

Road Race Championships 2022

Hosted by
O' Leary Stone Kanturk CC
and
Cycling Munster

June 25 & 26

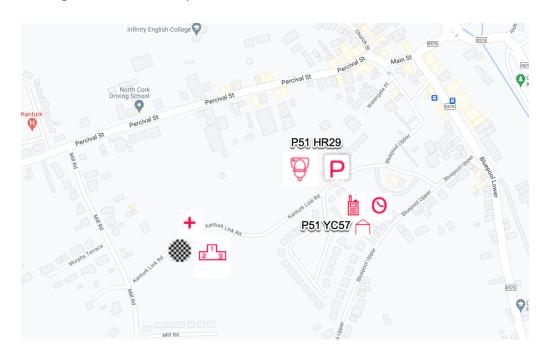




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Location

Race HQ is Linngorm Community Centre, Kanturk. P51 YC57. Parking is in Kanturk Co-op Marts Ltd, Kanturk. P51 HR29.



\triangle	Race HQ	Linngorm Community Centre, Kanturk. P51 YC57.
0	Timing Chip Collection/Return	Linngorm Community Centre, Kanturk. P51 YC57.
	Radio Collection/Return Linngorm Community Centre, Kanturk. P51 YC57.	
	Anti-doping	Linngorm Community Centre, Kanturk. P51 YC57.
2 3	Podium Presentations	Start/finish line. School, Kanturk Link Road.
P	Parking	Kanturk Co-op Marts Ltd, Kanturk. P51 HR29.
\$	Toilets	Kanturk Co-op Marts Ltd, Kanturk. P51 HR29.
	Start/Finish	School, Kanturk Link Road.
+	Medical	School, Kanturk Link Road.

Schedule of events

Saturday June 25th

Time	Event	Distance
9:00 am	Junior Women Road Race	59 km (59 km loop)
10:00 am	Junior Men Road Race	117 km (59 km loop plus 4 x 15 km laps)
2:30 pm	Elite Women	103km (59 km loop plus 3 x 15 km laps)

Sunday June 26th

Time	Event	Distance
10:00 am	Elite Men (incorporating the U23 Men)	161 km (103 km loop plus 4 x 15 km laps)

Event officials

Event director	Dan Curtin
Cycling Munster contact	John Breen
Event coordinator	Pat Tarrant
Registration coordinator	Cycling Ireland representative
Event signage	Peter Finn
Event radios	Oliver McKenna
Race doctor	Patrick Yon-Hin

Registration / sign-on general information

We ask all riders and race officials to please wear a facemask while indoors for team meetings & sign-on

- Sign-on location for all races is Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
- 2. If you have any symptoms of COVID-19, even mild ones, you should <u>follow HSE</u> quidelines.
- 3. Please wear a face mask when in the sign-on area.
- 4. Each rider must sign on in-person.
- 5. Each rider is required to present a current UCI affiliated federation licence.
- 6. Each rider will receive a race number at sign on.
- 7. Each rider will receive a race bike timing transponder at sign on.
- 8. A €50.00 deposit is required for each transponder, this is refunded on return of same.
- 9. Transponders must be returned immediately after each race at the designated location. Non-return of timing chips may result in a sanction and/or surcharge.
- 10. All races will start from the Start/Finish area, on the Kanturk Link Road.
- 11. Podium presentations will take place 15 minutes after the first rider finishes each event near the start/finish line on Kanturk Link Road.
- 12. Each Team Manager is required to present the following at sign on:
 - o A current UCI affiliated federation licence & Photo ID.
 - Team vehicles registration numbers.
 - o Team manager's mobile phone number.
- 13. Managers Meeting & Team Car Draw: The Chief Commissaire and the Race officials will meet team managers in Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
 - Junior women—Saturday 25th June at 08:15 am
 - o Junior men—Saturday 25th June at 09:15 am
 - Elite women—Saturday 25th June at 01:30 pm
 - o Elite men—Sunday 26th June at 09:00 am

Road race general information

- The race HQ is: Linngorm Community Centre, Kanturk. P51 YC57.
- All races are neutralised for 2 km until turn off on right for Curragh road.
- Roads are not closed to other traffic. Due care should be exercised and responsibility rests with riders and all race drivers to observe the Road Traffic Acts at all times.
- Where possible, stewards will be in position at relevant road junctions and other road hazards.
- 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.
- The race takes place on open roads, including narrow winding narrow roads. Riders are advised that potholes and distressed surfaces might be encountered during the course of the race.

