to stay on N22	18:32	18:21	18:12
54.70	22.4	Daly Transport	Left Turn - Direction Lyracrumpane	18:33	18:22	18:12
57.60	19.5	Tullagubbeen cross	Straight - Direction Lyracrumpane	18:38	18:26	18:16
59.10	18.0	KOM Finish - Cat 2	KOM Finish - Cat 2	18:41	18:28	18:18
60.70	16.4	Caution - Narrow Skew Bridge	Narrow Skew Bridge	18:44	18:31	18:20
63.70	13.4	Renagowan (Dan Paddy Andy's) Cross	Left Turn - Direction Tralee	18:49	18:35	18:24
67.10	10.0	North Kerry Landfill	Straight - Direction Tralee	18:55	18:40	18:29
		Technical Decent	Caution			
69.20	7.8	Reamore Cross	Straight - Direction Tralee	18:58	18:43	18:32
71.90	5.1	Kilduff cross	Straight - Direction Tralee	19:03	18:47	18:35
72.10	5.0	Kilduff Community Centre	Straight - Direction Tralee	19:03	18:48	18:36
73.10	4.0	Knockawaddra Road Junction	Straight - Direction Tralee	19:05	18:49	18:37
75.80	1.3	Ballinorig East Junction	Straight - Direction Tralee	19:09	18:53	18:41
76.30	0.8	Ballinorig Roundabout	Take first exit onto N69	19:10	18:54	18:41
77.05	0.0	Finish Line	Finish	19:12	18:55	18:42

Kerry Group Rás Mumhan Stage 2 | Saturday 08. April. 2023

Ras Mumhan 2023 - Stage 2

Cycling Route



Details

114.36 km 1,141 m

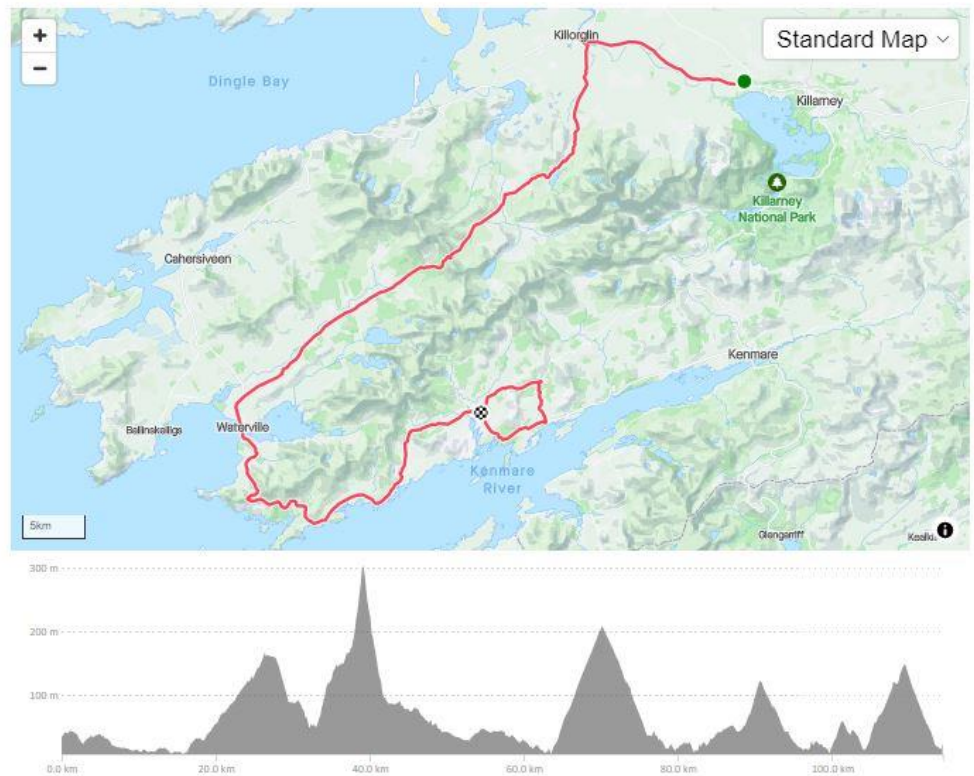
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CREATED BY:

Stephen Daly
April 12, 2022 · Public



Route and Elevation



<https://www.strava.com/routes/2949036929835844006>

Stage 2 – In brief will commence from the St Oliver's School (Sign-on) under a neutralised roll-out toward Fossa.

The racing will get underway at 10:00 at the 100 KPH sign on the exit from Fossa Village.

The race will then proceed to Killorglin via the main N72 road. On arrival at Killorglin the race will pass over the Killorglin bridge before turning right onto Annadale Road at the Bianconi and then turn right at Annadale Cross toward Glencar.

