

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 – 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	115
4	10th April	Killorglin CC	3 laps Killorglin - Beaufort + 10 laps Killorglin	113

## Host Clubs 2023

<u>Tralee Manor West BC</u>	<u>Sliabh Luachra CC</u>
  <p>MANOR WEST HOTEL ★★★★★</p>	
<p>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.</p>	<p>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.</p>
<u>Killarney Cycling Club</u>	<u>Killorglin Cycling Club</u>
	
<p>We are a large and inclusive cycling club with a very diverse range of activities, including - Leisure, Cycling Without Age, Road Racing, MTB, Cyclocross &amp; 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.</p>	<p>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.</p>

Kerry Group | Rás Mumhan 2023

# Kerry Group Ras Mumhan Race Officials 2023

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

<b>Race Doctors</b>	South Doc
<b>Paramedic</b>	John McCarthy
<b>Paramedic Driver</b>	Damian Roche
<b>Ambulance # 1</b>	C/O John McCarthy
<b>Ambulance # 2</b>	C/O John McCarthy

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

<b>Moto Marshall x 10</b>	C\O Ciaran McKenna
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<b>Chip Timing</b>	Brian Conroy
<b>Chief Judge</b>	Mick Toomey
<b>KOM Judge</b>	Joe Haheesy
<b>Timekeeper</b>	Mick Toomey
<b>Blackboard</b>	Con O’Leary
<b>Blackboard</b>	Henry Whitson
<b>Result &amp; Jersey Co-ordinator</b>	Joan Curtin
<b>Race Radio Control Managers</b>	Declan Hannigan & Paddy Fitzsimons
<b>Broom Wagon</b>	Willie Roche
<b>Neutral Service</b>	Pa O’Connor & Karl Donnelly
<b>Twitter Feed</b>	Paddy Clarke
<b>Public Address Announcer</b>	Dany Blondeel
<b>Race Photographer</b>	Caroline Kerley

<b>Stage 1 Race Lead Safety Car</b>	John Mangan
<b>Stage 2 Race Lead Safety Car</b>	TBC
<b>Stage 3 Race Lead Safety Car</b>	Donie Kelleher
<b>Stage 4 Race Lead Safety Car</b>	John Mangan
<b>Weekend Lead Car # 1</b>	Pat Moss
<b>Weekend Lead Car # 2</b>	Heiko Dreier
<b>Weekend Lead Car # 3</b>	Denis Murphy
<b>Weekend Lead Car # 4</b>	TBC




# 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 from 09.30 – 10.30:** 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 10.30 in sign on area.
- 4) The race will depart from the Green Glens Arena at 10.55am.
- 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 11.00pm.
- 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](http://www.popupraces.ie)

Official Race results at the end of each stage will be posted online on at [www.RasMumhan.ie](http://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 07<sup>th</sup> of April 2023 to the 10<sup>th</sup> 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. 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

The Manor West Hotel Tralee, Co Kerry **V92 YC59**.

Sign-On from 13.00 – 15.00

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

St Oliver's School, Ballycasheen, Killarney, Co Kerry **V93 W594**.

Sign-On from 8.30 – 9.30

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

Green Glens Arena, Millstreet, Co. Cork **P51 X4H9**

Sign-On from 09.30 – 10.30

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

K.C.Y.M.S. Community Hall, Mill Road Co. Kerry **V93 DN1Y**

Sign-On from 8.30 – 9.30

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## 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. The “3km” rule is extended to the car deviation point on stage 1 – approx. 4km.

## 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:  
1<sup>st</sup> five (5) seconds, 2<sup>nd</sup> three (3) seconds and 3<sup>rd</sup> one (1) second

## ARTICLE 11: CLASSIFICATIONS

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

1. Individual General Classification
2. Points Classification
3. Mountains Classification
4. Individual U23 Classification
5. Individual Junior Classification
6. Individual A2 Classification
7. Individual A3 Classification
8. 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:

- ❖ Cat 1 20, 15, 11, 8, 6, 5 to the first 6 riders
- ❖ Cat 2 15, 11, 8, 6, 5 to the first 5 riders
- ❖ Cat 3 10, 7, 5, 4 to the first 4 riders
- ❖ 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, Individual A2 Classification & Individual A3 Classification*, 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:

<b>Kerry Group Rás Mumhan Prize Fund 2023</b>						
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
<b>K.O.M</b>	€75.00	€75.00	€75.00	€75.00		€150.00
<b>1 – GC Team</b>	€60.00	€60.00	€60.00	€60.00		€150.00
<b>2 – GC Team</b>	€50.00	€50.00	€50.00	€50.00		€100.00
<b>3 – GC Team</b>	€30.00	€30.00	€30.00	€30.00		€50.00
<b>1 - U23 Rider</b>	€50.00	€50.00	€50.00	€50.00		€100.00
<b>2 - U23 Rider</b>	€30.00	€30.00	€30.00	€30.00		€80.00
<b>3 - U23 Rider</b>	€20.00	€20.00	€20.00	€20.00		€50.00
<b>1 – Junior Rider</b>	€50.00	€50.00	€50.00	€50.00		€100.00
<b>2 – Junior Rider</b>	€30.00	€30.00	€30.00	€30.00		€70.00
<b>3 – Junior Rider</b>	€20.00	€20.00	€20.00	€20.00		€50.00
<b>1 – A2 Rider</b>	€50.00	€50.00	€50.00	€50.00		€100.00
<b>2 – A2 Rider</b>	€30.00	€30.00	€30.00	€30.00		€70.00
<b>3 – A2 Rider</b>	€20.00	€20.00	€20.00	€20.00		€50.00
<b>1 – A3 Rider</b>	€50.00	€50.00	€50.00	€50.00		€100.00
<b>2 – A3 Rider</b>	€30.00	€30.00	€30.00	€30.00		€70.00
<b>3 – A3 Rider</b>	€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.