- The majority of the route is on open, public roads. Rules of the Road will apply. Riders should stay on the left at all times.
- Keep Kanturk and surrounding areas tidy. These events are taking place with co-operation and with the goodwill of the people in the areas. Please respect their environment and don't throw litter at any point.
- Lead cars and Commissaire cars drive straight through line at finish. Neutral service and team cars deviate to designated car park in Kanturk Co-op Marts Ltd P51 HR29, on the right before finish line.

Medical services

There is full ambulance cover for all races, provided by Irish Red Cross. Race doctor is Patrick Yon-Hin

Nearest hospitals

- Local Injuries Unit, Mallow—Mallow General Hospital, Kilknockin, Mallow, Co. Cork, P51 N288, Phone: (022) 58506
- A&E Cork University Hospital, Cork—Cork University Hospital, Wilton, Cork, Phone: (021) 454 6400
- **Kerry University Hospital**—University Hospital, Ratass, Tralee, Co. Kerry, V92 NX94 Phone: (066) 718 4000
- **Southdoc**—Phone: (0818) 355 999

Distances in the race manual

The route distances as shown in the tables in this race manual were measured with mapmyride and may not be 100% accurate to the actual course.

Route maps

The 15km loop route is Kanturk - N72 (Dromagh) - Kanturk

The <u>59km loop route</u> is Kanturk – Newmarket – Ballydesmond – Kiskeam – Boherbue – Clonbanin Cross – Ballymaquirk Cross – Kanturk

The <u>103km loop route</u> is Kanturk – Newmarket – Glash Bridge (right turn) – Taur – Cork Line direction Abbeyfeale – Gneeves Bridge - Brosna – Castleisland – Cordal - Ballydesmond - Kiskeam – Boherbue – Clonbanin Cross – Ballymaquirk Cross – Kanturk

Junior women—Road race championship

Saturday 25th June 2022, 9 am

Race director	Brian Jordan
Chief Commissaire	Roddy Keane
Commissaire 2	Julie Mulvihill
Moto Commissaire	Pat O'Dowd
Photo finish	Ronny Brannigan
Safety car	John Breen
Neutral service	Mick Reidy

Rider sign-on	08:00 am	Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
Managers meeting	08:15 am	Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
Rider assembly	08:50 am	Start/Finish line. Kanturk Link Road.
Race start	09:00am	Start/Finish line. Kanturk Link Road.
	15 minutes after 1st rider finishes	Start/Finish line. Kanturk Link Road.

Junior women entry list

Number	Name	Team
1	Aoife O Brien	Torelli-Assure-Cayman Islands-Scimitar
2	Erin Grace Creighton	McConvey Cycles
3	Aoife Mooney	Navan Road Club
4	Emma Smith	Navan Road Club
5	Shauna Finn	Newcastle West Cycling Club
6	Ellen Murray	TC Racing

Race details

1 x 59 km loop

Total distance: 59 km





Schedule—Junior women

Route	Dist.	Schedule (average KPH)		
Description	KM	30	34	38
59 km loop				
Start/finish line on Kanturk Link Rd. Head toward Mill Rd	0	9:00	9:00	9:00
Turn right onto Mill Rd	0.06	9:00	9:00	9:00
Turn right onto Percival St	0.31	9:00	9:00	9:00
Percival St turns slightly right and becomes Main St, Kanturk	0.82	9:01	9:01	9:01
Go over bridge. At the roundabout, take the 1st exit onto O'Brien St/R576/R579	0.96	9:01	9:01	9:01
At Burkes corner, Continue straight toward	1.09	9:02	9:01	9:01