The race will continue along to Glencuttane and Glencar, the race will then climb the Ballaghisheen Pass and descend into Mastergeehy and onto Waterville. Then, the race will follow the main road from Waterville to Sneem via N70 Ring of Kerry Road.

The race will pass through Sneem towards St Patricks Church in Tahilla where it will climb up towards Creeveen and descend back into Sneem on the R568 before coming out at the South Square and finish outside the Sneem Hotel.

The Stage is 114KM in length approx.

Kerry Group | Rás Mumhan 2023

Kerry Group Rás Mumhan Stage 2 | Saturday 08th April 2023

KM		Description		Instruction		25	25	25
Nutralised Section								
0.0	8.1	St Oliver's School	Depart Under Neutral Roll-Out			09:40	09:40	09:40
0.3	7.8	Countess Rd Junction	Turn Left			09:40	09:40	09:40
1.1	7.0	Muckross Rd Roundabout	2nd Exit (Right turn towards the town)			09:42	09:42	09:42
1.2	6.9	Haha Roundabout	Left Turn onto Mission Rd			09:42	09:42	09:42
1.3	6.8	Pedestrian Crossing	Turn Right onto Kenmare Place			09:43	09:43	09:43
1.5	6.6	Main Street	Continue straight onto Main Street			09:43	09:43	09:43
1.6	6.5	New Street Junction	Continue straight onto High Street			09:43	09:43	09:43
1.8	6.3	Chapel Place Lane	Right Turn onto Chapel Place Lane			09:44	09:44	09:44
1.9	6.2	Traffic Lights	Left turn onto N71			09:44	09:44	09:44
2.8	5.3	Lidil Roundabout	2nd exit onto N72			09:46	09:46	09:46
3.2	4.9	Ballydowney Roundabout	3rd exit to stay on N72			09:47	09:47	09:47
6.7	1.4	Golden Nugget Junction	Continue Straight			09:56	09:56	09:56
7.2	0.9	Fossa Village	Caution Traffic Calming			09:57	09:57	09:57
8.1	0.0	100KPH Sign Exiting Fossa	Race Start			10:00	10:00	10:00
KM		Race Route		Instruction		Schedule		
From Start	To Finish	Description	Instruction		35 Kmh	40 Kmh	45 Kmh	
0.0	114.1	100KPH Sign Exiting Fossa	Rolling Start		10:00	10:00	10:00	10:00
1.5	112.6	Killalee Junction	Continue Straight - Dir N72 Killorglin		10:02	0:00	10:02	10:02
2.6	111.5	Pallis Junction	Continue Straight - Dir N72 Killorglin		10:04	10:03	10:03	10:03
2.8	111.3	Beaufort Bridge	Continue Straight - Dir N72 Killorglin		10:04	10:04	10:04	10:03
7.6	106.5	Ballymalis Junction	Continue Straight - Dir N72 Killorglin		10:13	10:11	10:10	10:10
9.5	104.6	Coolbane East Junction	Continue Straight - Dir N72 Killorglin		10:16	10:14	10:12	10:12
12.0	102.1	Fexco Building	Continue Straight - Dir N72 Killorglin		10:20	10:18	10:16	10:16
14.2	99.9	O'Sullivan's Shop	Continue Straight - Dir N72 Killorglin		10:24	10:21	10:18	10:18
14.3	99.8	Killorglin Bridge	90 Degree Left Hand - 1 Exit From Rndbout		10:24	10:21	10:19	10:19
14.5	99.6	The Bianconi Inn	90 Degree Left Hand - 1 Exit From Rndbout		10:24	10:21	10:19	10:19
15.7	98.4	Annadale Rd turn-off	Right turn off of Annadale Rd.		10:26	10:23	10:20	10:20
16.5	97.6	Groyne Junction	Continue Straight		10:28	10:24	10:22	10:22
17.2	96.9	Upper Groyne Junction	Continue Straight		10:29	10:25	10:22	10:22
22.8	91.3	Glancuttaun Lower	Merge with other road - Continue Straight - Dir Glencar		10:39	10:34	10:30	10:30

