



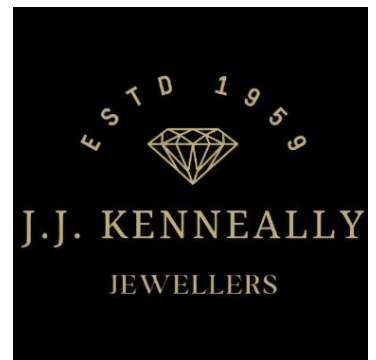
# DORNAN Rás Mumhan

## *Race Technical Guide 2024*





# Race Partners 2024



## Welcome message from Race Director John Breen

As race director it gives me great privilege to welcome everyone to Munster for the Easter Weekend of 2024. To see such a top-quality field assembled gives an air of excitement to all involved in cycling and sport in general.

We have put together a race that we think will be a top-quality event. It will again put the riders through their paces and no doubt we will see a worthy winner this year to join the elusive list of riders who have won this fine event since its inception in 1957.



The race is promoted by a subcommittee of Cycling Munster. This committee is a hard-working voluntary group who I can do nothing but sing the praises of. It is the best group of people I have ever worked with and will hopefully will do so for many years into the future.

The host clubs are an integral part of the event and need to be complimented on the great work they do in order to keep this event running as safely as possible and as a showpiece for our sport.

This year the Dornan Group have come in as a title sponsor and have been an absolute joy to work with. To have an ambitious company like Dornan on board is both a tribute to the event but also a great addition in everything they have done for us. I would also like to take this opportunity to thank Kerry Group for their involvement in the event for two decades and without companies such as these there would simply be no race. I would also like to thank all our sub sponsors for their continued support.

Cycling Munster and Cycling Ireland together are good partners to the event and I am sure this will be evident throughout the weekend.

I would also like to acknowledge the great work that happens behind the scenes and the backing we receive from An Garda Síochána, Kerry and Cork County Councils as well as from the Medical team that we have on the race.

I also want to praise all the volunteers that work on the event. I have long said it is the thankless jobs such as stewarding at cycle races that are simply the backbone of the sport. I want to say thank you in advance to all involved for your great work.

Finally – I want to wish all the riders and teams the best of luck on the event itself. I am looking forward to seeing you all at the finish line in Killorglin Easter Monday.

John Breen  
Race Director

## A Message from Dornan

Micheál O'Connor, Group Managing Director said "As a Kerry native and cycling enthusiast myself, and with our headquarters based in Cork, I am delighted with Dornan's participation as the title sponsor of Rás Mumhan. The decision to support this prestigious cycling event was an easy one and reflects Dornan's commitment of supporting initiatives that contribute to the well-being and vibrancy of local communities as well as being aligned to our commitment to backing brilliance.



This challenging race not only provides a platform for the growth of cycling talent, but it also serves as a catalyst for promoting sports across the region, and indeed it is a sport that has showcased some of Ireland's top talent across Europe, in many locations where we work. We are excited to be part of an event that flaunts the beauty and dynamism of the Munster region to an extensive domestic and international audience.

We are also very proud that two former colleagues who completed their university internship with us in the summer of 2023 will be on the start line and we wish them both the very best of luck. With our continuing expansion into new markets, we are always looking for new talent and would like to hear from anyone who'd like to join our winning team across all of the disciplines we depend on.

More information can be found on our website <https://www.careers.dornangroup.com/>.

Finally, we wish all the riders, race organisers, officials, other sponsors and volunteers a successful and safe weekend of racing!"



# Race Officials 2024

<b>Race Director</b>	John Breen
<b>Race Secretary</b>	Sinead Moriarty
<b>Race Technical Director</b>	Stephen Daly
<b>Race Media</b>	Mark Murphy
<b>Commissaire President</b>	Richard O’Gorman
<b>Commissaire #2</b>	Roddy Keane
<b>Commissaire #3</b>	Anthony Kennelly
<b>Commissaire #4</b>	Sean Moriarty
<b>Moto Commissaire</b>	James McLaughlin
<b>Chief Judge</b>	Mick Toomey
<b>Photo Finish</b>	Loch Miwa
<b>Chip Timing &amp; Results Generation</b>	Brian Conroy (Pop up Races)
<b>Result &amp; Jersey Co-ordinator</b>	Joan Curtin
<b>Blackboard</b>	Con O’Leary
<b>Blackboard</b>	Henry Whitston
<b>Race Director Driver</b>	Mick O’Donnell
<b>Commissaire President Driver</b>	Sean McIlroy
<b>Commissaire #2 Driver</b>	Eddie Keogh
<b>Commissaire #3 Driver</b>	Sinead Moriarty
<b>Commissaire #4 Driver</b>	Noel Murphy
<b>Chief Moto Marshall</b>	Ciaran McKenna
<b>Moto Marshall</b>	Stephen Whelan
<b>Moto Marshall</b>	Damien Phelan
<b>Moto Marshall</b>	Gerry Christie
<b>Moto Marshall</b>	Paddy Callaly
<b>Moto Marshall</b>	Pat O’Shaughnessy
<b>Moto Marshall</b>	Kieran O’Connell
<b>Moto Marshall</b>	Joe Hahessy

# Race Officials 2024

<b>Stage End Coordinator</b>	Peter Finn
<b>Signage/Stage End</b>	John Colleran
<b>Branding/Barriers/Crowd Control</b>	John Riordan
<b>Branding/Barriers/Crowd Control</b>	John Barrett
<b>Branding/Barriers/Crowd Control</b>	Chris White
<b>Race Sponsors Car</b>	
Race Sponsors Car	Darren Tutty
<b>Lead Car</b>	Pat Moss
<b>Lead Car</b>	Mike Shaughnessy
<b>Lead Car</b>	Paudie McCarthy/Teddy McCarthy
<b>Lead Car</b>	John Mangan/Donie Kelliher
<b>Race First Aid/Paramedic</b>	John McCarthy & Ambulance Crew
<b>Race Paramedic Driver</b>	Damien Roche
<b>Neutral Service 1</b>	Mick Reidy/Billy Reidy
<b>Neutral Service 2</b>	Mike Breen/Denis O'Shea
<b>Broom Wagon</b>	William Roche
<b>Race Radios</b>	
Race Radios	Declan Hennigan
Race Radios	Philys Hennigan
<b>Race Admin</b>	Margaret Blondeel
<b>Race Admin</b>	Sarah Tarrant
<b>Race Admin</b>	Theresa Finn
<b>Race Admin</b>	Shauna Finn
<b>Race PA</b>	
Race PA	Dany Blondeel
<b>Race Photographer</b>	Caroline Kerley
<b>Race Videographer</b>	Craig Moss
<b>Race Digital Communication</b>	Craig Moss
<b>Race Digital Communication</b>	Saidbh Murphy
<b>Race Digital Communication</b>	Dominic Fitzgerald
<b>Race Digital Communication</b>	Richard Maes

# Host Cycling Clubs 2024



**Currow Cycling Club**, located in the small village of Currow in the picturesque county of Kerry, established in 1995 when a number of enthusiasts who were already cycling locally decided to get together and form a club, with the aim of promoting cycling as a healthy and social pastime in the parish. The club is now home of the famous John Drumm Cup Cycling Race, a mainstay of the Irish cycling calendar.

**Abbeyfeale Cycling Club** ACC was established in the last few years, Abbeyfeale Cycling Club was set up to enable those in the Abbeyfeale area with an interest in cycling to get together for group cycles. The Club has long been associated with various charity events, collecting much needed funding for worthy causes, and has recently held the National Hill Climb championships.



**Killarney Cycling Club** 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.

**Sliabh Luachra Cycling Club** Founded in July 2012 by Padraig 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.



**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.



## GENERAL RACE INFORMATION

1. Riders, team drivers and race officials are advised that roads for the Dornan 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 riders/drivers 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.
6. The behaviour of drivers in the race cavalcade is subject to the rules of the road and actions by cavalcade drivers that place the safety of race participants, other road users or themselves in jeopardy will be punishable with penalties up to exclusion from the race cavalcade.

**The race HQ is River Island Hotel Castleisland, V92 HWN0**

## TEAM REGISTRATION & SIGN-ON - Friday 29<sup>th</sup> March 2024

1. Registration and Sign-On from 10.00 – 11.45 in Killeentierna Community Centre, V93 YV90, Currow.
2. Teams should complete registration 1 hour 15 minutes before their start time.
3. Each rider will need to sign on in person to the starters list.
4. 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.
5. The race bike timing transponder will have to be collected from Pop Up Races at sign on.
6. A €50.00 deposit will be required for each transponder; this is refunded on return of same.
7. 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.
8. Race Safety & Medical Meeting: Will take place at 14.30 in An Riocht AC, The Craggens, Castleisland, V92 XV82
9. Managers Meeting & Team Car Number Handout: The Chief Commissaire and the Race officials will meet team managers in An Riocht AC, The Craggens, V92 XV82, before stage 1B start in the main sign on area at 15.00.
10. Race Radio will be available via Declan Hannigan for fee of €30.00 + Deposit €100.00
11. Parc Fermé will be located near An Riocht AC and Teams and support can return here after the TTT.

## 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 at <https://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 on payment

of a €100.00 deposit and 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 Race Paramedic, Ambulances and ambulance personnel. The Race Paramedic will be available for consultation 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 – V92 NX94 – Tel: 066 718 4000
- Mallow County Hospital, Limerick Rd, Mallow – P51 N288 – Tel: 022 21 251
- South Doc – 0818 335 999
  - Limetree House, Killeen, Tralee, Co. Kerry, V92 C927
  - Day Care Centre, Chapel Lane, Tonbwee, Castleisland, Co. Kerry, V92 K138
  - Park Shopping Village, Upper Park Rd, Killarney, Co. Kerry, V93 CVF9
  - Day Care Centre, New St, St. Anne's Community Hospital, Caherciveen, Co. Kerry, V23 P497

## 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 Dornan 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 29th of March 2024 to the 1st of April 2024, inclusive.

### 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.

## Article 4: Dornan Rás Mumhan - Race Schedule & Headquarters

### Stage 1A - Friday 29th March 2024 | Killeentierna Community Centre, V93 YV90, Currow

Registration and Sign-On from 10:00 – 11:45 in Currow, V93 YV90

Each rider will need to sign on in person.