**And a revised sheet to reflect any changes to personnel on teams will be published on [www.rasmumhan.ie](http://www.rasmumhan.ie) before Friday 07 April.**

Team	Race #	Name	Grade	Cat.
<b>Cycling Ulster</b>	1	Lindsay Watson	A+	Snr
	2	Matty Teggart	A1	Snr
	3	Dean Harvey	A+	U23
	4	Gareth O Neill	A1	Snr
	5	John Buller	A1	Snr
<b>E. Tarrant &amp; Son Skoda Munster</b>	6	Liam Crowley	A1	U23
	7	Patrick O'Loughlin	A1	U23
	8	Ben Murphy	A2	U23
	9	Daniel Yon Hin	A1	U23
	10	Kieran Hull	A2	U23
<b>All human - VeloRevolution</b>	11	Daire Feeley	A1	Snr
	12	Michell Mclaughlin	A1	Snr
	13	Mark Dowling	A1	Snr
	14	Richard Maes	A1	Snr
	15	Tim Walton	A1	Snr
<b>Blarney Cycling Club (A)</b>	16	Eoin Allen	A1	Snr
	17	Mark O'Donovan	A1	Snr
	18	Mark Pinfield	A1	Snr
	19	Feidhlim Dignan	A2	Snr
	20	Benny Cassidy	A2	Snr
<b>Blarney Cycling Club (B)</b>	21	James O'Sullivan	A1	Snr
	22	Ronan Duggan	A3	Snr
	23	Hugh McSwiney	A2	Snr
	24	Eoin Clifford	A3	Snr
	25	Dave Murphy	A3	Snr
<b>Burren CC</b>	26	Sam Moloney	A2	U23
	27	Mark Shannon	A1	Snr
	28	Denny McNamara	A2	Snr
	29	Finn McHenry	A1	U23
	30	Bryan Geary	A1	Snr
<b>Caldwell Cycles Tyrone</b>	31	Darnell Moore	A1	Snr
	32	Odhran Doogan	A1	U23
	33	Robert Kennedy	A2	Snr
	34	Ewan Warren	A2	U23
	35	Adam Gilensen	A2	U23

Team	Race #	Name	Grade	Cat.
<b>Caremark - McLoughlin Architects</b>	36	Vladislav Evseev	A2	Snr
	37	David Culloty	A2	U23
	38	Diarmuid O'Brien	A1	Snr
	39	Toni Stojanov	A1	Snr
	40	Jamie Phillips	A2	Snr
<b>Castlebar CC</b>	41	Karl Benson	A2	Snr
	42	Anthony Walsh	A1	Snr
	43	David Gordon	A1	Snr
	44	David Brennan	A2	Snr
	45			
<b>Challenge CC</b>	46	Paul Kennedy	A1	Snr
	47	Bren Broekaart	A1	Snr
	48	James Lynch	A2	Snr
	49	Paul Doherty	A2	Snr
	50	Peter McLean	A1	Snr
<b>Crimmins Howard Burren CC</b>	51	Michael Gammell	A2	U23
	52	Jarlath Hassett	A1	Snr
	53	Enda Murray	A1	Snr
	54	Senan Tubridy	A2	U23
	55	Gerald Troy	A2	Snr
<b>Embark Spirit BSS</b>	56	Irfan Zaman	A1	U23
	57	Damien Clayton	A1	Snr
	58	Matthew Houlberg	A1	U23
	59	Sam Kettlewell	A1	U23
	60	Joe Willson	A1	U23
<b>Foran CC</b>	61	Tobais Dahlhaus	A1	Snr
	62	Thomas Springbett	A1	Snr
	63	Stephen Maxwell	A1	Snr
	64	Domnic Jackson	A1	Snr
	65	Robin Mould	A1	Snr
<b>Four Masters Cycling Club</b>	66	Fergus Callaghan	A1	Snr
	67	Sean Gallagher	A2	U23
	68	Conor Halvey	A1	Snr
	69	Mark McGinley	A1	Snr
	70	Keane Ryan	A1	Snr

Team	Race #	Name	Grade	Cat.
<b>Galway Bay CC</b>	71	Cillian Murphy	A1	Snr
	72	Derek Joyce	A3	Snr
	73	Conor Gath	A2	Snr
	74	Ronan Burke	A1	Snr
	75	David Connolly	A3	Snr
<b>Greenmount CA</b>	76	Simon Ryan	A1	Snr
	77	Evaldas Stankevicius	A1	Snr
	78	Daniel Breslin	A1	Snr
	79	Leo Doyle	A1	Snr
	80	Matt Griffin	A3	U23
<b>Halesowen A &amp; CC- Mapei</b>	81	Joe Brookes	A1	U23
	82	Patrick Fotheringham	A1	Snr
	83	Charlie Genner	A1	U23
	84	Aaron Mansell	A1	U23
	85	Rowan Schaack	A1	U23
<b>Killarney Cycling Club (A)</b>	86	Lorcan Daly	A2	U23
	87	Sam Bolger	A2	U23
	88	Ewan Buckley	A3	U23
	89	Aaron Quinn	A1	U23
	90	Sean Lenehan	A1	U23
<b>Killarney Cycling Club (B)</b>	91	Shane Spellman	A3	Snr
	92	Frank Doherty	A3	Snr
	93	Mark McGlynn	A3	U23
	94	Gordon Morris	A3	Snr
	95	Graham O'Brien	A1	Snr
<b>Lucan Cycling Road Club</b>	96	Ronan Killeen	A1	Snr
	97	Alan Lyne	A2	Snr
	98	Jack Lyne	A2	U23
	99	James Delan	A2	U23
	100	Aaron Wade	A1	U23
<b>Moynalty Cycling Club</b>	101	Luke Smith	A1	Snr
	102	Fergus Keogh	A1	Snr
	103	Shane Smith	A1	Snr
	104	Aaron Rafferty	A1	Snr
	105	James McEneaney	A2	Snr