KERRY GROUP | RÁS MUMHAN 2023

29.2	84.9	Gortmaloon East Junction	Keep Left - Dir Glencar	10:50	10:43	10:38
31.1	83.0	The Climbers Inn	Continue Straight	10:53	10:46	10:41
32.7	81.4	Curragh Beg Junction	Turn Right - Dir Ballaghasheen	10:56	10:49	10:43
33.0	81.1	Start of Ballaghasheen Climb	Category 1 KOM - Start	10:56	10:49	10:44
39.1	75.0	Top of Ballaghasheen Climb	Category 1 KOM - FINISH	11:07	10:58	10:52
		Dangerous Descent	Dangerous Descent			
44.6	69.5	Ballynakilly	Continue Straight - Dir Waterville	11:16	11:06	10:59
44.6	69.5	NARROW BRIDGE	CAUTION - NARROW BRIDGE	11:16	11:06	10:59
46.0	68.1	Doire Ianna Junction	Keep Right - Dir Waterville 18km	11:18	11:09	11:01
50.1	64.0	Killeenleagh Cross (After Dromid NS)	Continue Straight - Dir Waterville	11:25	11:15	11:06
52.9	61.2	Mastergeehy Junction	Continue Straight - Dir Waterville	11:30	11:19	11:10
54.1	60.0	Trout Cottage Cross	Continue Straight - Dir Waterville	11:32	11:21	11:12
59.9	54.2	Top Cross	Follow Road to Left - Dir Waterville	11:42	11:29	11:19
60.9	53.2	Spunkane Junction	Continue Straight - Dir Waterville	11:44	11:31	11:21
61.4	52.7	St Finian's National School	Continue Straight - Dir Waterville	11:45	11:32	11:21
62.2	51.9	Sea View Terrace Cross - Entering Waterville Village	Caution - Entering Village	11:46	11:33	11:22
62.3	51.8	James Butler Cross	Caution - Through Village	11:46	11:33	11:23
63.1	51.0	Hogs Head Golf Club Entrance	Continue Straight - Dir Caherdaniel N70	11:48	11:34	11:24
64.9	49.2	Baslickane Bridge	Junction & Sharp Right onto Narrow Bridge - CAUTION	11:51	11:37	11:26
65.7	48.4	Start of KOM Coomakista (Loher Stone Fort Turn-Off)	Category 2 KOM - Start	11:52	11:38	11:27
69.8	44.3	Coomakista Viewing Point	Category 2 KOM - Finish	11:59	11:44	11:33
72.5	41.6	Darrynane Beg Junction	Continue Straight - Dir Caherdaniel N70	12:04	11:48	11:36
75.8	38.3	Freddies Pub/Caherdaniel Village Cross	Continue Straight - Dir O'Carrolls Cove N70	12:09	11:53	11:41
78.2	35.9	O'Carrolls Cove	Continue Straight - Dir Sneem N70	12:14	11:57	11:44
96.0	18.1	Sneem Village	Caution - Entering Large Village	12:44	12:24	12:08
96.4	17.7	Sneem Village - North Square - Keep Right	Caution through Village - Keep Right	12:45	12:24	12:08
96.7	17.4	South Square - 1st Pass through Finish Line	Keep Right - Continue Straight N70	12:45	12:25	12:08
99.8	14.3	Parknasilla Hotel	Continue Straight N70	12:51	12:29	12:13
104.0	10.1	St Patricks Church Tahilla	Turn Left on L4049 - Dir Letterfinish	12:58	12:36	12:18
108.0	6.1	Tahilla Cross	Sharp Left - R568 - Dir Sneem	13:05	12:42	12:24
114.0	0.1	South Square/Mace Shop	Sharp Left onto N70	13:15	12:51	12:32
114.1	0.0	Finish Line	Finish Line	13:15	12:51	12:32

Kerry Group Rás Mumhan Stage 3 | Sunday 09. April. 2023

Ras Mumhan 2023 - Stage 3

Cycling Route

☆ Save

Edit



Details

📍 118.22 km

📏 1,707 m

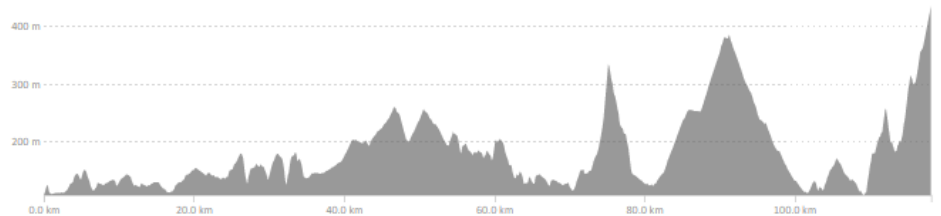
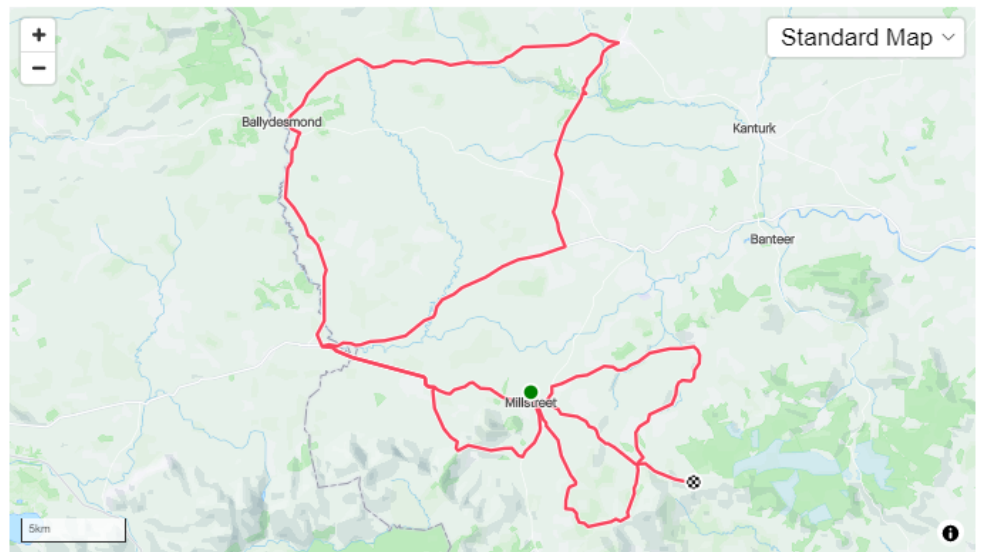
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CREATED BY