TTT starts just past the Church, V93 P863

Road race kit and equipment only, with official Team\Club Kit to be worn.

First Team off at 12:02pm

All teams should register minimum 1 hour 15 minutes before their start time.

### Stage 1B - Friday 29th March 2024 | An Ríocht AC, V92 XV82

Sign-On and Jersey presentation from 14:30 – 15:30 at An Ríocht AC, The Craggens, Castleisland, V92 XV82

Each rider will need to sign on in person.

Managers meeting @15:00 in An Ríocht AC.

Roll out at 15:50

## **Stage 2 - Saturday 30th March 2024 | St Oliver's School, V93 W594**

Sign-On from 08:30 – 9:30 St Oliver's School, V93 W594

Each rider will need to sign on in person.

Pairc Fermé will be located inside the school car park.

Race Safety & Medical Meeting will take place at 9.00 in sign on area.

Roll-Out at 9:45

## **Stage 3 - Sunday 31st March 2024 | Glens Arena, P51 X4H9**

Summertime - Clocks go forward @01:00am to 02:00am

Sign-On from 09:30 – 10:30 Green Glens Arena, P51 X4H9

Each rider will need to sign on in person.

Pairc Fermé will be located inside the Green Glens Arena.

Race Safety & Medical Meeting will take place at 10.00 in sign on area.

Roll-Out at 10:55

## **Stage 4 - Monday 01st April 2024 | K.C.Y.M.S. Community Hall, V93 DN1Y**

Sign-On from 08:30 – 09:30 K.C.Y.M.S. Community Hall, V93 DN1Y

Each rider will need to sign on in person.

Pairc Fermé will be located in the Fair Field carpark outside the Hall.

Race Safety & Medical Meeting will take place at 09.30 in sign on area.

Roll-Out at 09:55

### **Article 5: Neutral Technical Support.**

Neutral service will be available from at least 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 stages 1A, 1B & 3.

### **Article 8: Finishing Time Limits**

The time limit for the event will be 20% for stages 2/3/4/5. 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 1A – Team Time Trial (TTT)**

1. The Team time trial will be run in accordance with the Cycling Ireland rules relating to time trials.
2. Teams will consist of a team's full Rás Mumhan team entry. (5 Senior) (6 Junior).
3. The team time shall be that of the 3rd finisher. Riders dropped by more than one (1) second will be given their individual times.
4. No team shall have more than the number specified by the organiser nor less than that required to give a finishing time.
5. Finishing times will be taken to the nearest 1/100 of a second.
6. Restarts will not be permitted under any circumstances.
7. Items of food and drink and bicycles, or parts thereof may be exchanged between members of the same team.
8. Pushing is not permitted, even among members of the same team. Where a team or member(s) of a team are found guilty of such offence the team will be liable to disqualification.

9. A rider that has been dropped by their team may neither join another team nor receive or provide assistance to or from anyone other than their own team members.
10. Where following vehicles are permitted, the driver must hold a licence issued by a federation affiliated to the UCI. They may be required to carry a neutral observer and will be required to maintain a distance of at least 25 metres behind the rider.
11. The following vehicle may carry equipment necessary for changing wheels or bicycles.
12. No equipment for riders may be prepared or held outside the following vehicle nor will persons travelling in the vehicle, excessively reach out or sit on the windowsill, while the vehicle is in motion. Breakdown service must only be given with both the rider and vehicle stationary.
13. In the event of a Team being caught by another Team then the following vehicle may only pass the caught Team when the gap between the two Teams is 50 or more metres.
14. In the event of a Team with a following vehicle being caught by another Team with a following vehicle, then until such times as the gap between the two Teams is greater than 50 metres, the vehicle of the faster rider will have precedence.
15. Teams are to remain on their own side of the road at all times and should not cross the white line.
16. All equipment used shall be road race equipment only. No TT bikes, aero helmets\bars, disc wheels, etc allowed. Race Team\Club kit to be worn, generic non-branded TT\Speed suits are not allowed. For non-compliance, permission to start may be withheld.
17. A maximum deficit of 1 minute for all riders/teams will apply, if there has been a genuine effort to race (to be decided by the Commissaire panel)
18. On finishing, teams are asked to continue straight to the Supervalu carpark (700m approx.) so as not to cause any obstruction after the finish line.

### **Article 10: Stage 1B**

- a) Feeding only allowed on the circuit and must be done in the first 3 laps from the roadside, i.e. no feeding from cars.
- b) Riders who are eight (8) minutes or more down on the race leaders will not be permitted, in normal circumstances, on entry to the finishing circuit (25.5km). Such riders will be withdrawn by a race Commissaire at the entry point to the circuit. Rider's details will be noted, and the riders will be credited as finishing the stage but will have a correction factor added to their time to reflect the situation.
- c) Any rider falling eight (8) or more minutes behind the race leaders on the finishing circuit will be removed from the race at the 4 crossroads KOM point. Rider's details will be noted, and the riders will be credited as finishing the stage but will have a correction factor added to their time to reflect the situation.



## Article 11: Stage 4

- a) Riders who are two and a half (2.5) 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 (71.6km). 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 two and a half (2.5) 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 12: Bonuses

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

## Article 13: 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 1A, 1B, 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
- ❖ Cat 5 - 3, 1 to the first 2 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 14: 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 who must stay with the vehicle at all times. 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 15: Start Of The Race**

All team service cars must start from the nominated *Parc Fermé* – Gates will close 20 minutes before rollout:

- Stage 1A: No Parc Fermé for TTT
- Stage 1B: Parc Fermé will be located at the Mart Carpark adjacent to An Riocht AC.

- Stage 2: Pairc Fermé will be located St Oliver’s School, Killarney
- Stage 3: Pairc Fermé will be located at the Green Glens Arena car park.
- Stage 4: Pairc 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 16: 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 17: Awards Ceremony

### **Please note there will be no presentation after the TTT – Stage 1A**

Instead, 5 jerseys presented at Stage 1B sign on and the 5 jersey wearing riders will be called to the front at assembly. No rider will be awarded more than one jersey. A rider leading in more than one competition will only be awarded the jersey with the highest precedence. E.g. the best placed U23 rider on GC is wearing Yellow the White Jersey will fall back to the next best placed U23 rider.

The Jerseys to be presented are as follows:

- |                     |          |
|---------------------|----------|
| 1) Race Leader      | – Yellow |
| 2) U23 Leader       | – White  |
| 3) Junior Leader    | – Red    |
| 4) A2 Leader Jersey | – Navy   |
| 5) A3 Leader Jersey | – Orange |

**For all other stages**, 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.

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



## Article 18: Prizes

The following prizes are awarded:

DORNAN Rás Mumhan		Dornan Rás Mumhan Prize Fund 2024					DORNAN Rás Mumhan	
Rank	Stage 1A - Team	Stage 1B	Stage 2	Stage 3	Stage 4		Final GC	
1	€150.00	€150.00	€150.00	€150.00	€150.00		€500.00	
2	€120.00	€90.00	€90.00	€90.00	€90.00		€400.00	
3	€90.00	€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	
<b>Total Prize Fund</b>		<b>€7,600.00</b>						

### 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**
- 3) Overall First Kerry Rider Winner: **Kerry Rider Shield**

### Race Jerseys

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

## Article 19: 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 20: Anti-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 Rás Mumhan Jersey Collection

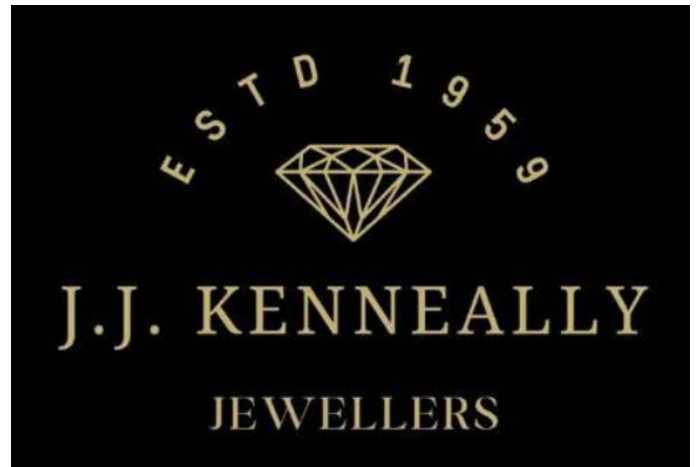
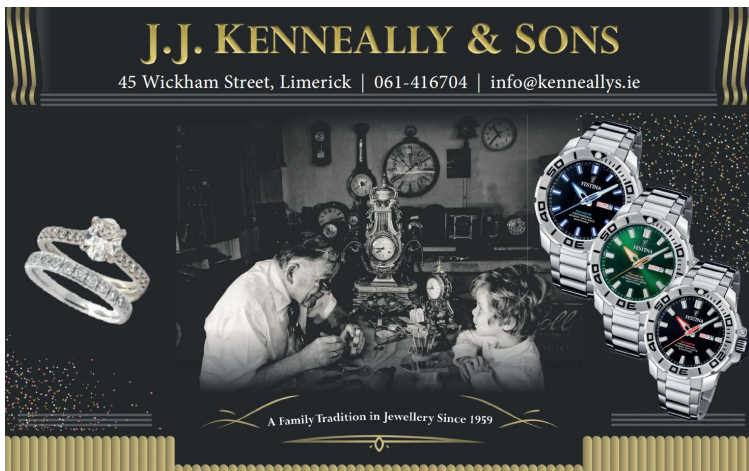


## Previous Winners

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

[Continued on next page -->](#)

Year	Name	Club/Team	Venue
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 Reveloutions	Cycling Munster
2023	Finn Crockett	Spokes Racing Team U23	Cycling Munster
2024	TBC	TBC	Cycling Munster



Last years winner Finn Crockett



Caroline Kerley



Team Name	TTT Start Time	Rider No.	Rider Name	Cat.
E. Tarrant & Son Skoda Munster	12:02	216	David Gaffney	Jnr
		215	Cal Tutty	Jnr
		214	Willem O'Connor	Jnr
		213	Michael Collins	Jnr
		212	Rory Condon	Jnr
		211	Eoghan Lattimore	Jnr
Team Ireland	12:04	206	Joseph Mullen	Jnr
		205	Sam Coleman	Jnr
		204	Philip O'Connor	Jnr
		203	Josh Callaly	Jnr
		202	Conor Prendergast	Jnr
		201	Seth Dunwoody	Jnr