Route	Dist.	Schedu	le (average	e KPH)
Description	KM	30	34	38
Newmarket				
Continue to follow R576. Head towards Newmarket.				
End of neutralised section.	2.01	9:04	9:03	9:03
Entering Newmarket. Keep right. Continue to follow R576.	9.28	9:18	9:16	9:14
Continue straight through crossroads in Newmarket. Continue to follow R576.	9.6	9:19	9:16	9:15
Turn left onto R578	11.17	9:22	9:19	9:17
Blueford Cross. Continue to follow R578	15.81	9:31	9:27	9:24
Glash Bridge. Continue to follow R578	17.47	9:34	9:30	9:27
Continue to follow R578	24	9:48	9:42	9:37
Entering Ballydesmond. Turn left onto R577	27.8	9:55	9:49	9:43
Continue to follow R577	28.6	9:57	9:50	9:45
Entering Kishkeam. Continue to follow R577	33.1	10:06	9:58	9:52
Entering Boherbue. Continue to follow R577. Pass Super Valu on right.	40.16	10:20	10:10	10:03
Continue on R577 toward N72.	40.32	10:20	10:11	10:03
Clonbanin Cross. Turn left onto N72	45.59	10:31	10:20	10:11
At Ballymaquirke. Turn left onto R579. Head towards Kanturk.	54.1	10:48	10:35	10:25
Turn left onto Bluepool/Link Road	58.38	10:56	10:43	10:32
Turn right to stay on Link Road. Pass Super Valu car park entrance.	58.47	10:56	10:43	10:32
Neutral service and team cars deviate to Kanturk Co-op Mart car park.	58.7	10:57	10:44	10:33
Pass through start/finish line. RACE FINISH Lead cars and Commissaire cars drive straight through line at finish.	58.99	10:57	10:44	10:33

Junior men—Road race championship

Saturday 25th June 2022, 10 am

Race director	John Breen
Chief Commissaire	Richard O'Gorman
Commissaire 2	Brian Jordan
Commissaire 3	Anthony Kenneally
Moto Commissaire	Tom Gentleman
Time keeper - Chief judge	Jack Watson
Photo finish	Ronny Brannigan
Safety car	John Breen
Neutral service	Mick Reidy

Rider sign-on	8:30 am	Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
Managers meeting	9:15 am	Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
Rider assembly	9:50 am	Start/Finish line. Kanturk Link Road.
Race start	10:00am	Start/Finish line. Kanturk Link Road.
	15 minutes after 1st rider finishes	Start/Finish line. Kanturk Link Road.

Junior men entry list

Number	Name	Team
1		
2	Daniel Elstone	Castlebar Cycling
3	Rory Gallagher	Castlebar Cycling
4	Kealan Ryan	Castlebar Cycling
5	Lughaidh Swift	Castlebar Cycling
6	Shane Carver	O'Leary Stone Kanturk
7	Matt Griffin	O'Leary Stone Kanturk
8	Sean Tarrant	O'Leary Stone Kanturk
9	Ruairi Byrne	Orwell Wheelers Cycling Club
10	Tadhg Killeen	Orwell Wheelers Cycling Club
11	Christopher Marshall	Orwell Wheelers Cycling Club
12	Jamie Moss	Ballymena Road Club
13	Adam Cullen	Barrow Wheelers

Number	Name	Team
14	Ryan Walsh	Bohermeen CC
15	Conal Scully	Carlow RCC
16	Curtis Neill	Carn Wheelers
17	Adam Gilsenan	Club Ciclistico Canturino
18	Hayden Power	Comeragh CC
19	Daragh Mc Gee	Dungarvan CC
20	Liam O Brien	Fermoy Cycling Club
21	Sean Gallagher	Four Masters CC
22	Samuel Moloney	Greenmount CA
23	Oisin Ferrity	Island Wheelers
24	Timothy Lane	JRC Interflon Race Team
25	Oisin Collins	Kilcullen Cycling Club Murphy Geospacial
26	Sam Bolger	Killarney Cycling Club
27	Luke Costelloe	Killarney Cycling Club
28	Mikey Flaherty	Lakeside Wheelers Mullingar CC
29	Tony Mc Nally	McNally Swords CC
30	Andrew Kelly	Moynalty Cycling Club
31	Patrick O Loughlin	Panduit Carrick Wheelers
32	Finn Mc Henry	The Cycling Academy
33	33 Adam Rafferty US Colomiers	
34	34 Quillan Donnelly Usher Irish Road Club	
35	35 Adam Nelson Usher Irish Road Club	
36	36 Darragh Doherty VC Glendale	
37	Niall Mc Loughlin	Westport Covey Wheelers Cycling Club