Team	Race #	Name	Grade	Cat.
<b>Newcastlewest CC</b>	106	Damien Culhane	A2	Snr
	107	Bryan Nolan	A2	Snr
	108	Padraig O'Sullivan	A1	Snr
	109	Paul Collins	A3	Snr
	110	Joel Luke	A1	Snr
<b>Pinergy Orwell Wheelers</b>	111	Ronan Grimes	A1	Snr
	112	Eoin Ahern	A2	Snr
	113	Ronan O'Flynn	A2	Snr
	114	Padraic O'Flynn	A2	Snr
	115	Luke McMullan	A3	Snr
<b>ROKiT-SRCT</b>	116	Scott Redding	A1	Snr
	117	Tom Williams	A2	U23
	118	Joe Beckingsale	A1	Snr
	119	Jenson Young	A1	U23
	120	Matthew Warhurst	A1	Snr
<b>Spellman Dublin Port Cycling Team</b>	121	Anders Fynbo	A1	Snr
	122	Andre Grennell	A1	Snr
	123	Darragh McCarter	A1	Snr
	124	Jamie Meehan	A1	Snr
	125	Chris Donald	A2	Snr
<b>Spokes Racing Team U23</b>	126	Craig Paterson	A1	U23
	127	Finn Crockett	A1	U23
	128	Will Dykes	A1	Snr
	129	Keir Gaffney	A1	U23
	130	Conal Davidson	A1	U23
<b>TAAP Endura</b>	131	James Ambrose-Parish	A1	Snr
	132	Benjamin Fish	A1	Snr
	133	Jamie Pullen	A1	U23
	134	James Nicholson	A1	Snr
	135	Harvey Stroh	A1	U23
<b>Team Dan Morrissey Primor by Pissei</b>	136	Matteo Cigala	A1	Snr
	137	Matthew Devins	A1	U23
	138	Sean Hahessy	A1	Snr
	139	Conor Hennebry	A1	Snr
	140	Conal Scully	A1	U23



Team	Race #	Name	Grade	Cat.
<b>Tralee Manor West BC</b>	141	Cathal Moynihan	A1	Snr
	142	Tom Moriarty	A2	U23
	143	Niall McCarron	A3	Snr
	144	Sean Flahive	A3	Snr
	145	Vinny O'Leary	A3	Snr
<b>UCD</b>	146	Ruairi Byrne	A2	U23
	147	Jason Kenny	A1	Snr
	148	Eoin Kelly	A1	U23
	149	Sean Landers	A1	Snr
	150	Jordan Luke	A1	U23
<b>Velo Schils – Interbike RT</b>	151	Archie Cross	A1	Snr
	152	Peter Fuller	A1	Snr
	153	Charlie Lecaille	A1	Snr
	154	Ryan Klein	A1	Snr
	155	Dominic Schils	A1	Snr

Team	Race #	Name	Cat.
<b>Cycling Ireland</b>	201	Seth Dunwoody	Jr
	202	Liam O' Brien	Jr
	203	Quillan Donnelly	Jr
	204	Patrick Casey	Jr
	205	Samuel Coleman	Jr
	206	Adam Rafferty	Jr
<b>E. Tarrant &amp; Son Skoda Munster Junior</b>	211	Michael Collins	Jr
	212	Eoghan Lattimore	Jr
	213	Sean Tarrant	Jr
	214	Dara McGhee	Jr
	215	Cal Tutty	Jr
	216	Mario Gordillo	Jr
<b>Spokes Racing Team U19</b>	221	Alasdair Ballie	Jr
	222	Robert Smart	Jr
	223	Cameron Adam	Jr
	224	Colin Mcgourtrie	Jr
	225	Thomas Wishdish	Jr
	226	Benjamin Kennedy	Jr