Team Name	TTT Start Time	Rider No.	Rider Name	Grade	Cat.
Killarney Cycling Club U23 Team	12:06	140	Finn Roumen	A1	U23
		139	Ewan Buckley	A3	U23
		138	Mark McGlynn	A3	U23
		137	Luke Costelloe	A3	U23
		136	Milo Donaldson	A2	U23
Burren Cycling Club	12:08	135	A.N. Other	A1	SNR
		134	A.N. Other	A1	SNR
		133	Ross Lee	A2	SNR
		132	James Hanrahan	A3	SNR
		131	Finn McHenry	A1	U23
Newcastle West Cycling Club	12:10	130	Daragh McGee	A2	U23
		129	Damien Culhane	A3	SNR
		128	Bryan Nolan	A2	SNR
		127	Padraig O'Sullivan	A1	SNR
		126	Alan Lyne	A2	SNR
Challenge Cycling Club	12:12	125	Mike Flaherty	A1	U23
		124	Ronan Grimes	A1	SNR
		123	Ross McGuinness	A2	U23
		122	James Lynch	A1	SNR
		121	Bren Broekaart	A1	SNR
Blarney Cycling Club	12:14	120	Patrick Gallagher	A3	SNR
		119	Mark Pinfield	A1	SNR
		118	James O'Sullivan	A1	SNR
		117	Mark O'Donovan	A1	SNR
		116	Eoin Allen	A1	SNR
Greenmount Cycling Academy	12:16	115	Niall O'Loughlin	A1	U23
		114	Patrick O'Loughlin	A1	U23
		113	Jared Tritschler	A2	U23
		112	Simon Ryan	A1	SNR
		111	Evaldas Stankevicius	A1	SNR
Galway Bay Cycling Club	12:18	110	Seán Lundy	A2	U23
		109	Ruaidhri Geraghty	A3	SNR
		108	Liam Kilkenny	A3	SNR
		107	Derek Joyce	A3	SNR
		106	Conor Gath	A1	SNR
Bohermeen Cycling Club	12:20	105	Ramunas Meskauskas	A2	SNR
		104	Ryan Walsh	A3	U23
		103	Adam Gilsenan	A1	SNR
		102	Chris Reilly	A1	SNR
		101	Aaron Rafferty	A1	U23

Team Name	TTT Start Time	Rider No.	Rider Name	Grade	Cat.
Bray Wheelers	12:22	100	Craig Byrne	A3	SNR
		99	Jack Conroy	A1	U23
		98	Robert McKenna	A2	U23
		97	Craig Clark	A3	SNR
		96	Conor Verbruggen	A1	SNR
Spellman Dublin Port CT	12:24	95	Chris Donald	A1	U23
		94	Travis Harkness	A2	U23
		93	Anders Fynbo	A1	SNR
		92	Kieran Riley	A1	U23
		91	Ruairi Woods	A2	U23
Roadman Cycling	12:26	90	Conor Lally	A2	U23
		89	Tobias Gade	A1	U23
		88	Tony McNally	A3	U23
		87	Johannes Dahl	A1	SNR
		86	Anthony Walsh	A1	SNR
Moynalty Cycling Club	12:28	85	Seán Lenehan	A1	U23
		84	Christopher Marshall	A2	U23
		83	Jake Bikerdike	A2	SNR
		82	Luke Smith	A1	SNR
		81	James McEneaney	A1	SNR
Killarney Cycling Club	12:30	80	Nathan Mullan	A1	SNR
		79	Armenas Meskauskas	A2	SNR
		78	Pierce Curtin	A3	SNR
		77	Frank Doherty	A2	SNR
		76	Shane Spellman	A2	SNR
Composite Blue	12:32	75	Brendan Reen	A2	SNR
		74	Eoin Clifford	A2	U23
		73	Ben Murphy	A2	U23
		72	Arnaud Dumolin	A2	U23
		71	Daniel Yon Hin	A1	U23
Team Dan Morrissey Primor by Pissei	12:34	70	Evan Keane	A2	SNR
		69	Sean Tarrant	A2	U23
		68	Matteo Cigala	A1	SNR
		67	Matthew Devins	A1	U23
		66	Ciaran Maguire	A1	SNR
Burren Crimmins Howard CC	12:36	65	Derry McNamara	A1	SNR
		64	Sam Moloney	A1	U23
		63	Michael Gammell	A1	U23
		62	Jarlath Hassett	A1	SNR
		61	Mark Shannon	A1	SNR
UCD Cycling Club	12:38	60	Sean Landers	A1	SNR
		59	Jordan Luke	A1	U23
		58	Jason Kenny	A1	SNR
		57	Conor Murnane	A1	SNR
		56	Liam Crowley	A1	U23
Team Skyline - Cadence	12:40	55	Cian Keogh	A1	SNR
		54	Adam Lewis	A1	SNR
		53	Liam Flanagan	A1	SNR
		52	Paul Kennedy	A1	SNR
		51	Conn McDunphy	A1	SNR
Cycling Ulster	12:42	50	Lindsay Watson	A1	SNR
		49	Jamie Meehan	A1	U23
		48	Gareth O'Neill	A1	SNR
		47	George Peden	A1	SNR
		46	John Buller	A1	SNR

Team Name	TTT Start Time	Rider No.	Rider Name	Grade	Cat.
Foran CT	12:44	45	George Mitchell	A1	SNR
		44	Robin Mould	A1	SNR
		43	Nick Tyrie	A1	SNR
		42	Dominic Jackson	A1	SNR
		41	Thomas Springbett	A1	SNR
Team Caldwell Cycles	12:46	40	Darragh Doherty	A2	U23
		39	Curtis Neill	A2	U23
		38	Oisin Ferrity	A1	U23
		37	Odhran Doogan	A1	U23
		36	Darnell Moore	A1	SNR
Spirit TBW Stuart Hall Cycling	12:48	35	Alex Bosley	A1	U23
		34	Will Perrett	A1	SNR
		33	Matthew Houlberg	A1	U23
		32	Sam Kettlewell	A1	SNR
		31	George Kimber	A1	SNR
Cycling Leinster	12:50	30	Ronan O'Connor	A1	U23
		29	Ruairi Byrne	A1	U23
		28	Joe-Nathan Matar	A1	SNR
		27	James Delaney	A1	SNR
		26	Jack JB Murphy	A1	SNR
Halesowen Academy-Mapei	12:52	25	Rowan Schaack	A1	U23
		24	Luke Harris	A1	U23
		23	Charlie Genner	A1	U23
		22	Otto Chilton	A1	U23
		21	Luke Brennan	A1	U23
All human - VeloRevolution	12:54	20	Jamie Phillips	A2	SNR
		19	Tom Martin	A1	SNR
		18	Mark Dowling	A1	SNR
		17	Mitchell McLaughlin	A1	SNR
		16	Daire Feeley	A1	SNR
Trinity Racing	12:56	15	Luke Tuckwell	A1	U23
		14	Alex Beldon	A1	U23
		13	Joe Pidcock	A1	U23
		12	Ugo Fabries	A1	U23
		11	Dean Harvey	A1	U23
Cycling Club Isle of Man	12:58	10	A.N. Other	A1	SNR
		9	Corrin Leeming	A1	U23
		8	Callum Salisbury	A1	U23
		7	Conor McKinnon	A1	SNR
		6	Cameron Jeffers	A1	SNR
Inspired Cycling	13:00	5	Paul-Antoine O'Hagan	A1	U23
		4	Des Woods	A3	SNR
		3	Johnny Roberts	A2	SNR
		2	Jody Wright	A1	SNR
		1	Kevin McCambridge	A1	SNR



# Stage Maps and Route Guides

## DORNAN Rás Mumhan Stage 1A | Friday 29<sup>th</sup> March 2024

<https://www.strava.com/routes/3179131316941682506>

### Rás Mumhan 2024 - Stage 1A (TTT)

Cycling Route

★ Saved

Edit

#### Details

📍 8.82 km

📏 40 m

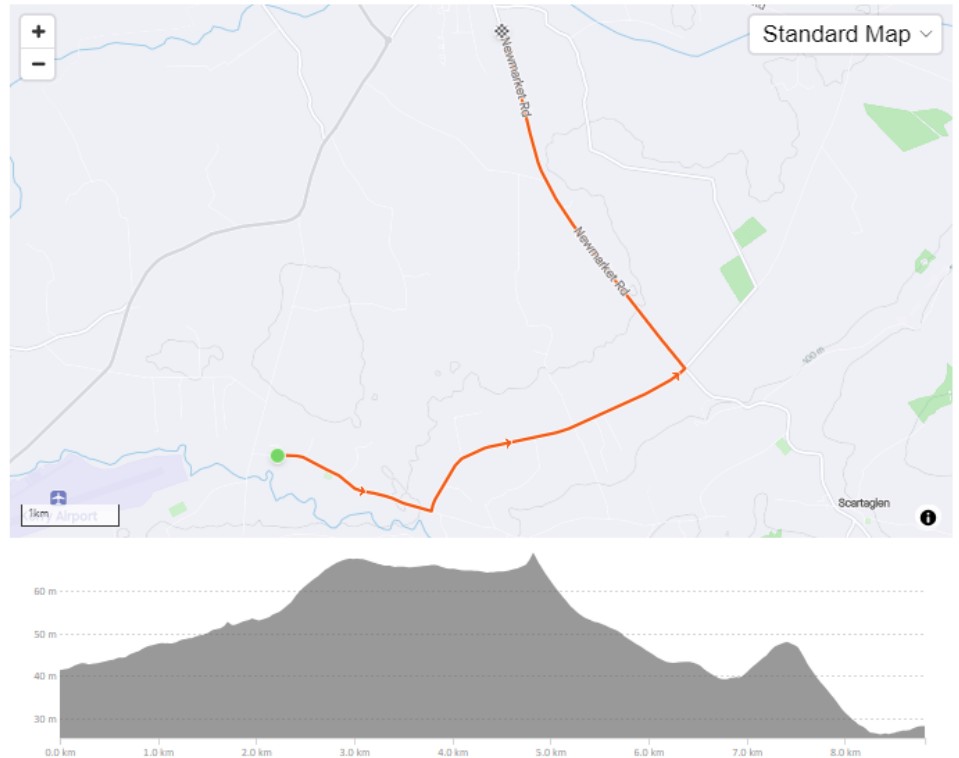
🕒 21:54

CREATED BY

Stephen Daly  
January 7, 2024 · Public



#### Route and Elevation




A new addition to Rás Mumhan for 2024, a short but challenging **Team Time Trial**, a first for Rás Mumhan. First team off at 12:00 am with 2-minute intervals.