Stephen Daly
February 16, 2023 · Public



Route and Elevation



<https://www.strava.com/routes/3061324513860264052>

Stage 3 – will commence from the Green Glens Arena, Millstreet under a neutralised roll-out toward Rathmore.

The racing will get underway at 12:00 from the Millstreet Community Hospital just outside Millstreet.

The race will then proceed to Rathmore via the R582 road. On arrival at Rathmore the race will turn right on the main N72 for 13km before turning left towards Newmarket.

From Newmarket we head to Ballydesmond, Knocknagree and back to Rathmore from where we take the road back to Millstreet but taking a detour to the right through Ballydaly Upper to take on the first major climb of the day.

Down into Millstreet before we head back up to St John's Well, the next challenge of the day, and down again to Millstreet before taking on the final climb of the day up the Kerryman's Table and to the finish line.

The Stage is 118KM in length approx.

Kerry Group | Rás Mumhan 2023

Kerry Group Rás Mumhan Stage 3 | Sunday 09th April 2023

KM		Description	Instruction		25	25	25
Nutralised Section							
0.0	1.0	Green Glens Arena	Depart Under Neutral Roll-Out		11:58	11:58	11:58
0.3	0.7	Right Turn onto R582 Killarney Rd	Right Turn		11:58	11:58	11:58
0.4	0.6	Junction at herlihy's Centra Keep Right	Keep Right to stay on R582 Killarney Rd		11:58	11:58	11:58
1.0	0.0	Millstreet Cummmunity Hospital	Race Start		12:00	12:00	12:00
KM		Race Route				Schedule	
From Start	To Finish	Description	Instruction		35 Kmh	40 Kmh	45 Kmh
0.0	117.1	Junction to Millstreet Cumunity Hospital	Rolling Start		12:00	12:00	12:00
2.0	115.1	Claraghatlea North Junction	Continue Straight Driection Rathmore		12:03	12:03	12:02
4.3	112.8	Ballydaly Church Crossroads	Continue Straight Driection Rathmore		12:07	12:06	12:05
5.1	112.0	Tober Junction	Continue Straight Driection Rathmore		12:08	12:07	12:06
6.2	110.9	L51701 Rea Junction	Continue Straight Driection Rathmore		12:10	12:09	12:08
7.0	110.1	L52182 Junction	Continue Straight Driection Rathmore		12:12	12:10	12:09
8.4	108.7	L5218 Hollymount Cross	Continue Straight Driection Rathmore		12:14	12:12	12:11
10.2	106.9	Clarín Wood\Shinnagh Junction	Right turn onto N72 Direction Mallow		12:17	12:15	12:13
10.4	106.7	Staggered Bridge - Caution	Staggered Bridge - Caution		12:17	12:15	12:13
11.3	105.8	L1112 Junction	Continue Straight Direction Mallow		12:19	12:16	12:15
13.6	103.5	L5164 Junction	Continue Straight Direction Mallow		12:23	12:20	12:18
15.2	101.9	L5170 Ballydaly Junction	Continue Straight Direction Mallow		12:26	12:22	12:20
15.6	101.5	Pro Steel Sheds Junction	Continue Straight Direction Mallow		12:26	12:23	12:20
16.9	100.2	L5174 Junction	Continue Straight Direction Mallow		12:28	12:25	12:22
17.9	99.2	The Diner Deli O'Flynn's Junction	Continue Straight Direction Mallow		12:30	12:26	12:23
18.9	98.2	L1111 Kishkeam Crossroad	Continue Straight Direction Mallow		12:32	12:28	12:25
21.5	95.6	L5162 Junction	Continue Straight Direction Mallow		12:36	12:32	12:28
23.4	93.7	L1101 Newmarket Junction	Left Turn Direction Newmarket		12:40	12:35	12:31
24.7	92.4	Coolcloher South Junction	Continue Straight Direction Newmarket		12:42	12:37	12:32
26.5	90.6	R577\L1101 Cross	Continue Straight Direction Newmarket		12:45	12:39	12:35