# 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
<b>2023</b>	<b>T.B.C</b>	<b>T.B.C</b>	<b>Cycling Munster</b>

# 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

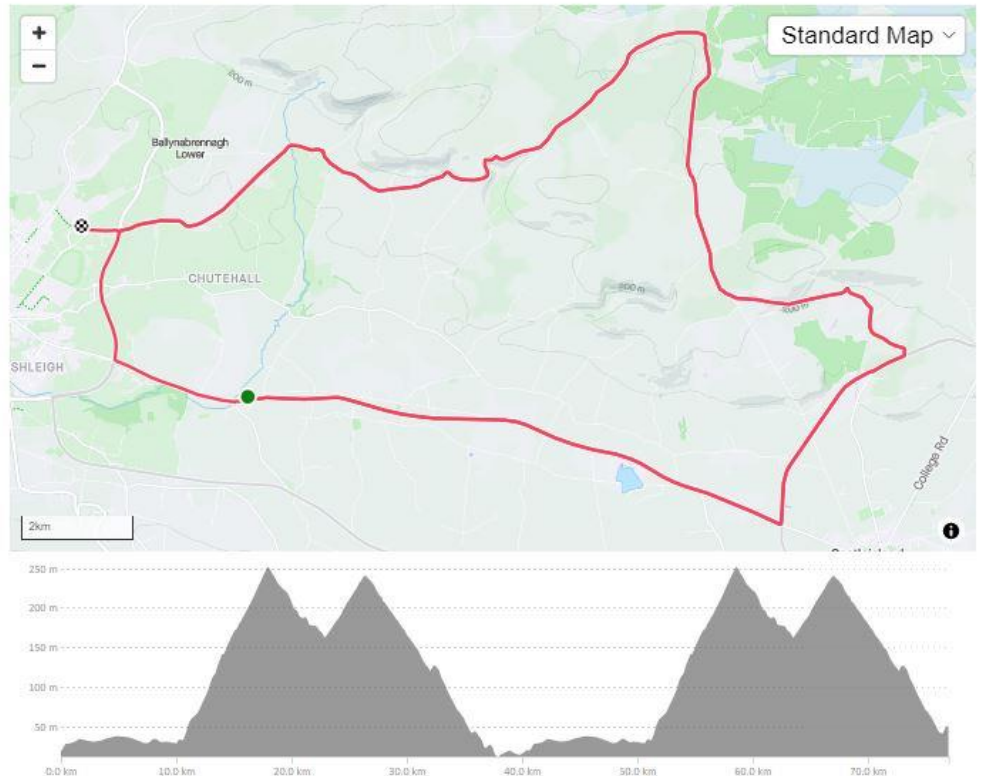
🏔️ 696 m

🕒 3:11:23

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 Ballygary Roundabout to do the loop again. **This time at approx. 4.0km to the finish there is a car deviation to the right to the MTU North Campus**, while the riders will go straight through to the Listowel roundabout, finishing just before the MTU North Campus entrance. The "3km" rule will be extended to the car deviation point for this stage.

Stage distance is 77.0Km approximately.

Kerry Group | Rás Mumhan 2023



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

KM		Description	Instruction			
<b>Nutralised Section</b>						
0.0	3.6	The Manor West Hotel Tralee	Depart Under Neutral Roll-Out	30	30	
0.1	3.5	Clashleane Roundabout	2nd Exit (Straight through)	16:55	16:55	
1.0	2.6	Bypass Roundabout	2nd Exit (Straight through)	16:56	16:56	
2.6	1.0	Ballyseedy Garden Centre Junction	Continue Straight	16:58	16:58	
3.4	0.2	John Cronin Roundabout	F1st Exit Direction Castleisland	17:00	17:00	
3.6	0.0	Metal Railway Bridge Overpass	Race Start	17:00	17:00	
<b>Race Route</b>						
<b>KM</b>					<b>Schedule</b>	
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
10.20	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
17.80	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 Descent	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	Ballygary Roundabout	Take first exit onto N21	18:05	17:57	17:50
39.80	37.3	<b>Ballyseedy Home &amp; Garden - Traffic Calming</b>	<b>Caution - Traffic Calming &amp; Junction</b>	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
50.60	26.4	Castisland Roundabout	Take first exit to stay on N21	18:26	18:16	18:07
50.80	25.8	<b>KOM Start - Cat 2</b>	<b>KOM Start - Cat 2</b>	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
58.50	18.0	<b>KOM Finish - Cat 2</b>	<b>KOM Finish - Cat 2</b>	18:41	18:28	18:18
60.70	16.4	<b>Caution - Narrow Skew Bridge</b>	<b>Narrow Skew Bridge</b>	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
		<b>Technical Decent</b>	<b>Caution</b>			
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	<b>Knockawaddra Road Junction</b>	<b>Right Turn - Car Deviation to Finish Line</b>	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	<b>Finish Line</b>	<b>Finish</b>	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