Sign on and registration will take place in Killeentierna Community Centre, V93 YV90, where you will receive your numbers and timing chips. Road race kit and equipment only, with official Team\Club Kit to be worn.

The TTT is an 8.8km, fast circuit, adding a real team dimension to the race that will challenge riders both mentally and physically.

Starting in Currow Village, just past the Church, V93 P863, we take to the start of the famous John Drumm circuit heading for Scartaglin. Taking the first left we head for Cordal and after 3km approx. we turn left again heading into Castleisland. From here we have a 4km straight, but fast run to the finish. On finishing, teams are asked to continue straight to the Supervalu car-park (700m approx.) so as not to cause any obstruction after the finish line.

Access to the start will be from Castleisland by heading for Farranfore and taking the left turnoff for Currow.

KM		Race Route - Stage 1A (TTT)				Schedule		
From Start	To Finish	Description	Feature	Instruction		45KM	50KM	55KM
0.0	8.8	Tree at the exit of Parkmore Estate (Drumm Cup Finish Line)	Race Start	Standing Start	First Team Start Time	12:02:00	12:02:00	12:02:00
0.3	8.5	Lakeview Estate	Exit	Continue Straight - Direction Scartaglin		12:02:24	00:00:00	12:02:20
0.5	8.3	St. Michaels Cemetry	Cemetry	Continue Straight - Direction Scartaglin		12:02:40	12:02:36	12:02:33
0.7	8.1	Bally Beg Junction	Junction	Continue Straight - Direction Scartaglin		12:02:56	12:02:50	12:02:46
1.7	7.1	Beheenagh Junction	Junction	Left Turn - Direction Cordal		12:04:16	12:04:02	12:03:51
3.2	5.6	Dromultan Junction RHS	Junction	Continue Straight - Direction Cordal		12:06:13	12:05:48	12:05:27
3.6	5.3	Coolnageragh Cross	Junction	Continue Straight - Direction Cordal		12:06:44	12:06:16	12:05:52
4.9	4.0	Cordal Junction	Junction	Left Turn - Direction Castleisland		12:08:28	12:07:49	12:07:17
7.2	1.6	Powells Road Junction	Junction	Continue Straight - Direction Castleisland		12:11:36	12:10:38	12:09:51
8.8	0.0	Race Finish	Finish Line	 Finish	First Team Expected Finish	12:13:46	12:12:35	12:11:37
					Last Team Expected Finish	13:13:46	13:12:35	13:11:37

# DORNAN Rás Mumhan Stage 1B | Friday 29th March 2024

<https://www.strava.com/routes/3159604407316821662>

## Rás Mumhan 2024 - Stage 1B (RR)

Cycling Route

★ Saved Edit

Details

📍 70.15 km 🏔️ 782 m

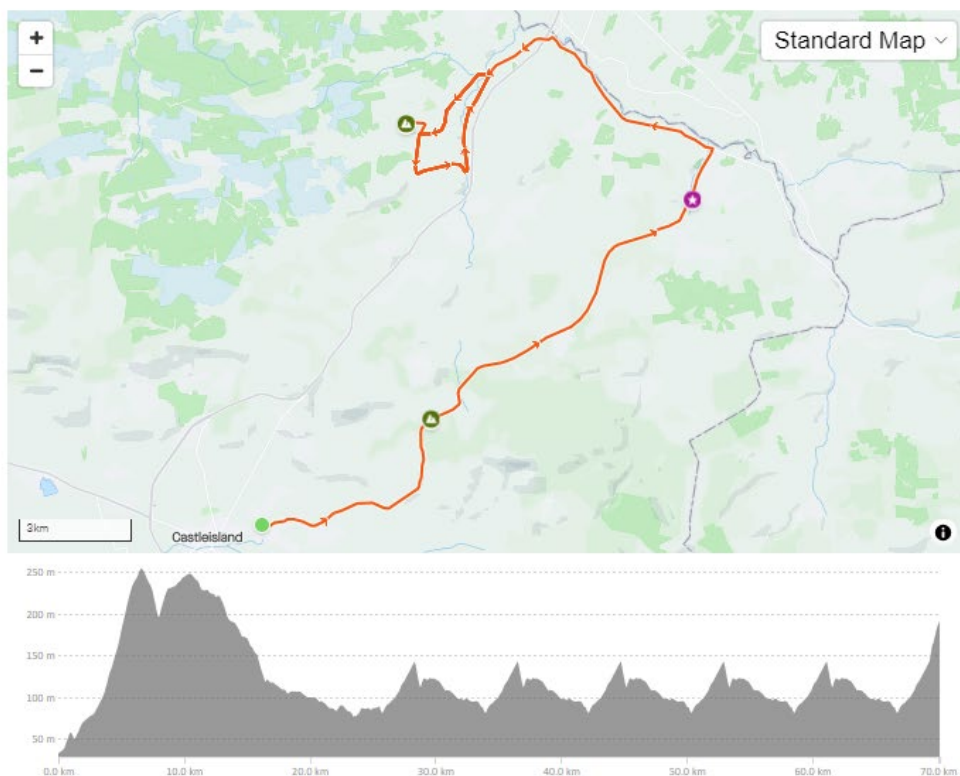
🕒 2:54:16

CREATED BY

Stephen Daly  
November 14, 2023 · Public



Route and Elevation



Another new addition to Rás Mumhan for 2024, Castleisland to Knocknagoshel via Brosna. The stage is sponsored by Tadhg Moriarty and the Moriarty family from Listowel.

Assembly will be at An Ríocht AC, The Craggens, Castleisland, V92 XV82, @3:55 pm we will roll out of Castleisland to KM zero and flag drop, at the 80km signs 1.4km on the Brosna Road.

We start climbing straight away up the Black Banks and past the Slavers Market from the 18<sup>th</sup> century, heading for Brosna. The first KOM comes fast just after 6.5km of racing. With the potential of an early break forming after the climb we head for Brosna from where we take the Cork Line and head for Knocknagoshel.

Here we do 5 laps once we reach the four crossroads with a Cat 5 KOM at each passing. These laps will be familiar to anyone who completed the 2022 edition of Rás Mumhan.

## Stage 1B - Team Car Deviation

Cycling Route

★ Saved Edit

Details

📍 2.7 km 🏔️ 53 m

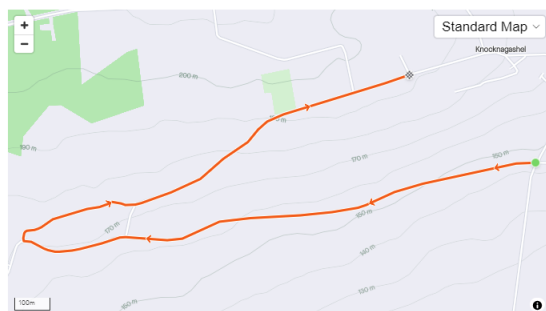
🕒 6:43

CREATED BY

Stephen Daly  
November 16, 2023 · Public









Route and Elevation



After the 5 laps have been completed, the cyclists will turn right and head up the 600m climb through Knocknagoshel village to finish outside Knocknagoshel Community Centre.

Support cars will be directed straight on at the four crossroads, after the five laps are completed, and can approach the finish from the opposite side of the village.