Race details

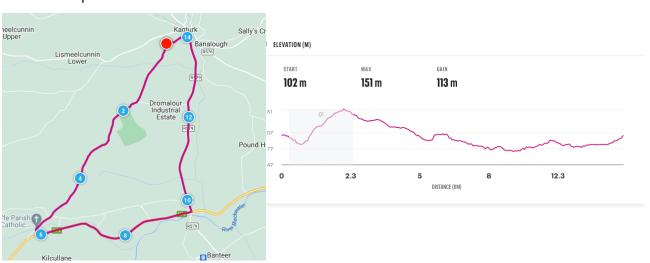
1 x 59 km loopfollowed by 4 x 15 km loop

Total distance: 117 km





15 km loop



Schedule—Junior men

Route	Dist.	Dist. Schedule (average K		KPH)
Description	KM	34	38	42
59km loop		•		
Start/finish line on Kanturk Link Rd. Head toward Mill Rd	0	10:00	10:00	10:00
Turn right onto Mill Rd	0.06	10:00	10:00	10:00
Turn right onto Percival St	0.31	10:00	10:00	10:00
Percival St turns slightly right and becomes Main St, Kanturk	0.82	10:01	10:01	10:01
Go over bridge. At the roundabout, take the 1st exit onto O'Brien St/R576/R579	0.96	10:01	10:01	10:01
At Burkes corner, Continue straight toward Newmarket	1.09	10:01	10:01	10:01
Continue to follow R576. Head towards Newmarket. End of neutralised section.	2.01	10:03	10:03	10:02
Entering Newmarket. Keep right. Continue to follow R576.	9.28	10:16	10:14	10:13
Continue straight through crossroads in Newmarket. Continue to follow R576.	9.6	10:16	10:15	10:13
Turn left onto R578	11.17	10:19	10:17	10:15
Blueford Cross. Continue to follow R578	15.81	10:27	10:24	10:22
Glash Bridge. Continue to follow R578		10:30	10:27	10:24
Continue to follow R578		10:42	10:37	10:34
Entering Ballydesmond. Turn left onto R577		10:49	10:43	10:39
Continue to follow R577		10:50	10:45	10:40
Entering Kishkeam. Continue to follow R577	33.1	10:58	10:52	10:47
Entering Boherbue. Continue to follow R577. Pass Super Valu on right.	40.16	11:10	11:03	10:57
Continue on R577 toward N72.	40.32	11:11	11:03	10:57
Clonbanin Cross. Turn left onto N72	45.59	11:20	11:11	11:05
At Ballymaquirke. Turn left onto R579. Head towards Kanturk.	54.1	11:35	11:25	11:17
Turn left onto Bluepool/Link Road	58.38	11:43	11:32	11:23
Turn right to stay on Link Road. Pass Super Valu car park entrance.	58.47	11:43	11:32	11:23
1st time through finish line.	58.99	11:44	11:33	11:24
15 km loop - 1 of 4				
Turn left onto Mill Rd. Head toward N72.	59.05	11:44	11:33	11:24
Turn left at church	64.63	11:54	11:42	11:32
Turn left onto N72	64.8	11:54	11:42	11:32

Route	Dist.	Schedu	ıle (averag	e KPH)
Description	км	34	38	42
At Ballymaquirke. turn left onto R579. Head towards Kanturk.	68.66	12:01	11:48	11:38
Turn left onto Bluepool/Link Road	72.94	12:08	11:55	11:44
Turn right to stay on Link Road. Pass Super Valu car park.	73.03	12:08	11:55	11:44
2nd time through finish line	73.54	12:09	11:56	11:45
15 km loop - 2 of 4				
Turn left onto Mill Rd. Head toward N72.	73.6	12:09	11:56	11:45
Turn left at church	79.18	12:19	12:05	11:53
Turn left onto N72	79.35	12:20	12:05	11:53
At Ballymaquirke. Turn left onto R579. Head towards Kanturk.	83.21	12:26	12:11	11:58
Turn left onto Bluepool/Link Road	87.49	12:34	12:18	12:04
Turn right to stay on Link Road. Pass Super Valu car park entrance.	87.58	12:34	12:18	12:05
3rd time through finish line	88.09	12:35	12:19	12:05
15 km loop - 3 of 4				
Turn left onto Mill Rd. Head toward N72.	88.15	12:35	12:19	12:05
Turn left at church	93.73	12:45	12:28	12:13
Turn left onto N72		12:45	12:28	12:14
At Ballymaquirke. Turn left onto R579. Head towards Kanturk.	97.76	12:52	12:34	12:19
Turn left onto Bluepool/Link Road	102.04	13:00	12:41	12:25
Turn right to stay on Link Road. Pass Super Valu car park entrance.		13:00	12:41	12:25
4th time through finish line	102.64	13:01	12:42	12:26
15 km loop - 4 of 4 - Final lap				
Turn left onto Mill Rd. Head toward N72.	102.7	13:01	12:42	12:26
Turn left at church	108.28	13:11	12:50	12:34
Turn left onto N72	108.45	13:11	12:51	12:34
At Ballymaquirke. Turn left onto R579. Head towards Kanturk.	112.31	13:18	12:57	12:40
Turn left onto Bluepool/Link Road	116.59	13:25	13:04	12:46
Turn right to stay on Link Road. Pass Super Valu car park.	116.68	13:25	13:04	12:46
Neutral service and team cars deviate to Kanturk Co-op Mart car park.	117	13:26	13:05	12:47
5th time through finish line - RACE FINISH Lead cars and Commissaire cars drive straight through line at finish.	117.19	13:26	13:05	12:47