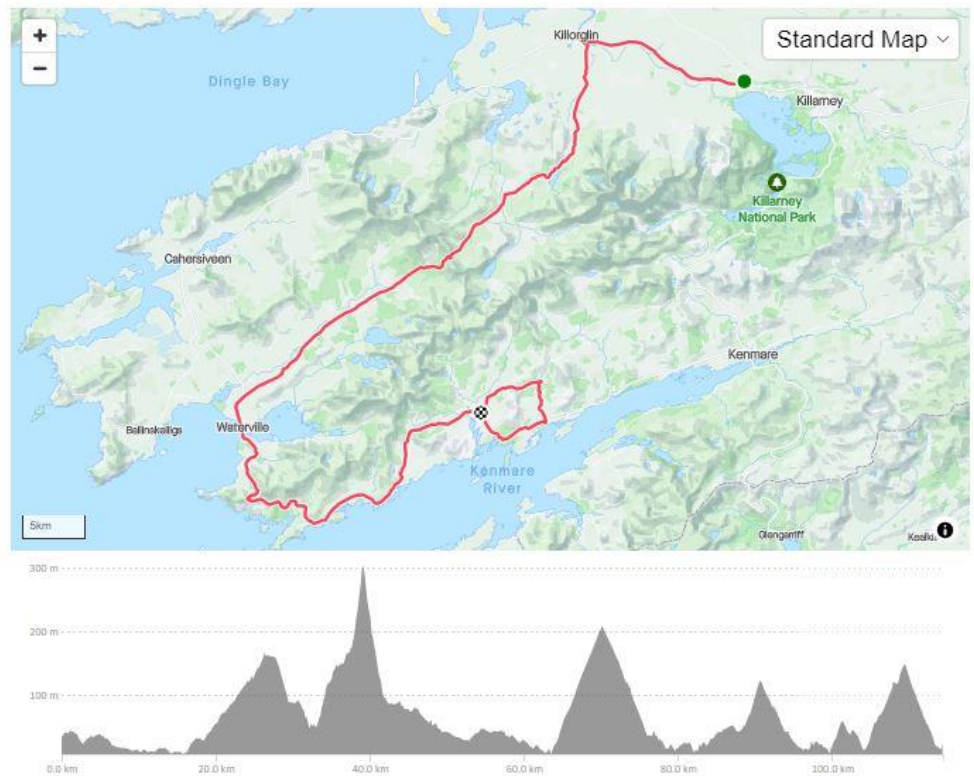
🕒 4:44:04

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



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
56.4	57.7	Dromid Bural Ground Junction	Follow Road to Left - Dir Waterville	11:36	11:24	11:15
59.8	54.3	Chapel (St Finians Church) Cross	Continue Straight - Dir Waterville (N70)	11:42	11:29	11:19
60.7	53.4	Waterville Golf Links Junction	Continue Straight - Dir Waterville	11:44	11:31	11:20
61.8	52.3	Klondyke Cross	Continue Straight - Dir Waterville	11:45	11:32	11:22
62.5	51.6	Top Cross - Entering Village	Waterville Village - Caution	11:47	11:33	11:23
62.6	51.5	James Butler Cross	Caution - Through Village	11:47	11:33	11:23
63.7	50.4	Hogs Head Golf Club Entrance	Continue Straight - Dir Caherdaniel N70	11:49	11:35	11:24
65.3	48.8	Baslickane Bridge	Junction & Sharp Right onto Narrow Bridge - Caution	11:51	11:37	11:27
66.1	48.0	Start of KOM Coomakista Lohar Stone Fort Turn-Off	Category 2 KOM - Start	11:53	11:39	11:28
70.1	44.0	Coomakista Viewing Point	Category 2 KOM - Finish	12:00	11:45	11:33
72.8	41.3	Darrynane Beg Junction	Continue Straight - Dir Caherdaniel N70	12:04	11:49	11:37
76.1	38.0	Freddie's Pub/Caherdaniel Village Cross	Continue Straight - Dir O'Carroll's Cove N70	12:10	11:54	11:41
78.4	35.7	O'Carroll's Cove	Continue Straight - Dir Sneem N70	12:14	11:57	11:44
96.3	17.8	Sneem Village	Caution - Entering Large Village	12:45	12:24	12:08
96.9	17.2	Sneem Village - North Square	Caution through Village - Follow N70	12:46	12:25	12:09
97.1	17.0	South Square - 1 <sup>st</sup> Pass through Finish Line	Keep Right - Continue Straight N70	12:46	12:25	12:09
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 R568 - Dir Letterfinish	12:58	12:36	12:18
107.9	6.2	Tahilla Cross	Sharp Left - R568 - Dir Sneem	13:04	12:41	12:23
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



#### Details

📍 115.38 km    ⚡ 1,684 m

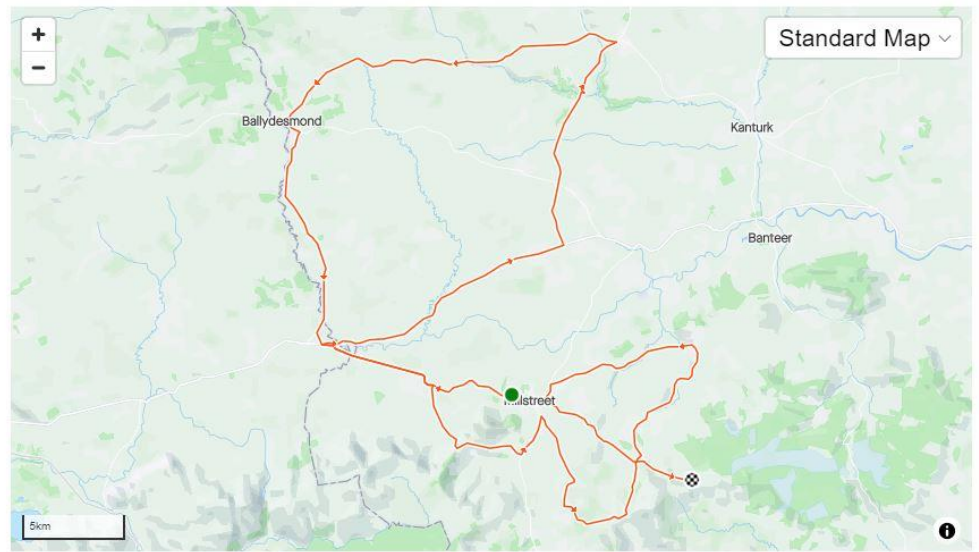
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CREATED BY

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 11:00 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.

We head down towards 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 115.4KM in length approx.