KM		Race Route - Stage 1B (RR)			Schedule		
From Start	To Finish	Description	Feature	Instruction	35 Kmh	40 Kmh	45 Kmh
0.0	70.2	<b>80KPH Sign Exiting Castleisland</b>	<b>Race Start</b>	<b>Rolling Start</b>	<b>16:00</b>	<b>16:00</b>	<b>16:00</b>
1.0	69.2	Ballymacadam Junction - LHS	Junction	Continue Straight - Direction Brosna	16:01	16:01	16:01
1.0	69.2	<b>KOM Start</b>		<b>Category 3 KOM Start</b>	16:01	16:01	16:01
1.4	68.8	Craggaunoonia Junction - RHS	Junction	Continue Straight - Direction Brosna	16:02	16:02	16:01
2.7	67.5	Kilcusnaun Junction 1 - LHS	Junction	Continue Straight - Direction Brosna	16:04	16:04	16:03
3.0	67.2	Kilcusnaun Junction 2 - LHS	Junction	Continue Straight - Direction Brosna	16:05	16:04	16:04
3.7	66.5	Glanarehan Junction - LHS	Junction	Continue Straight - Direction Brosna	16:06	16:05	16:04
6.6	63.6	Lackanoneen Junction - LHS	Junction	Continue Straight - Direction Brosna	16:11	16:09	16:08
6.6	63.6	<b>KOM Finish</b>		<b>Category 3 KOM Finish</b>	16:11	16:09	16:08
7.0	63.2	Knockachur Junction - LHS	Junction	Continue Straight - Direction Brosna	16:12	16:10	16:09
7.7	62.5	Loughfounder Y - Junction - LHS	Junction	Stay Right - Direction Brosna	16:13	16:11	16:10
11.9	58.3	Knockadarrive Junction - RHS	Junction	Continue Straight - Direction Brosna	16:20	16:17	16:15
12.3	57.9	Gneeves Junction - RHS	Junction	Continue Straight - Direction Brosna	16:21	16:18	16:16
13.3	56.9	Gneeves Junction - LHS	Junction	Continue Straight - Direction Brosna	16:22	16:19	16:17
14.4	55.8	Toureenablaha Junction - LHS	Junction	Continue Straight - Direction Brosna	16:24	16:21	16:19
16.4	53.8	Knockognoe Junction - LHS	Junction	Continue Straight - Direction Brosna	16:28	16:24	16:21
16.6	53.6	Brosna Crossroads	Junction	Left Turn - Direction Abbeyfeale	16:28	16:24	16:22
18.0	52.2	Cork Line T - junction	Junction	Left Turn - Direction Abbeyfeale on R576	16:30	16:27	16:24
21.0	49.2	Inchinapough Junction - LHS	Junction	Continue Straight - Direction Abbeyfeale on R576	16:36	16:31	16:28
22.7	47.5	Kilmaniheen East Junction - LHS	Junction	Continue Straight - Direction Abbeyfeale on R576	16:38	16:34	16:30
23.6	46.6	Kilmanihan West T - Junction	Junction	Left Turn - Direction Knocknagoshel	16:40	16:35	16:31
24.0	46.2	Rubys Y - Junction - RHS	Junction	Keep Left - Direction Knocknagoshel	16:41	16:36	16:32
24.5	45.7	Kilmanihan West Junction 1 - LHS	Bridge	Continue Straight - Direction Knocknagoshel	16:42	16:36	16:32
24.8	45.4	Kilmanihan West Junction 2 - LHS	Junction	Continue Straight - Direction Knocknagoshel	16:42	16:37	16:33
25.4	44.8	Kilmaniheen West Junction - LHS	Junction	Continue Straight - Direction Knocknagoshel	16:43	16:38	16:33
25.6	44.6	O'Leary's Cross Y - Junction	Junction	Turn Right - Direction Knocknagoshel	16:43	16:38	16:34
25.7	44.5	Narrow Bridge	Junction	Continue Straight - Direction Knocknagoshel	16:44	16:38	16:34
25.9	44.3	Dundrum Junction - RHS	Junction	Continue Straight - Direction Knocknagoshel	16:44	16:38	16:34
28.4	41.8	<b>Start Of Knocknagoshel Circuit</b>		<b>Knocknagoshel Circuit - Cat 5 KOH</b>	16:48	16:42	16:37
28.4	41.8	Four Crossroads Junction	Junction	Left turn - Direction Castleisland	16:48	16:42	16:37
29.0	41.2	Knockane Burial Ground Junction - LHS & Knocknagoshel GAA - RHS	Junction	Continue Straight - Direction Castleisland	16:49	16:43	16:38
29.2	41.0	Meenbannivane Junction - RHS	Junction	Continue Straight - Direction Castleisland	16:50	16:43	16:38
29.4	40.8	Knocknagoshel Civil War Memorial Junction - RHS	Junction	Keep Left - Direction Headleys Bridge	16:50	16:44	16:39
30.8	39.4	Headleys Bridge T - Junction	Junction	Turn Left across Headleys Bridge	16:52	16:46	16:41
30.9	39.3	N21 Link Road junction	Junction	Left Turn - Direction Abbeyfeale	16:52	16:46	16:41
31.0	39.2	Knockbrack Junction - RHS	Junction	Continue Straight - Direction Abbeyfeale	16:53	16:46	16:41
32.0	38.2	N21 Underpass Junction - RHS	Junction	Continue Straight - Direction Abbeyfeale	16:54	16:48	16:42
33.4	36.8	Cartron Upper Junction - RHS	Junction	Continue Straight - Direction Abbeyfeale	16:57	16:50	16:44
33.8	36.4	O'Leary's Cross Y - Junction	Junction	Turn Right - Direction Knocknagoshel	16:57	16:50	16:45

33.9	36.3	Narrow Bridge	Junction		Continue Straight - Direction Knocknagoshel	16:58	16:50	16:45
34.1	36.1	Dundrum Junction - RHS	Junction		Continue Straight - Direction Knocknagoshel	16:58	16:51	16:45
36.6	33.6	End of Lap 1	Junction		Four Crossroads Junction - Cat 5 KOH	17:02	16:54	16:48
44.8	25.4	End of Lap 2	Junction		Four Crossroads Junction - Cat 5 KOH	17:16	17:07	16:59
52.9	17.3	End of Lap 3	Junction		Four Crossroads Junction - Cat 5 KOH	17:30	17:19	17:10
61.1	9.1	End of Lap 4	Junction		Four Crossroads Junction - Cat 5 KOH	17:44	17:31	17:21
69.4	0.8	End of Lap 5	Junction		Four Crossroads Junction	17:58	17:44	17:32
69.4	0.8	Four Crossroads Junction	Junction		Turn Right - Direction Knocknagoshel	17:58	17:44	17:32
69.6	0.6	Bloomswood Est. Junction - LHS	Junction		Continue Straight - Direction Knocknagoshel	17:59	17:44	17:32
69.80	0.4	Village Cross Junction	Junction		Turn Left - Through Knocknagoshel Village	17:59	17:44	17:33
69.86	0.3	Church Junction - LHS	Junction		Continue Straight - Through Knocknagoshel Village	17:59	17:44	17:33
69.90	0.3	Scoil Mhuire Junction - LHS	Junction		Continue Straight - Through Knocknagoshel Village	17:59	17:44	17:33
70.14	0.1	Eddie Walsh's Junction - RHS	Junction		Continue Straight - Through Knocknagoshel Village	18:00	17:45	17:33
70.15	0.0	Race Finish	Race Finish	 	Finish Line - Cat 4 KOH	18:00	17:45	17:33



# DORNAN Rás Mumhan Stage 2 | Saturday 30<sup>th</sup> March 2024

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

## Rás Mumhan 2024 - Stage 2 (RR)

Cycling Route



Details

📍 114.36 km    ⚡ 1,141 m

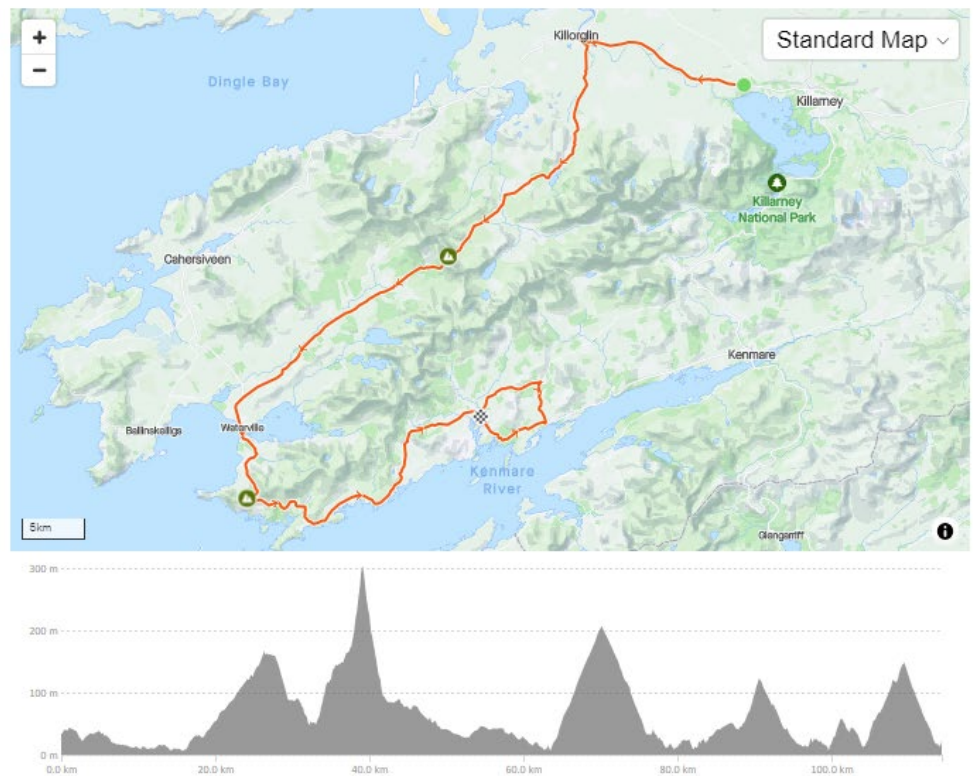
🕒 4:44:04

CREATED BY

Stephen Daly  
April 12, 2022 · Public



Route and Elevation



Quickly becoming one of the iconic stages of the Irish road scene, the Killarney Sneem stage will commence from the St Oliver's School (Sign-on location) under an 8km neutralised roll-out toward Fossa.

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

## Stage 2 Roll-Out

Cycling Route



Details

📍 7.88 km    ⚡ 16 m

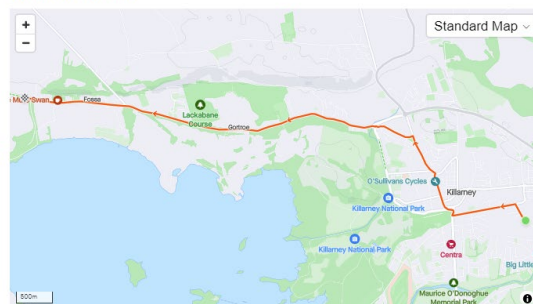
🕒 19:35

CREATED BY

Stephen Daly  
January 12, 2024 · Public



Route and Elevation




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 left onto Annadale Road at the Bianconi and then turn right at Annadale Cross toward Glencar.

Racing a slight, but testing, drag to Glencuttane and Glencar, the race will then climb the iconic Ballaghisheen Pass (A route regularly used by An Rás Tailteann) and descend into Dromid, 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 take its first pass through Sneem towards St Patricks Church in Tahilla where it will turn left and climb up towards Creeveen and descend back into Sneem on the R568 before coming out at the South Square, taking a sharp left and finishing outside the Sneem Hotel.

The Stage is 114KM of racing in length approx.