Elite women—Road race championship

Saturday 25th June 2022, 2:30 pm

Race director	Dan Curtin
Chief Commissaire	Paul Watson
Commissaire 2	Gary Mcilroy
Commissaire 3	Brian Jordan
Moto Commissaire	Pat O'Dowd.
Time keeper - Chief judge	Jack Watson
Photo finish	Ronny Brannigan
Safety car	John Breen
Neutral service	Mick Reidy

Rider sign-on	1:00 pm	Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
Managers meeting	1:30 pm	Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
Rider assembly	2:20 pm	Start/Finish line. Kanturk Link Road.
Race start	2:30 pm	Start/Finish line. Kanturk Link Road.
	15 minutes after 1st rider finishes	Start/Finish line. Kanturk Link Road.

Elite women entry list

Number	Name	Team
1		
2	Megan Armitage	IBCT
3	Mia Griffin	IBCT
4	Fiona Mangan	IBCT
5	Alice Sharpe	IBCT
6	Jennifer Bates	Torelli-Assure-Cayman Islands-Scimitar
7	Caoimhe O Brien	Torelli-Assure-Cayman Islands-Scimitar
8	Orla Walsh	Torelli-Assure-Cayman Islands-Scimitar
9	Ella Doherty	UCD Cycling Club
10	Hannah Gibney	UCD Cycling Club
11	Emma Porter	UCD Cycling Club
12	Elia Tutty	UCD Cycling Club
13	Becky Woods	All human/VeloRevolution Racing Team

Number	Name	Team
14	Lauren Garvey	Armagh Down CC
15	Eve Mc Crystal	Bellurgan Wheelers
16	Carthach Mc Carthy	Blarney Cycling Club
17	Mary Corless	Challenge Cycling Club
18	Cleo Harvey	Dublin Wheelers
19	Alison Higgins	Four Masters CC
20	Danielle Forshaw	Gorey Cycling Club
21	Shona Keane	Greenmount CA
22	Lydia Boylan	Qromia Women's Cycling Team
23	Roisin Lally	Loughborough Lightning Cycling Team
24	Ciara Havern	Newry Wheelers CC
25	Jemma Speers	North Down CC
26	Jane Cullen	Panduit Carrick Wheelers
27	Helen Mc Parland	Phoenix CC
28	Gabriella Homer	Saint Piran WRT
29	Linda Kelly	Spin the Bean Power by Coffee
30	Jennifer Neenan	Sundrive Track Team
31	Kelly Murphy	Un-Attached
32	Sarah White	Un-Attached Leinster
33	Vanessa Fursden	Un-Attached Ulster
34	Darcey Harkness	VC Glendale
35	Lauren Creamer	Velo Fixers
36	Ciara Kelly	Velo Performance
37	Hazel Magill	Watersley R&D Cycling Team
38	Maia Simmons	Watersley R&D Cycling Team

Race details

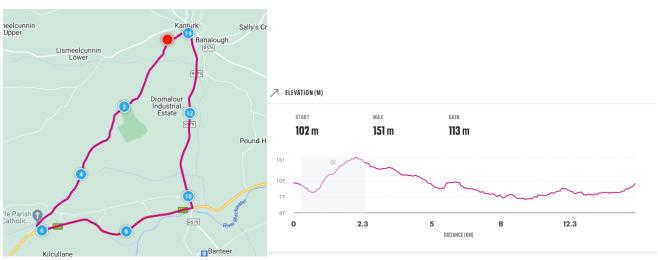
1 x 59 km loopfollowed by 3 x 15 km loop