27.9	89.2	Ballyhoolahan West Cross	Continue Straight Direction Newmarket	12:47	12:41	12:37
29.4	87.7	Gortearagh Cross	Continue Straight Direction Newmarket	12:50	12:44	12:39
30.9	86.2	Killasseragh Junction	Continue Straight Direction Newmarket	12:52	12:46	12:41
31.0	86.1	Narrow Bridge	Continue Straight Direction Newmarket	12:53	12:46	12:41
33.2	83.9	West End Junction	Right Turn to stay on L1109 Direction Newmarket	12:56	12:49	12:44
34.5	82.6	Entering Town - Caution	Caution through Town	12:59	12:51	12:46
34.7	82.4	West End Tyre Centre Junction	Left Turn on to R576 Direction Abbeyfeale	12:59	12:52	12:46
36.0	81.1	Commons Junction	Left Turn on to R578 Direction Ballydesmond	13:01	12:54	12:48
38.8	78.3	Glenara Junction	Continue Straight Direction Ballydesmond	13:06	12:58	12:51
40.7	76.4	L5039 Junction	Continue Straight Direction Ballydesmond	13:09	13:01	12:54
42.2	74.9	L1012 Taur Junction	Continue Straight Direction Ballydesmond	13:12	13:03	12:56
42.3	74.8	L1035 Boherbue Junction	Continue Straight Direction Ballydesmond	13:12	13:03	12:56
43.1	74.0	Reanagashel Cross	Continue Straight Direction Ballydesmond	13:13	13:04	12:57
44.0	73.1	L5082 Junction	Continue Straight Direction Ballydesmond	13:15	13:06	12:58
44.6	72.5	L5081 Junction	Continue Straight Direction Ballydesmond	13:16	13:06	12:59
47.1	70.0	L1032 Kishkeam Junction	Continue Straight Direction Ballydesmond	13:20	13:10	13:02
47.8	69.3	L5100 Junction	Continue Straight Direction Ballydesmond	13:21	13:11	13:03
48.8	68.3	L5084 Torean Dubh Junction	Continue Straight Direction Ballydesmond	13:23	13:13	13:05
49.6	67.5	L1010 Shanavoher Junction	Continue Straight Direction Ballydesmond	13:25	13:14	13:06
50.0	67.1	L5089 Junction	Continue Straight Direction Ballydesmond	13:25	13:15	13:06
50.2	66.9	L5083 Junction	Continue Straight Direction Ballydesmond	13:26	13:15	13:06
50.9	66.2	L5087 Junction	Continue Straight Direction Ballydesmond	13:27	13:16	13:07
52.0	65.1	L5086 Junction	Continue Straight Direction Ballydesmond	13:29	13:18	13:09
52.3	64.8	Glencollins Lower Junction	Continue Straight Direction Ballydesmond	13:29	13:18	13:09
52.6	64.5	O'Keefe's Drapery & Footware	Left Turn Direction Mallow\Rathmore	13:30	13:18	13:10
53.4	63.7	R582\R577 Junction	Right Turn Direction Rathmore\Knocknagree	13:31	13:20	13:11
54.7	62.4	L5179 Junction	Continue Straight Direction Rathmore\Knocknagree	13:33	13:22	13:12
55.1	62.0	L51811 Junction	Continue Straight Direction Rathmore\Knocknagree	13:34	13:22	13:13
56.0	61.1	Munster Joinery - Lacka Cross	Continue Straight Direction Rathmore\Knocknagree	13:36	13:24	13:14
57.0	60.1	L51812 Junction	Continue Straight Direction Rathmore\Knocknagree	13:37	13:25	13:16
57.7	59.4	L95821-1 Junction	Continue Straight Direction Rathmore\Knocknagree	13:38	13:26	13:16