KM		Race Route - Stage 2 (RR)			Schedule		
From Start	To Finish	Description	Feature	Instruction	35KM	40KM	45KM
0.0	114.1	<b>100KPH Sign Exiting Fossa</b>	<b>Race Start</b>	<b>Rolling Start</b>	<b>10:00</b>	<b>10:00</b>	<b>10:00</b>
1.5	112.6	Killalee Junction	Junction	Continue Straight - Dir N72 Killorglin	10:02	00:00	10:02
2.6	111.5	Pallis Junction	Junction	Continue Straight - Dir N72 Killorglin	10:04	10:03	10:03
2.8	111.3	Beaufort Bridge	Junction	Continue Straight - Dir N72 Killorglin	10:04	10:04	10:03
7.6	106.5	Ballymalis Junction	Junction	Continue Straight - Dir N72 Killorglin	10:13	10:11	10:10
9.5	104.6	Coolbane East Junction	Junction	Continue Straight - Dir N72 Killorglin	10:16	10:14	10:12
12.0	102.1	Fexco Building	Junction	Continue Straight - Dir N72 Killorglin	10:20	10:18	10:16
14.2	99.9	O'Sullivan's Shop	Entrance & Exit	Continue Straight - Dir N72 Killorglin	10:24	10:21	10:18
14.3	99.8	Killorglin Bridge	Roundabout	90 Degree Left Hand - 1 Exit From Roundabout	10:24	10:21	10:19
14.5	99.6	The Bianconi Inn	Roundabout	90 Degree Left Hand - 1 Exit From Roundabout	10:24	10:21	10:19
15.7	98.4	Annadale Rd turn-off	Junction	Right turn off of Annadale Rd.	10:26	10:23	10:20
16.5	97.6	Groyne Junction	Junction	Continue Straight	10:28	10:24	10:22
17.2	96.9	Upper Groyne Junction	Junction	Continue Straight	10:29	10:25	10:22
22.8	91.3	Glancuttaun Lower	Junction	Merge with other road - Continue Straight - Dir Glencar	10:39	10:34	10:30
29.2	84.9	Gortmaloon East Junction	Junction	Keep Left - Dir Glencar	10:50	10:43	10:38
31.1	83.0	The Climbers Inn	Junction	Continue Straight	10:53	10:46	10:41
32.7	81.4	Curragh Beg Junction	Junction	Turn Right - Dir Ballaghisheen	10:56	10:49	10:43
33.0	81.1	<b>Start of Ballaghisheen Climb</b>		<b>Category 1 KOM - Start</b>	10:56	10:49	10:44
39.1	75.0	<b>Top of Ballaghisheen Climb</b>		<b>Category 1 KOM - FINISH</b>	11:07	10:58	10:52
		<b>Dangerous Descent</b>		<b>Dangerous Descent</b>			
44.6	69.5	Ballynakilly	Junction	Continue Straight - Dir Waterville	11:16	11:06	10:59
44.6	69.5	<b>NARROW BRIDGE</b>	<b>Bridge</b>	<b>CAUTION - NARROW BRIDGE</b>	11:16	11:06	10:59
46.0	68.1	Doire Ianna Junction	Junction	Keep Right - Dir Waterville 18km	11:18	11:09	11:01
50.1	64.0	Killeenleagh Cross (After Dromid NS)	Junction	Continue Straight - Dir Waterville	11:25	11:15	11:06
52.9	61.2	Mastergeehy Junction	Junction	Continue Straight - Dir Waterville	11:30	11:19	11:10
54.1	60.0	Trout Cottage Cross	Junction	Continue Straight - Dir Waterville	11:32	11:21	11:12
56.4	57.7	Dromid Bural Ground Junction	Junction	Follow Road to Left - Dir Waterville	11:36	11:24	11:15
59.8	54.3	Chapel (St Finians Church) Cross	Junction	Continue Straight - Dir Waterville (N70)	11:42	11:29	11:19
60.7	53.4	Waterville Golf Links Junction	Junction	Continue Straight - Dir Waterville	11:44	11:31	11:20
61.8	52.3	Klondyke Cross	Junction	Continue Straight - Dir Waterville	11:45	11:32	11:22
62.5	51.6	<b>Top Cross - Entering Village</b>	<b>Junction</b>	<b>Waterville Village - Caution</b>	11:47	11:33	11:23
62.6	51.5	<b>James Butler Cross</b>	<b>Junction</b>	<b>Caution - Through Village</b>	11:47	11:33	11:23
63.7	50.4	Hogs Head Golf Club Entraine		Continue Straight - Dir Caherdaniel N70	11:49	11:35	11:24
65.3	48.8	<b>Baslickane Bridge</b>	<b>Junction</b>	<b>Junction &amp; Sharp Right onto Narrow Bridge - CAUTION</b>	11:51	11:37	11:27
66.1	48.0	<b>Start of KOM Coomakista (Loher Stone Fort Turn-Off)</b>		<b>Category 2 KOM - Start</b>	11:53	11:39	11:28
70.1	44.0	<b>Coomakista Viewing Point</b>		<b>Category 2 KOM - Finish</b>	12:00	11:45	11:33

72.8	41.3	Darrynane Beg Junction	Junction	Continue Straight - Dir Caherdaniel N70	12:04	11:49	11:37
76.1	38.0	Freddie's Pub/Caherdaniel Village Cross	Junction	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	<b>Sneem Village</b>		<b>Caution - Entering Large Village</b>	12:45	12:24	12:08
96.9	17.2	<b>Sneem Village - North Square</b>		<b>Caution through Village - Follow N70</b>	12:46	12:25	12:09
97.1	17.0	South Square - 1'st 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	Junction	Turn Left on L4049- Dir Letterfinish	12:58	12:36	12:18
107.9	6.2	Tahilla Cross	Junction	Sharp Left - R568 - Dir Sneem	13:04	12:41	12:23
114.0	0.1	South Square/Mace Shop	Junction	Sharp Left onto N70	13:15	12:51	12:32
114.1	0.0	<b>Finish Line</b>	<b>Race Finish</b> 	<b>Finish Line</b>	13:15	12:51	12:32

# DORNAN Rás Mumhan Stage 3 | Sunday 31<sup>st</sup> March 2024

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

## Rás Mumhan 2024 - Stage 3 (RR)

Cycling Route

Details

📍 115.32 km    ⚡ 1,683 m

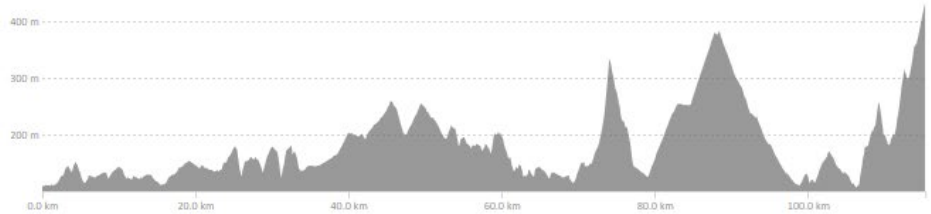
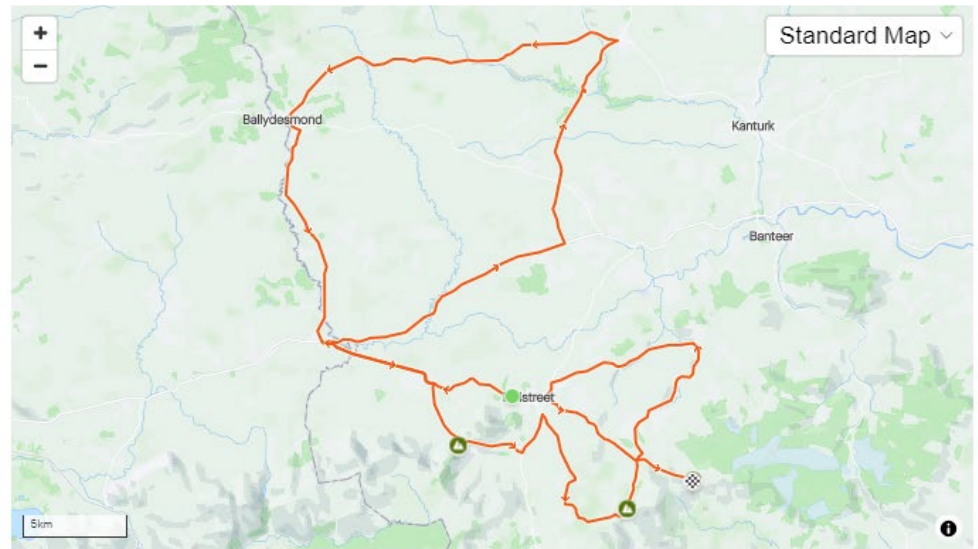
🕒 4:46:26

CREATED BY

Stephen Daly  
February 16, 2023 · Public



Route and Elevation



Undoubtably the Queen Stage! Stage 4 will commence from the Green Glens Arena, Millstreet under a 1.2km neutralised roll-out toward Rathmore.

## Stage 3 Roll-Out

Cycling Route

Details

📍 1.22 km    ⚡ 16 m

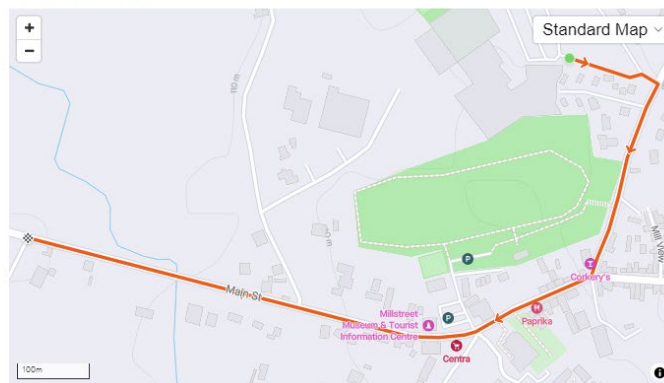
🕒 3:02

CREATED BY

Stephen Daly  
January 12, 2024 · Public



Route and Elevation



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 we will complete a 55km loop back to Rathmore with the race turning right on the main N72 for 13km before turning left towards Newmarket.

From Newmarket we head to Ballydesmond, Knocknagree and back to Rathmore, to complete the loop, 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 back 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 following the Butter Road, up the Kerryman's Table and to the finish line.

The Stage is 115.4KM of racing in length approx.