Kerry Group | Rás Mumhan 2023



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

Instruction	25	25	25
<b>Nutralised Section</b>			
0.0	1.0	10:58	10:58
0.3	0.7	10:58	10:58
0.4	0.6	10:58	10:58
1.0	0.0	11:00	11:00
<b>KM</b>			
<b>Race Route</b>			
From Start	To Finish	Description	Instruction
0.0	117.1	Junction to Millstreet Community Hospital	Rolling Start
2.0	115.1	Claraghatlea North Junction	Continue Straight Direction Rathmore
4.3	112.8	Ballydaly Church Crossroads	Continue Straight Direction Rathmore
5.1	112.0	Tober Junction	Continue Straight Direction Rathmore
6.2	110.9	L51701 Rea Junction	Continue Straight Direction Rathmore
7.0	110.1	L52182 Junction	Continue Straight Direction Rathmore
8.4	108.7	L5218 Hollymount Cross	Continue Straight Direction Rathmore
10.2	106.9	Clarin Wood\Shinnagh Junction	Right turn onto N72 Direction Mallow
10.4	106.7	<b>Staggered Bridge - Caution</b>	<b>Staggered Bridge - Caution</b>
11.3	105.8	L1112 Junction	Continue Straight Direction Mallow
13.6	103.5	L5164 Junction	Continue Straight Direction Mallow
15.2	101.9	L5170 Ballydaly Junction	Continue Straight Direction Mallow
15.6	101.5	Pro Steel Sheds Junction	Continue Straight Direction Mallow
16.9	100.2	L5174 Junction	Continue Straight Direction Mallow
17.9	99.2	The Diner Deli O'Flynn's Junction	Continue Straight Direction Mallow
18.9	98.2	L1111 Kishkeam Crossroad	Continue Straight Direction Mallow
21.5	95.6	L5162 Junction	Continue Straight Direction Mallow
23.4	93.7	L1101 Newmarket Junction	Left Turn Direction Newmarket
24.7	92.4	Coolcloher South Junction	Continue Straight Direction Newmarket
26.5	90.6	R577\L1101 Cross	Continue Straight Direction Newmarket
27.9	89.2	Ballyhoolahan West Cross	Continue Straight Direction Newmarket
29.4	87.7	Gortearagh Cross	Continue Straight Direction Newmarket
<b>Schedule</b>			
		35 Kmh	40 Kmh
		11:00	11:00
		11:03	11:03
		11:07	11:06
		11:08	11:07
		11:10	11:09
		11:12	11:10
		11:14	11:12
		11:17	11:15
		11:17	11:15
		11:19	11:16
		11:23	11:20
		11:26	11:22
		11:26	11:23
		11:28	11:25
		11:30	11:26
		11:32	11:28
		11:36	11:32
		11:40	11:35
		11:42	11:37
		11:45	11:39
		11:47	11:41
		11:50	11:44



30.9	86.2	Killasseragh Junction	Continue Straight Direction Newmarket	11:52	11:46	11:41
31.0	86.1	Narrow Bridge	Continue Straight Direction Newmarket	11:53	11:46	11:41
33.2	83.9	West End Junction	Right Turn to stay on L1109 Direction Newmarket	11:56	11:49	11:44
34.5	82.6	<b>Newmarket - Entering Town - Caution</b>	<b>Caution through Town</b>	11:59	11:51	11:46
34.7	82.4	West End Tyre Centre Junction	Left Turn on to R576 Direction Abbeyfeale	11:59	11:52	11:46
36.0	81.1	Commons Junction	Left Turn on to R578 Direction Ballydesmond	12:01	11:54	11:48
38.8	78.3	Glenara Junction	Continue Straight Direction Ballydesmond	12:06	11:58	11:51
40.7	76.4	L5039 Junction	Continue Straight Direction Ballydesmond	12:09	12:01	11:54
42.2	74.9	L1012 Taur Junction	Continue Straight Direction Ballydesmond	12:12	12:03	11:56
42.3	74.8	L1035 Boherbue Junction	Continue Straight Direction Ballydesmond	12:12	12:03	11:56
43.1	74.0	Reanagashel Cross	Continue Straight Direction Ballydesmond	12:13	12:04	11:57
44.0	73.1	L5082 Junction	Continue Straight Direction Ballydesmond	12:15	12:06	11:58
44.6	72.5	L5081 Junction	Continue Straight Direction Ballydesmond	12:16	12:06	11:59
47.1	70.0	L1032 Kishkeam Junction	Continue Straight Direction Ballydesmond	12:20	12:10	12:02
47.8	69.3	L5100 Junction	Continue Straight Direction Ballydesmond	12:21	12:11	12:03
48.8	68.3	L5084 Torean Dubh Junction	Continue Straight Direction Ballydesmond	12:23	12:13	12:05
49.6	67.5	L1010 Shanavoher Junction	Continue Straight Direction Ballydesmond	12:25	12:14	12:06
50.0	67.1	L5089 Junction	Continue Straight Direction Ballydesmond	12:25	12:15	12:06
50.2	66.9	L5083 Junction	Continue Straight Direction Ballydesmond	12:26	12:15	12:06
50.9	66.2	L5087 Junction	Continue Straight Direction Ballydesmond	12:27	12:16	12:07
52.0	65.1	L5086 Junction	Continue Straight Direction Ballydesmond	12:29	12:18	12:09
52.3	64.8	Glencollins Lower Junction	Continue Straight Direction Ballydesmond	12:29	12:18	12:09
52.6	64.5	O'Keefe's Drapery & Footware	Left Turn Directioni Mallow\Rathmore	12:30	12:18	12:10
53.4	63.7	R582\R577 Junction	Right Turn Direction Rathmore\Knocknagree	12:31	12:20	12:11
54.7	62.4	L5179 Junction	Continue Straight Direction Rathmore\Knocknagree	12:33	12:22	12:12
55.1	62.0	L51811 Junction	Continue Straight Direction Rathmore\Knocknagree	12:34	12:22	12:13
56.0	61.1	Munster Joinery - Lacka Cross	Continue Straight Direction Rathmore\Knocknagree	12:36	12:24	12:14
57.0	60.1	L51812 Junction	Continue Straight Direction Rathmore\Knocknagree	12:37	12:25	12:16
57.7	59.4	L95821-1 Junction	Continue Straight Direction Rathmore\Knocknagree	12:38	12:26	12:16
59.0	58.1	L1103 Junction	Continue Straight Direction Rathmore\Knocknagree	12:41	12:28	12:18
60.0	57.1	<b>Knocknagree Village - Caution through Village</b>	<b>Junctions on Right &amp; Left</b>	12:42	12:30	12:20
61.7	55.4	L5166 Cullen Junction	Continue Straight Direction Rathmore	12:45	12:32	12:22
62.7	54.4	L5165 Nohoval Junction	Continue Straight Direction Rathmore	12:47	12:34	12:23