Total distance: 103 km





15 km loop



Schedule—Elite women

Route	Dist.	Schedule (average KPH)		
Description	KM	34	38	42
59km loop				
Start/finish line on Kanturk Link Rd. Head toward Mill Rd	0	14:30	14:30	14:30
Turn right onto Mill Rd	0.06	14:30	14:30	14:30
Turn right onto Percival St	0.31	14:30	14:30	14:30
Percival St turns slightly right and becomes Main St, Kanturk	0.82	14:31	14:31	14:31
Go over bridge. At the roundabout, take the 1st exit onto O'Brien St/R576/R579	0.96	14:31	14:31	14:31
At Burkes corner, Continue straight toward Newmarket	1.09	14:31	14:31	14:31
Continue to follow R576. Head towards Newmarket. End of neutralised section.	2.01	14:33	14:33	14:32
Entering Newmarket. Keep right. Continue to follow R576.	9.28	14:46	14:44	14:43
Continue straight through crossroads in Newmarket. Continue to follow R576.	9.6	14:46	14:45	14:43
Turn left onto R578	11.17	14:49	14:47	14:45
Blueford Cross. Continue to follow R578	15.81	14:57	14:54	14:52
Glash Bridge. Continue to follow R578	17.47	15:00	14:57	14:54
Continue to follow R578	24	15:12	15:07	15:04
Entering Ballydesmond. Turn left onto R577		15:19	15:13	15:09
Continue to follow R577	28.6	15:20	15:15	15:10
Entering Kishkeam. Continue to follow R577	33.1	15:28	15:22	15:17
Entering Boherbue. Continue to follow R577. Pass Super Valuon right.	40.16	15:40	15:33	15:27
Continue on R577 toward N72.	40.32	15:41	15:33	15:27
Clonbanin Cross. Turn left onto N72	45.59	15:50	15:41	15:35
At Ballymaquirke, Turn left onto R579. Head towards Kanturk.	54.1	16:05	15:55	15:47
Turn left onto Bluepool/Link Road	58.38	16:13	16:02	15:53
Turn right to stay on Link Road. Pass Super Valu car park entrance.		16:13	16:02	15:53
1st time through finish line.	58.99	16:14	16:03	15:54
15 km loop - 1 of 3				
Turn left onto Mill Rd. Head toward N72.	59.05	16:14	16:03	15:54
Turn left at church	64.63			
Turn left onto N72	64.8	16:24	16:12	16:02

Route	Dist.	Schedu	le (averag	e KPH)
Description	KM	34	38	42
At Ballymaquirke. turn left onto R579. Head towards Kanturk.	68.66	16:31	16:18	16:08
Turn left onto Bluepool/Link Road	72.94	16:38	16:25	16:14
Turn right to stay on Link Road. Pass Super Valu car park entrance.	73.03	16:38	16:25	16:14
2nd time through finish line	73.54	16:39	16:26	16:15
15 km loop - 2 of 3				
Turn left onto Mill Rd. Head toward N72.	73.6	16:39	16:26	16:15
Turn left at church	79.18			
Turn left onto N72	79.35	16:50	16:35	16:23
At Ballymaquirke, turn left onto R579. Head towards Kanturk.	83.21	16:56	16:41	16:28
Turn left onto Bluepool/Link Road	87.49	17:04	16:48	16:34
Turn right to stay on Link Road. Pass Super Valu car park entrance.	87.58	17:04	16:48	16:35
3rd time through finish line	88.09	17:05	16:49	16:35
15 km loop - 3 of 3 - FINAL LAP				
Turn left onto Mill Rd. Head toward N72.	88.15	17:05	16:49	16:35
Turn left at church	93.73			
Turn left onto N72	93.9	17:15	16:58	16:44
At Ballymaquirke, turn left onto R579. Head towards Kanturk.	97.76	17:22	17:04	16:49
Turn left onto Bluepool/Link Road	102.04	17:30	17:11	16:55
Turn right to stay on Link Road. Pass Super Valu car park entrance.	102.13	17:30	17:11	16:55
Neutral service and team cars deviate to Kanturk Co-op Mart car park.	102.5	17:31	17:12	16:56
4th time through finish line - RACE FINISH Lead cars and Commissaire cars drive straight through line at finish.	102.64	17:31	17:12	16:56