KM		Race Route - Stage 3 (RR)			Schedule		
From Start	To Finish	Description	Feature	Instruction	35KM	40KM	45KM
0.0	115.4	<b>Junction to Millstreet Cumunity Hospidal</b>	<b>Race Start</b>	<b>Rolling Start</b>	11:00	11:00	11:00
2.0	113.4	Claraghatlea North Junction	Junction	Continue Straight Driection Rathmore	11:03	11:03	11:02
4.3	111.1	Ballydaly Church Crossroads	Junction	Continue Straight Driection Rathmore	11:07	11:06	11:05
5.1	110.3	Tober Junction	Junction	Continue Straight Driection Rathmore	11:08	11:07	11:06
6.2	109.2	L51701 Rea Junction	Junction	Continue Straight Driection Rathmore	11:10	11:09	11:08
7.0	108.4	L52182 Junction	Junction	Continue Straight Driection Rathmore	11:12	11:10	11:09
8.4	107.0	L5218 Hollymount Cross	Junction	Continue Straight Driection Rathmore	11:14	11:12	11:11
10.2	105.2	Rathmore Clarin WoodShinnagh Junction	Junction	Right turn onto N72 Direction Mallow	11:17	11:15	11:13
10.4	105.0	<b>Skew Bridge - Caution</b>	<b>Bridge</b>	<b>Skew Bridge - Caution</b>	11:17	11:15	11:13
11.3	104.1	L1112 Junction	Junction	Continue Straight Direction Mallow	11:19	11:16	11:15
13.6	101.8	L5164 Junction	Junction	Continue Straight Direction Mallow	11:23	11:20	11:18
15.2	100.2	L5170 Ballydaly Junction	Junction	Continue Straight Direction Mallow	11:26	11:22	11:20
15.6	99.8	Pro Steel Sheds Junction	Junction	Continue Straight Direction Mallow	11:26	11:23	11:20
16.9	98.5	L5174 Junction	Junction	Continue Straight Direction Mallow	11:28	11:25	11:22
17.9	97.5	The Diner Deli O'Flynn's Junction	Junction	Continue Straight Direction Mallow	11:30	11:26	11:23
18.9	96.5	L1111 Kishkeam Crossroad	Junction	Continue Straight Direction Mallow	11:32	11:28	11:25
21.5	93.9	L5162 Junction	Junction	Continue Straight Direction Mallow	11:36	11:32	11:28
23.4	92.0	L1101 Newmarket Junction	Junction	Left Turn Direction Newmarket	11:40	11:35	11:31
24.7	90.7	Coolcloher South Junction	Junction	Continue Straight Direction Newmarket	11:42	11:37	11:32
26.5	88.9	R577/L1101 Cross	Junction	Continue Straight Direction Newmarket	11:45	11:39	11:35
27.9	87.5	Ballyhoolahan West Cross	Junction	Continue Straight Direction Newmarket	11:47	11:41	11:37
29.4	86.0	Gortearagh Cross	Junction	Continue Straight Direction Newmarket	11:50	11:44	11:39
30.9	84.5	Killasseragh Junction	Junction	Continue Straight Direction Newmarket	11:52	11:46	11:41
31.0	84.4	Narrow Bridge	Bridge	Continue Straight Direction Newmarket	11:53	11:46	11:41
33.2	82.2	West End Junction	Junction	Right Turn to stay on L1109 Direction Newmarket	11:56	11:49	11:44
34.5	80.9	<b>Entering Town - Caution (Newmarket)</b>		<b>Caution through Town</b>	11:59	11:51	11:46
34.7	80.7	West End Tyre Centre Junction	Junction	Left Turn on to R576 Direction Abbeyfeale	11:59	11:52	11:46
36.0	79.4	Commons Junction	Junction	Left Turn on to R578 Direction Ballydesmond	12:01	11:54	11:48
38.8	76.6	Glenara Junction	Junction	Continue Straight Direction Ballydesmond	12:06	11:58	11:51
40.7	74.7	L5039 Junction	Junction	Continue Straight Direction Ballydesmond	12:09	12:01	11:54
42.2	73.2	L1012 Taur Junction	Junction	Continue Straight Direction Ballydesmond	12:12	12:03	11:56
42.3	73.1	L1035 Boherbue Junction	Junction	Continue Straight Direction Ballydesmond	12:12	12:03	11:56
43.1	72.3	Reanagashel Cross	Junction	Continue Straight Direction Ballydesmond	12:13	12:04	11:57
44.0	71.4	L5082 Junction	Junction	Continue Straight Direction Ballydesmond	12:15	12:06	11:58
44.6	70.8	L5081 Junction	Junction	Continue Straight Direction Ballydesmond	12:16	12:06	11:59
47.1	68.3	L1032 Kishkeam Junction	Junction	Continue Straight Direction Ballydesmond	12:20	12:10	12:02
47.8	67.6	L5100 Junction	Junction	Continue Straight Direction Ballydesmond	12:21	12:11	12:03

48.8	66.6	L5084 Toreen Dubh Junction	Junction	Continue Straight Direction Ballydesmond	12:23	12:13	12:05
49.6	65.8	L1010 Shanavoher Junction	Junction	Continue Straight Direction Ballydesmond	12:25	12:14	12:06
50.0	65.4	L5089 Junction	Junction	Continue Straight Direction Ballydesmond	12:25	12:15	12:06
50.2	65.2	L5083 Junction	Junction	Continue Straight Direction Ballydesmond	12:26	12:15	12:06
50.9	64.5	L5087 Junction	Junction	Continue Straight Direction Ballydesmond	12:27	12:16	12:07
52.0	63.4	L5086 Junction	Junction	Continue Straight Direction Ballydesmond	12:29	12:18	12:09
52.3	63.1	Glencollins Lower Junction	Junction	Continue Straight Direction Ballydesmond	12:29	12:18	12:09
52.6	62.8	O'Keeffe's Drapery & Footware	Junction	Left Turn Direction Mallow/Rathmore	12:30	12:18	12:10
53.4	62.0	R582/R577 Junction	Junction	Right Turn Direction Rathmore/Knocknagree	12:31	12:20	12:11
54.7	60.7	L5179 Junction	Junction	Continue Straight Direction Rathmore/Knocknagree	12:33	12:22	12:12
55.1	60.3	L51811 Junction	Junction	Continue Straight Direction Rathmore/Knocknagree	12:34	12:22	12:13
56.0	59.4	Munster Joinery - Lacka Cross	Junction	Continue Straight Direction Rathmore/Knocknagree	12:36	12:24	12:14
57.0	58.4	L51812 Junction	Junction	Continue Straight Direction Rathmore/Knocknagree	12:37	12:25	12:16
57.7	57.7	L95821-1 Junction	Junction	Continue Straight Direction Rathmore/Knocknagree	12:38	12:26	12:16
59.0	56.4	L1103 Junction	Junction	Continue Straight Direction Rathmore/Knocknagree	12:41	12:28	12:18
60.0	55.4	<b>Knocknagree Village - Caution through Village</b>	<b>Village</b>	<b>Junctions on Right &amp; Left</b>	12:42	12:30	12:20
61.7	53.7	L5166 Cullen Junction	Junction	Continue Straight Direction Rathmore	12:45	12:32	12:22
62.7	52.7	L5165 Nohoval Junction	Junction	Continue Straight Direction Rathmore	12:47	12:34	12:23
64.0	51.4	Clounts Cross	Junction	Left Turn Direction Rathmore	12:49	12:36	12:25
64.6	50.8	Rathmore Clarin Wood/Shinnagh Junction	Junction	Cross N72 onto R582 Direction Millstreet	12:50	12:36	12:26
66.5	48.9	L5218 Hollymount Cross	Junction	Continue Straight Direction Millstreet	12:54	12:39	12:28
67.9	47.5	L52182 Junction	Junction	Continue Straight Direction Millstreet	12:56	12:41	12:30
68.7	46.7	L51701 Rea Junction	Junction	Continue Straight Direction Millstreet	12:57	12:43	12:31
70.3	45.1	L5220 Junction	Junction	Continue Straight Direction Millstreet	13:00	12:45	12:33
70.6	44.8	Tober Cross	Junction	Right turn onto L5171	13:01	12:45	12:34
72.0	43.4	<b>KOM Start</b>		<b>KOM Start</b>	13:03	12:48	12:36
72.1	43.3	Blackwater Way Cross	Junction	Continue Straight	13:03	12:48	12:36
72.7	42.7	Claragh Road Junction	Junction	Continue Straight	13:04	12:49	12:36
74.1	41.3	<b>KOM Finish</b>		<b>KOM Finish</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	Junction	Continue Straight	13:08	12:52	12:39
77.5	37.9	R582/L5223 Junction	Junction	Left Turn - Direction Millstreet	13:12	12:56	12:43
79.1	36.3	Y Junction - Liscahane Road Grotto	Junction	Turn Right	13:15	12:58	12:45
79.6	35.8	Y-Junction Drishane Road	Junction	Right Turn onto Drishane Road	13:16	12:59	12:46
79.9	35.5	Un-named Junction	Junction	Continue Straight	13:16	12:59	12:46
80.8	34.6	<b>KOH Start</b>		<b>KOH Start</b>	13:18	13:01	12:47
81.1	34.3	Drishane Road Junction	Junction	Continue Straight	13:19	13:01	12:48
83.1	32.3	Cloghboola Beg	Junction	Continue Straight	13:22	13:04	12:50
83.4	32.0	Un-named Junction	Junction	Continue Straight	13:22	13:05	12:51
84.6	30.8	Un-named Junction	Junction	Continue Straight	13:25	13:06	12:52

86.4	29.0	Knocknakilla Junction	Junction	Turn Left Direction Knocknakilla Stone Circle	13:28	13:09	12:55
88.3	27.1	Mushera	Junction	Turn Left Direction St John's Well	13:31	13:12	12:57
88.5	26.9	<b>KOH Finish</b>		<b>KOH Finish</b>	13:31	13:12	12:58
89.9	25.5	Un-named Junction	Junction	Continue Straight	13:34	13:14	12:59
91.0	24.4	Upper Aubane Cross	Junction	Continue Straight Direction Kilcorney	13:36	13:16	13:01
93.0	22.4	Tooreenbane	Junction	Continue Straight Direction Kilcorney	13:39	13:19	13:04
93.3	22.1	Baunreagh	Junction	Continue Straight Direction Kilcorney	13:39	13:19	13:04
94.1	21.3	Baunreagh	Junction	Continue Straight Direction Kilcorney	13:41	13:21	13:05
95.0	20.4	<b>Kilcorney Village - Caution</b>	<b>Village</b>	<b>Continue Straight - Caution Through Village</b>	13:42	13:22	13:06
95.8	19.6	Killeen	Junction	Continue Straight	13:44	13:23	13:07
96.9	18.5	Donore Falls	Junction	Continue Straight	13:46	13:25	13:09
97.6	17.8	Stonefield	Junction	Continue Straight	13:47	13:26	13:10
98.6	16.8	Moll Carthys Bridge	Junction	Left Turn Direction Millstreet	13:49	13:27	13:11
100.3	15.1	Drombeg	Junction	Continue Straight	13:51	13:30	13:13
100.9	14.5	<b>Skew Bridge followed by Grotto Junction - Caution</b>	<b>Junction</b>	<b>Continue Straight - Caution</b>	13:52	13:31	13:14
102.7	12.7	Laght	Junction	Continue Straight	13:56	13:34	13:16
103.3	12.1	Laght	Junction	Continue Straight	13:57	13:34	13:17
104.4	11.0	Killowen	Junction	Continue Straight	13:58	13:36	13:19
105.9	9.5	Junction onto R583 Direction Millstreet	Junction	Left Turn Direction Millstreet	14:01	13:38	13:21
107.9	7.5	Dairy Gold Co-Op Superstores	Junction	Left Turn Direction Rylane	14:04	13:41	13:23
108.5	6.9	<b>KOH Start</b>		<b>KOH Start</b>	14:06	13:42	13:24
109.2	6.2	Tullig	Junction	Continue Straight Direction Rylane	14:07	13:43	13:25
110.7	4.7	Aubane Lower Cross	Junction	Continue Straight Direction Rylane	14:09	13:46	13:27
112.3	3.1	Upper Aubane Cross	Junction	Continue Straight Direction Rylane	14:12	13:48	13:29
115.4	0.0	<b>Kerrymans Table - Finish Line</b>	<b>Finish</b>	<b>Finish Line &amp; KOH</b>	14:17	13:53	13:33