64.0	53.1	Clounts Cross	Left Turn Direction Rathmore	12:49	12:36	12:25
64.6	52.5	Clarín Wood\Shinnagh Junction	Cross N72 onto R582 Direction Millstreet	12:50	12:36	12:26
66.5	50.6	L5218 Hollymount Cross	Continue Straight Direction Millstreet	12:54	12:39	12:28
67.9	49.2	L52182 Junction	Continue Straight Direction Millstreet	12:56	12:41	12:30
68.7	48.4	L51701 Rea Junction	Continue Straight Direction Millstreet	12:57	12:43	12:31
70.3	46.8	L5220 Junction	Continue Straight Direction Millstreet	13:00	12:45	12:33
70.6	46.5	Tober Cross	Right turn onto L5171	13:01	12:45	12:34
72.0	45.1	<b>KOM Start - Cat 1</b>	<b>KOM Start - Cat 1</b>	13:03	12:48	12:36
72.1	45.0	Blackwater Way Cross	Continue Straight	13:03	12:48	12:36
72.7	44.4	Claragh Road Junction	Continue Straight	13:04	12:49	12:36
74.1	43.0	<b>KOM Finish - Cat 1</b>	<b>KOM Finish - Cat 1</b>	13:07	12:51	12:38
		<b>Cation - Dangerous Decent</b>	<b>Technical Decent on Single Lane Road</b>			
74.7	40.7	Kilmeedy West Junction	Continue Straight	13:08	12:52	12:39
77.5	37.9	R582\L5223 Junction	Left Turn - Direction Millstreet	13:12	12:56	12:43
79.1	36.3	Y Junction - Liscahane Road at Grotto	Turn Right	13:15	12:58	12:45
79.6	35.8	Y-Junction - Drishane Road	Right Turn onto Drishane Road	13:16	12:59	12:46
79.9	35.5	Un-named Junction	Continue Straight	13:16	12:59	12:46
80.8	34.6	<b>KOM Start - Cat 2</b>	<b>KOM Start - Cat 2</b>	13:18	13:01	12:47
81.1	34.3	Drishane Road Junction	Continue Straight	13:19	13:01	12:48
83.1	32.3	Cloghboola Beg	Continue Straight	13:22	13:04	12:50
83.4	32.0	Un-named Junction	Continue Straight	13:22	13:05	12:51
84.6	30.8	Un-named Junction	Continue Straight	13:25	13:06	12:52
86.4	29.0	Knocknakilla Junction	Turn Left Direction Knocknakilla Stone Circle	13:28	13:09	12:55
88.3	27.1	Mushera	Turn Left Direction St John's Well	13:31	13:12	12:57
88.5	26.9	<b>KOM Finish - Cat 2</b>	<b>KOM Finish - Cat 2</b>	13:31	13:12	12:58
89.9	25.5	Un-named Junction	Continue Straight	13:34	13:14	12:59
91.0	24.4	Upper Aubane Cross	Continue Straight Direction Kilcorney	13:36	13:16	13:01
93.0	22.4	Tooreenbane	Continue Straight Direction Kilcorney	13:39	13:19	13:04
93.3	22.1	Baunreagh	Continue Straight Direction Kilcorney	13:39	13:19	13:04
94.1	21.3	Baunreagh	Continue Straight Direction Kilcorney	13:41	13:21	13:05
95.0	20.4	<b>Kilcorney Village - Caution</b>	<b>Continue Straight - Caution Through Village</b>	13:42	13:22	13:06
95.8	19.6	Killeen	Continue Straight	13:44	13:23	13:07
96.9	18.5	Donore Falls	Continue Straight	13:46	13:25	13:09

97.6	17.8	Stonefield	Continue Straight	13:47	13:26	13:10
98.6	16.8	Moll Carthys Bridge	Left Turn Direction Millstreet	13:49	13:27	13:11
100.3	15.1	Drombeg	Continue Straight	13:51	13:30	13:13
100.9	14.5	Skew Bridge followed by Grotto Junction - Caution	Continue Straight - Caution	13:52	13:31	13:14
102.7	12.7	Laght	Continue Straight	13:56	13:34	13:16
103.3	12.1	Laght	Continue Straight	13:57	13:34	13:17
104.4	11.0	Killowen	Continue Straight	13:58	13:36	13:19
105.9	9.5	Junction onto R583 Direction Millstreet	Left Turn Direction Millstreet	14:01	13:38	13:21
107.9	7.5	Dairy Gold Co-Op Superstores	Left Turn Direction Rylane	14:04	13:41	13:23
108.5	6.9	KOM Start - Cat 1	KOM Start - Cat 1	14:06	13:42	13:24
109.2	6.2	Tullig	Continue Straight Direction Rylane	14:07	13:43	13:25
110.7	4.7	Aubane Lower Cross	Continue Straight Direction Rylane	14:09	13:46	13:27
112.3	3.1	Upper Aubane Cross	Continue Straight Direction Rylane	14:12	13:48	13:29
115.4	0.0	Kerrymans Table - Finish Line	Finish Line & KOM Finish - Cat 1	14:17	13:53	13:33