59.0	58.1	L1103 Junction	Continue Straight Direction Rathmore\Knocknagree	13:41	13:28	13:18
60.0	57.1	Knocknagree Village - Caution through Village	Junctions on Right & Left	13:42	13:30	13:20
61.7	55.4	L5166 Cullen Junction	Continue Straight Direction Rathmore	13:45	13:32	13:22
62.7	54.4	L5165 Nohoval Junction	Continue Straight Direction Rathmore	13:47	13:34	13:23
64.0	53.1	Clounts Cross	Left Turn Direction Rathmore	13:49	13:36	13:25
64.6	52.5	Clarín Wood\Shinnagh Junction	Cross N72 onto R582 Direction Millstreet	13:50	13:36	13:26
66.5	50.6	L5218 Hollymount Cross	Continue Straight Direction Millstreet	13:54	13:39	13:28
67.9	49.2	L52182 Junction	Continue Straight Direction Millstreet	13:56	13:41	13:30
68.7	48.4	L51701 Rea Junction	Continue Straight Direction Millstreet	13:57	13:43	13:31
70.3	46.8	L5220 Junction	Continue Straight Direction Millstreet	14:00	13:45	13:33
70.6	46.5	Tober Cross	Right turn onto L5171	14:01	13:45	13:34
72.0	45.1	KOH Start - Cat 1	KOH Start - Cat 1	14:03	13:48	13:36
72.1	45.0	Blackwater Way Cross	Continue Straight	14:03	13:48	13:36
72.7	44.4	Claragh Road Junction	Continue Straight	14:04	13:49	13:36
74.1	43.0	KOH Finish - Cat 1	KOH Finish - Cat 1	14:07	13:51	13:38
		Cation - Dangerous Decent	Technical Decent on Single Lane Road			
74.7	42.4	Kilmeedy West Junction	Continue Straight	14:08	13:52	13:39
77.5	39.6	R582\L5223 Junction	Left Turn - Direction Millstreet	14:12	13:56	13:43
79.1	38.0	Liscahane Road Grotto	Continue Straight	14:15	13:58	13:45
80.4	36.7	Pomeroy's Clara Inn\AIB Bank	Right Turn onto Hegarty Street	14:17	14:00	13:47
81.3	35.8	Un-named Junction	Continue Straight	14:19	14:01	13:48
82.5	34.6	KOH Start - Cat 2	KOH Start - Cat 2	14:21	14:03	13:50
83.9	33.2	Drishane Road Junction	Continue Straight	14:23	14:05	13:51
84.2	32.9	Cloghboola Beg	Continue Straight	14:24	14:06	13:52
84.8	32.3	Un-named Junction	Continue Straight	14:25	14:07	13:53
85.1	32.0	Un-named Junction	Continue Straight	14:25	14:07	13:53
86.4	30.7	Knocknakilla Junction	Turn Left Direction Knocknakilla Stone Circle	14:28	14:09	13:55
89.6	27.5	KOH Finish - Cat 2	KOH Finish - Cat 2	14:33	14:14	13:59
90.0	27.1	Mushera	Turn Left Direction St John's Well	14:34	14:15	14:00
91.6	25.5	Un-named Junction	Continue Straight	14:37	14:17	14:02
92.7	24.4	Upper Aubane Cross	Continue Straight Direction Kilcorney	14:38	14:19	14:03

94.8	22.3	Tooreenbane	Continue Straight Direction Kilcorney	14:42	14:22	14:06
95.0	22.1	Baunreagh	Continue Straight Direction Kilcorney	14:42	14:22	14:06
95.9	21.2	Baunreagh	Continue Straight Direction Kilcorney	14:44	14:23	14:07
97.0	20.1	Kilcorney Village - Caution	Continue Straight - Caution Through Village	14:46	14:25	14:09
97.6	19.5	Killeen	Continue Straight	14:47	14:26	14:10
98.7	18.4	Donore Falls	Continue Straight	14:49	14:28	14:11
99.4	17.7	Stonfield	Continue Straight	14:50	14:29	14:12
100.0	17.1	Moll Carthys Bridge	Left Turn Direction Millstreet	14:51	14:30	14:13
102.0	15.1	Drombeg	Continue Straight	14:54	14:33	14:16
103.0	14.1	Grotto	Continue Straight	14:56	14:34	14:17
104.0	13.1	Laght	Continue Straight	14:58	14:36	14:18
104.6	12.5	Laght	Continue Straight	14:59	14:36	14:19
105.0	12.1	Killowen	Continue Straight	15:00	14:37	14:20
107.9	9.2	Dairy Gold Co-Op Superstores	Left Turn Direction Rylane	15:04	14:41	14:23
108.5	8.6	KOH Start - Cat 1	KOH Start - Cat 1	15:06	14:42	14:24
111.1	6.0	Tullig	Continue Straight Direction Rylane	15:10	14:46	14:28
112.4	4.7	Tooreenbane	Continue Straight Direction Rylane	15:12	14:48	14:29
114.2	2.9	Upper Aubane Cross	Continue Straight Direction Rylane	15:15	14:51	14:32
117.1	0.0	Kerrymans Table - Finish Line	Finish Line & KOH Finish - Cat 1	15:20	14:55	14:36