# DORNAN Rás Mumhan Stage 4 | Monday 01<sup>st</sup> April 2024

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

## Rás Mumhan 2024 - Stage 4 (RR)

Cycling Route



### Details

📍 113.08 km    ⚡ 625 m

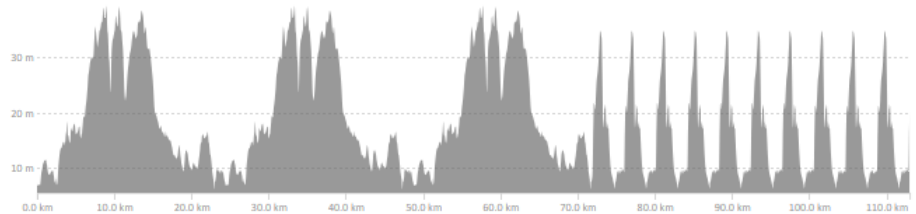
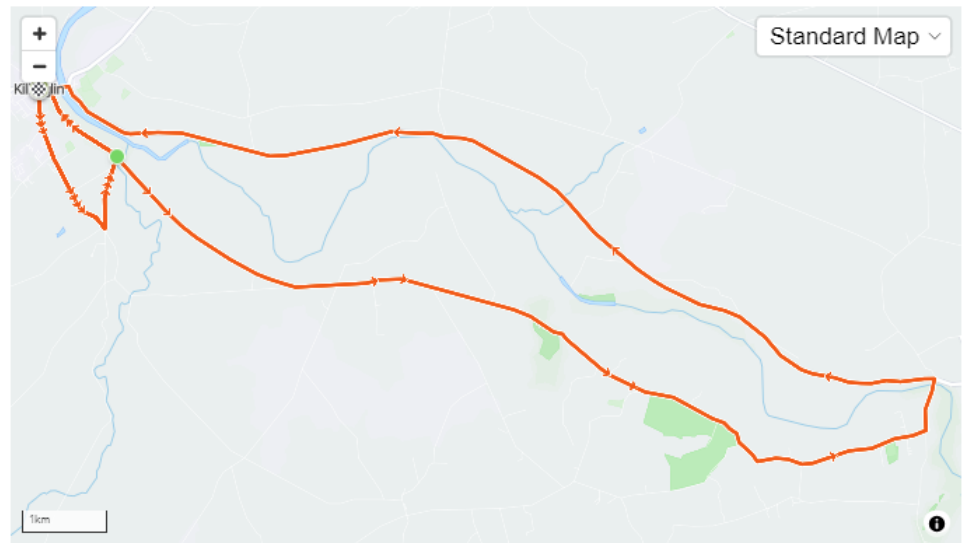
🕒 4:40:53

CREATED BY

Stephen Daly  
February 3, 2023 · Public



### Route and Elevation



Possibly everyone's favourite stage, especially if you are a spectator! 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.

## Stage 4 Roll-Out

Cycling Route



### Details

📍 1.51 km    ⚡ 0 m

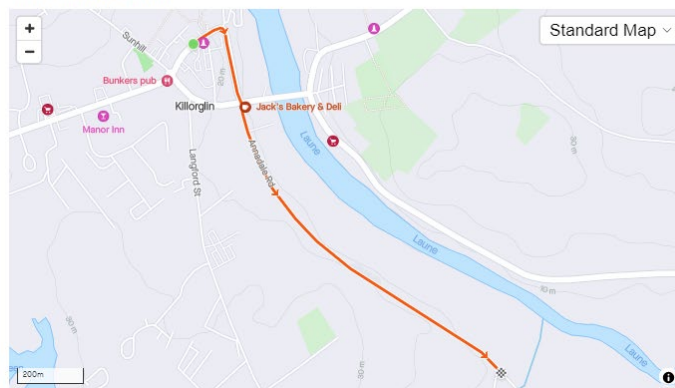
🕒 3:45

CREATED BY

Stephen Daly  
January 12, 2024 · Public



### Route and Elevation



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 this stage is huge and brings 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 of racing in length approx.



KM		Race Route - Stage 4 (RR)			Schedule		
From Start	To Finish	Description	Feature	Instruction	35KM	40KM	45KM
0.0	113.1	<b>Annadale Road\Glencar Junction</b>	<b>Race Start</b>	<b>Rolling Start</b>	<b>10:00</b>	<b>10:00</b>	<b>10:00</b>
3.1	110.0	Meanus Cross	Junction	Direction Straight	10:05	10:04	10:04
4.2	108.9	Cooleanaig Cross	Junction	Direction Straight	10:07	10:06	10:05
5.5	107.6	St Mary of the Angles	Entrance\Exit	Direction Straight	10:09	10:08	10:07
5.8	107.3	<b>Whitefield Bridge</b>	<b>Caution Skew Bridge</b>	<b>Direction Straight</b>	10:09	10:08	10:07
7.1	106.0	Churchtown Cross	Junction	Direction Straight	10:12	10:10	10:09
8.1	105.0	Beaufort Golf Club Entrance	Entrance\Exit	Direction Straight	10:13	10:12	10:10
8.4	104.7	Leaba na mBó Cross	Junction	Direction Straight	10:14	10:12	10:11
9.3	103.8	Grotto Cross	Junction	Direction Straight	10:15	10:13	10:12
10.4	102.7	<b>Beaufort Village</b>	<b>Village</b>	<b>Caution Through Village</b>	10:17	10:15	10:13
10.9	102.2	Beaufort Bar Junction	Junction	Turn Left	10:18	10:16	10:14
11.5	101.6	<b>Beaufort Bridge Junction - Caution</b>	<b>Junction</b>	<b>Turn Left onto Main N72</b>	10:19	10:17	10:15
15.7	97.4	Ballymalis Cross	Junction	Direction Straight	10:26	10:23	10:20
16.4	96.7	Eadie's Mills Junction	Junction	Direction Straight	10:28	10:24	10:21
18.2	94.9	Coolbane Cross	Junction	Direction Straight	10:31	10:27	10:24
20.6	92.5	Fexco Building Junction	Junction	Direction Straight	10:35	10:30	10:27
23.1	90.0	Bridge Roundabout Killorglin	Roundabout	First Exit (Left Turn)	10:39	10:34	10:30
23.2	89.9	Bianconi Inn Roundabout	Roundabout	First Exit (Left Turn)	10:39	10:34	10:30
23.2	89.9	<b>End of Lap 1</b>		<b>End of Lap 1</b>	10:39	10:34	10:30
47.6	65.5	<b>End of Lap 2</b>		<b>End of Lap 2</b>	11:21	11:11	11:03
72.0	41.1	<b>End of Lap 3</b>		<b>End of Lap 3</b>	12:03	11:48	11:36
72.0	41.1	<b>Start of the Donal McKenna Circuit</b>		<b>Donal McKenna Circuit</b>	12:03	11:48	11:36
72.0	41.1	Bianconi Inn Roundabout	Roundabout	Direction Straight - up the hill	12:03	11:48	11:36
72.1	41.0	Top of the Square KoH - Every crossing (Except the finish)	Finish Line	Turn Left	12:03	11:48	11:36
72.3	40.8	<b>Caution - Pedestrian Barrier RHS Edge of Footpath</b>	<b>Barrier</b>	<b>Direction Straight</b>	12:03	11:48	11:36
73.0	40.1	Aqua Designs\Armoniel Cross	Junction	Direction Straight	12:05	11:49	11:37
73.5	39.6	Doherty's Bohereen	Junction	Direction Straight	12:06	11:50	11:38
74.1	39.0	Gorman's Cross	Junction	Turn Left	12:07	11:51	11:38
74.8	38.3	Doherty's Bohereen	Junction	Direction Straight	12:08	11:52	11:39
74.9	38.2	Annadale Road Cross to Glencar	Junction	Turn Left	12:08	11:52	11:39
76.0	37.1	Entrance to Lower Town car park	Entrance\Exit	Direction Straight	12:10	11:54	11:41
76.1	37.0	Bianconi Inn Roundabout	Roundabout	First Exit (Left Turn)	12:10	11:54	11:41
76.2	36.9	Finish Line - KOH Prime on each crossing (Except the finish)	Finish Line	Turn Left	12:10	11:54	11:41

76.2	36.9	End of Lap 1 - KOM	Finish Line		End of Lap 1	12:10	11:54	11:41
80.3	32.8	End of Lap 2 - KOM	Finish Line		End of Lap 2	12:17	12:00	11:47
84.4	28.7	End of Lap 3 - KOM	Finish Line		End of Lap 3	12:24	12:06	11:52
88.5	24.6	End of Lap 4 - KOM	Finish Line		End of Lap 4	12:31	12:12	11:58
92.6	20.5	End of Lap 5 - KOM	Finish Line		End of Lap 5	12:38	12:18	12:03
96.7	16.4	End of Lap 6 - KOM	Finish Line		End of Lap 6	12:45	12:25	12:08
100.8	12.3	End of Lap 7 - KOM	Finish Line		End of Lap 7	12:52	12:31	12:14
104.9	8.2	End of Lap 8 - KOM	Finish Line		End of Lap 8	12:59	12:37	12:19
109.0	4.1	End of Lap 9 - KOM	Finish Line		End of Lap 9	13:06	12:43	12:25
113.1	0.0	Finish - End of Lap 10	Finish Line		Finish	13:13	12:49	12:30

# 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

# Notes

# Notes



# BACKING BRILLIANCE