Kerry Group | 1st Half 2023



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

### Ras Mumhan 2023 - Stage 4

Cycling Route



Details

📍 113.33 km    📏 633 m

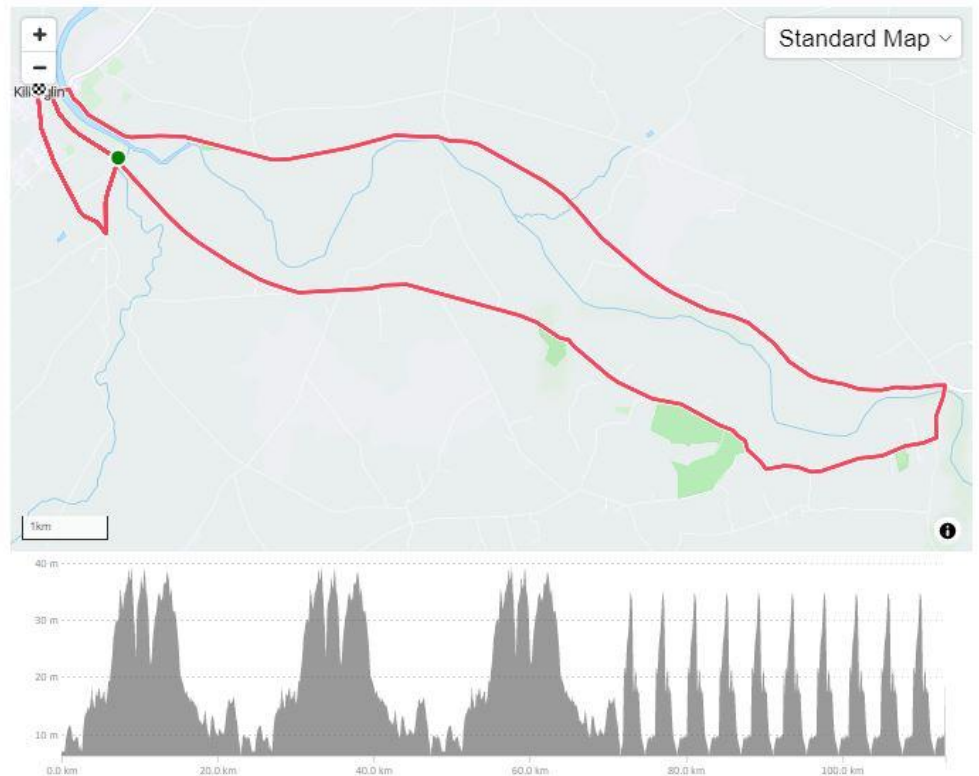
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CREATED BY

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 of approx. 1.5km

The Easter Monday stage and 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 10 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	KM	Description	Instruction	30	30	30
<b>Nutralised Section</b>						
0.0	1.5	Fair Field behind KCVMS 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
<b>Race Route</b>						
<b>From Start</b>		<b>Description</b>	<b>Instruction</b>	<b>35 Km/h</b>	<b>40 Km/h</b>	<b>45 Km/h</b>
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 Killorglin	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	Finish Line First Crossing (No KOM this crossing)	Turn Left ----- 10 Laps to go	12:03	11:48	11:36
72.3	36.7	Caution - Pedestrian Barrier RHS Edge of Footpath	Caution - Pedestrian Barrier RHS	12:03	11:48	11:36
73.0	36.0	Aqua Designs\Ardmoniel Cross	Direction Straight	12:05	11:49	11:37

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 - KOM Prime	Turn Left	12:10	11:54	11:41
76.2	32.8	2nd Crossing of Finish - End of Lap 1 - KOM	End of Lap 1 ----- 9 Laps to go	12:10	11:54	11:41
80.3	28.7	3rd Crossing of Finish - End of Lap 2 - KOM	End of Lap 2 ----- 8 Laps to go	12:17	12:00	11:47
84.4	24.6	4th Crossing of Finish - End of Lap 3 - KOM	End of Lap 3 ----- 7 Laps to go	12:24	12:06	11:52
88.5	20.5	5th Crossing of Finish - End of Lap 4 - KOM	End of Lap 4 ----- 6 Laps to go	12:31	12:12	11:58
92.6	16.4	6th Crossing of Finish - End of Lap 5 - KOM	End of Lap 5 ----- 5 Laps to go	12:38	12:18	12:03
96.7	12.3	7th Crossing of Finish - End of Lap 6 - KOM	End of Lap 6 ----- 4 Laps to go	12:45	12:25	12:08
100.8	8.2	8th Crossing of Finish - End of Lap 7 - KOM	End of Lap 7 ----- 3 Laps to go	12:52	12:31	12:14
104.9	4.1	9th Crossing of Finish - End of Lap 8 - KOM	End of Lap 8 ----- 2 Laps to go	12:59	12:37	12:19
109.0	4.1	10th Crossing of Finish - End of Lap 9 - KOM	End of Lap 9 ----- 1 Lap to go	13:06	12:43	12:25
113.1	0.0	11th & Final Crossing of 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