Kerry Group Rás Mumhan Stage 4 | Monday 09. April. 2023

Ras Mumhan 2023 - Stage 4

Cycling Route



Details

📍 113.33 km 🏔️ 633 m

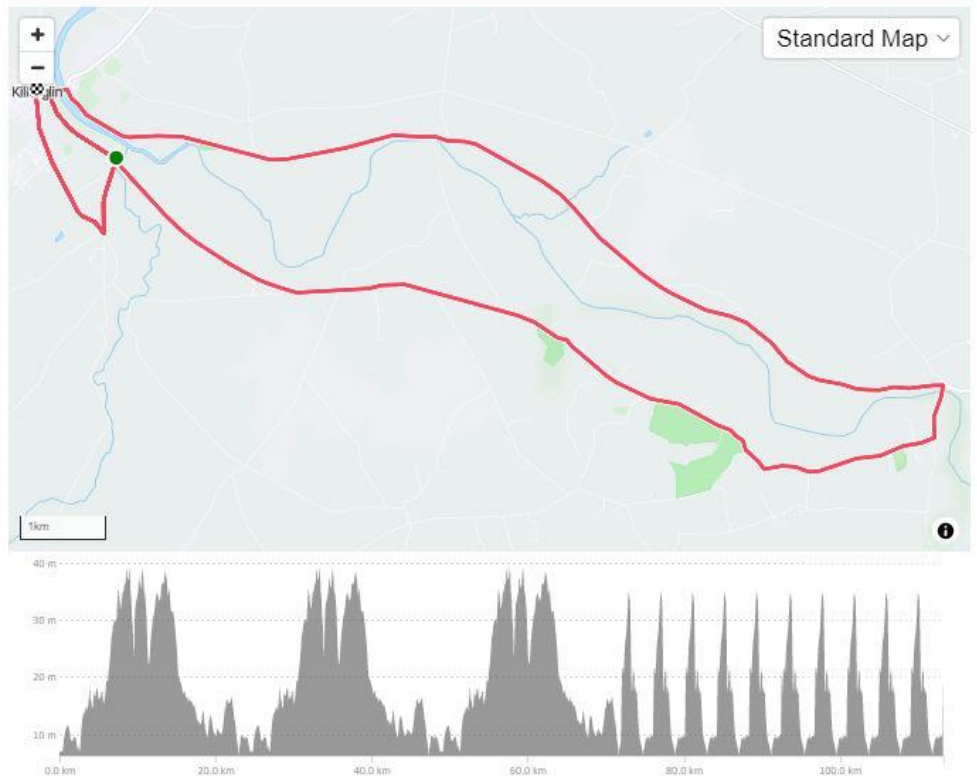
🕒 4:41:30

CREATED BY

Stephen Daly
February 3, 2023 · Public



Route and Elevation



<https://www.strava.com/routes/3056518186190147022>

Stage 4 – Riders will depart the Killorglin KCYMS Community Hall (Sign On) at 10:00 a.m. and proceed passed the church turning right along the New Line Road and straight through the Bianconi roundabout.

There will be a neutralised roll-out to the start point at approx. 1.5km

The Easter Monday final day is mostly a flat stage, starting and finishing in Killorglin, with the usual sting in the tail. The 24km loop through Beaufort is covered 3 times and then it is on to the final 9 laps of the Donal McKenna circuit around the town and up the hill each time to add a further 41 km.

The support from the crowds on the last edition of this stage was huge and brought a great atmosphere to Killorglin.

Riders that are 3:30 down on the leaders will be withdrawn from the circuit. They will be credited with a finishing time appropriate to the lap they were removed at. This is to facilitate the ease of movement of motor traffic in Killorglin and contribute significantly to race safety.

The Stage is 113Km in length approx.

Kerry Group | Rás Mumhan 2023

Kerry Group Rás Mumhan Stage 4 | Monday 10th April 2023

KM		Description		Instruction		30	30	30
Nutralised Section								
0.0	1.5	Fair Field behind KYMS Hall		Depart Under Neutral Roll-Out		09:57	09:57	09:57
0.1	0.7	Ballykissane (Church) Junction		Keep Right to stay on N70		09:57	09:57	09:57
0.4	0.6	Bianconi Roundabout		2nd Exit - Straight through		09:57	09:57	09:57
1.5	0.0	Turn-off for Glencar - Continue straight		Race Start		10:00	10:00	10:00
Race Route								
From Start	To Finish	Description		Instruction		35 Km/h	40 Km/h	45 Km/h
0.0	109.0	Annadale Road\Glencar Junction		Rolling Start		10:00	10:00	10:00
3.1	105.9	Meanus Cross		Direction Straight		10:05	10:04	10:04
4.2	104.8	Cooleanaig Cross		Direction Straight		10:07	10:06	10:05
5.5	103.5	St Mary of the Angles		Direction Straight		10:09	10:08	10:07
5.8	103.2	Whitefield Bridge		Direction Straight		10:09	10:08	10:07
7.1	101.9	Churchtown Cross		Direction Straight		10:12	10:10	10:09
8.1	100.9	Beaufort Golf Club Entrance		Direction Straight		10:13	10:12	10:10
8.4	100.6	Leaba na mBó Cross		Direction Straight		10:14	10:12	10:11
9.3	99.7	Grotto Cross		Direction Straight		10:15	10:13	10:12
10.4	98.6	Beaufort Village		Caution Through Village		10:17	10:15	10:13
10.9	98.1	Beaufort Bar Junction		Turn Left		10:18	10:16	10:14
11.5	97.5	Beaufort Bridge Junction - Caution		Turn Left onto Main N72		10:19	10:17	10:15
15.7	93.3	Ballymalis Cross		Direction Straight		10:26	10:23	10:20
16.4	92.6	Eadies Mills Junction		Direction Straight		10:28	10:24	10:21
18.2	90.8	Coolbane Cross		Direction Straight		10:31	10:27	10:24
20.6	88.4	Fexco Building Junction		Direction Straight		10:35	10:30	10:27
23.1	85.9	Roundabout Killloglin		First Exit (Left Turn)		10:39	10:34	10:30
23.2	85.8	Bianconi Inn Roundabout		First Exit (Left Turn)		10:39	10:34	10:30
23.2	85.8	End of Lap 1		End of Lap 1		10:39	10:34	10:30
47.6	61.4	End of Lap 2		End of Lap 2		11:21	11:11	11:03
72.0	37.0	End of Lap 3		End of Lap 3		12:03	11:48	11:36
72.0	37.0	Start of the Donal McKenna Circuit		Donal McKenna Circuit		12:03	11:48	11:36
72.0	37.0	Bianconi Inn Roundabout		Direction Straight - up the hill		12:03	11:48	11:36
72.1	36.9	Top of the Square KoH - Every crossing (Except the finish)		Turn Left		12:03	11:48	11:36
72.3	36.7	Caution - Pedestrian Barrier RHS Edge of Footpath		Caution - Pedestrian Barrier RHS		12:05	11:49	11:37
73.0	36.0	Aqua Designs\Ardmoniel Cross		Direction Straight		12:06	11:50	11:38

73.5	35.5	Doherty's Bohereen	Direction Straight	12:06	11:50	11:38
74.1	34.9	Gormon's Cross	Turn Left	12:07	11:51	11:38
74.8	34.2	Doherty's Bohereen	Direction Straight	12:08	11:52	11:39
74.9	34.1	Annadale Road Cross to Glencar	Turn Left	12:08	11:52	11:39
76.0	33.0	Entrance to Lower Town car park	Direction Straight	12:10	11:54	11:41
76.1	32.9	Bianconi Inn Roundabout	First Exit (Left Turn)	12:10	11:54	11:41
76.2	32.8	Finish Line - KOH Prime on each crossing (Except the finish)	Turn Left	12:10	11:54	11:41
76.2	32.8	End of Lap 1 - KOM	End of Lap 1	12:10	11:54	11:41
80.3	28.7	End of Lap 2 - KOM	End of Lap 2	12:17	12:00	11:47
84.4	24.6	End of Lap 3 - KOM	End of Lap 3	12:24	12:06	11:52
88.5	20.5	End of Lap 4 - KOM	End of Lap 4	12:31	12:12	11:58
92.6	16.4	End of Lap 5 - KOM	End of Lap 5	12:38	12:18	12:03
96.7	12.3	End of Lap 6 - KOM	End of Lap 6	12:45	12:25	12:08
100.8	8.2	End of Lap 7 - KOM	End of Lap 7	12:52	12:31	12:14
104.9	4.1	End of Lap 8 - KOM	End of Lap 8	12:59	12:37	12:19
109.0	4.1	End of Lap 9 - KOM	End of Lap 9	13:06	12:43	12:25
113.1	0.0	Finish - End of Lap 10	Finish	13:13	12:49	12:30

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Appendix 1.

DECLARATION OF AWARENESS

I am aware and accept:

1. I participate in this race entirely at my own risk, that I must rely on my own ability in dealing with all hazards and that I must ride in a manner that is safe for all others and myself.
2. The only function of race stewards/marshals is to indicate direction and that I as a road user must decide whether any intended movement is safe.
3. The roads are not closed to other traffic.
4. That I am, at all times during the race, bound by the Road Traffic Acts and other laws of the land.
5. It will not be possible for race marshals to steward all safety hazards, (road obstructions and traffic calming measures, such as centre road traffic islands, protruding footpaths and Roundabouts). Where possible a race marshal will be in position at the first of a series of centre road traffic islands.
6. As time gaps develop during a stage it may not be possible for marshals to remain in position for the passage of all individuals/groups.
7. It is necessary for race marshals to be allowed overtake. I undertake to co-operate fully in giving way to the marshals in the execution of their duties.
8. I have studied the map for each stage finish and am acquainted with the intricacies of each finish and will exercise due caution.
9. The race takes place on roads varying from well-surfaced dual carriageways to poorly surfaced narrow, winding mountain roads.
10. I accept that no liability whatsoever shall attach to the race organisation, race sponsors, consultants, Cycling Ireland, UCI, or any race official or member of UCI or Cycling Ireland in respect of any injury, loss or damage suffered by me in or by reason of the race, however caused.

Signed _____

Date _____

Notes

Kerry Group | Rás Mumhan 2023