Elite men (incorporating the U23 Men)—Road race championship

Sunday 26th June 2022, 10 am

Race director	Dan Curtin
Chief Commissaire	Gary Mcilroy
Commissaire 2	Paul Watson
Commissaire 3	Richard O'Gorman
Moto Commissaire 1	Pat O'Dowd.
Moto Commissaire 2	Tom Gentleman
Time keeper - Chief judge	Jack Watson
Photo finish	Ronny Brannigan
Safety car	John Colleran
Neutral service	Mick Reidy

Rider sign-on	08:30 am	Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
Managers meeting	09:00 am	Race HQ. Linngorm Community Centre, Kanturk. P51 YC57.
Rider assembly	09:50 am	Start/Finish line. Kanturk Link Road.
Race start	10:00 am	Start/Finish line. Kanturk Link Road.
Presentations	15 minutes after 1st rider finishes	Start/Finish line. Kanturk Link Road.

Elite men entry list

Number	Name	Team		
1	Ryan Mullen	Bora Hansgrohe		
2	Sam Bennett	Bora Hansgrohe		
3	Ben Healy	EF Education-EasyPost		
4	Edward Dunbar	Ineos Grenadiers		
5	Stephen Clancy	Team Novo Nordisk		
6	Cian Keogh	EvoPro Racing		
7	Jack Bernard Murphy	EvoPro Racing		
8	Mitchell Mc Laughlin	EvoPro Racing		
9	Jesse Ewart	Team Bike Aid		
10	Cormac Mc Geough	Wildlife Generation Pro Cycling		
11	Matthew Teggart	WiV SunGod		
12	Rory Townsend	WiV SunGod		

Number	Name	Team		
13	Mark Dowling	All human/VeloRevolution Racing Team		
14	Vladislav Evseev	All human/VeloRevolution Racing Team		
15	Daire Feeley	All human/VeloRevolution Racing Team		
16	Richard Maes	All human/VeloRevolution Racing Team		
17	Diarmuid O Brien	All human/VeloRevolution Racing Team		
18	Timothy O Regan	All human/VeloRevolution Racing Team		
19	Mark Mc Ginley	Four Masters CC		
20	Keane Ryan	Four Masters CC		
21	Darragh Mc Carter	Spellman-Dublin Port		
22	David Montgomery	Spellman-Dublin Port		
23	Michael Phelan	Spellman-Dublin Port		
24	Darnell Moore	Team Caldwell Cycles		
25	Gareth O Neill	Team Caldwell Cycles		
26	Adam Stenson	Team Dan Morrissey - Pactimo		
27	Conor Hennebry	Team Dan Morrissey - Pactimo		
28	Joel Luke	UCD Cycling Club		
29	Conor Murnane	UCD Cycling Club		
30	John Buller	Amicale Cycliste Bisontine		
31	Loughlin Campion	Ashbourne Wheelers Cycling Club		
32	Marcus Christie	Banbridge CC		
33	Devin Shortt	BIERZO LACIANA C.D.C.		
34	Eoin Allen	Blarney Cycling Club		
35	Hugh Mc Swiney	Blarney Cycling Club		
36	Dillon Corkery	CC Etupes Le Doubs, Pays De Montbeliard		
37	Dean Minogue	Dolmen CC		
38	Nathan Mullan	Dromara Cycling Club		
39	Thomas Quaid	Foran CCC		
40	Simon Ryan	Greenmount CA		
41	Conor Mc Cann	Inspired Cycling		
42	Robert Reidy	Kilcullen Cycling Club Murphy Geospacial		
43	Conor Kissane	Killarney Cycling Club		
44	Cian Ibbotson	McNally Swords CC		
45	James Mc Eneaney	Moynalty Cycling Club		

Number	Name	Team
46	Luke Smith	Moynalty Cycling Club
47	Seán Murnane	Orwell Wheelers Cycling Club
48	Lindsay Watson	Powerhouse Sport
49	James Jenkins	Richardsons Trek DAS
50	Sean Mullen	Richardsons Trek DAS
51	James Maddock	Slaney Cycling Club
52	John Sheridan	St Tiernans Cycling Club
53	George Peden	Team PB Performance
54	Andy Maguire	Team Stafford Bonded

Under 23 men entry list

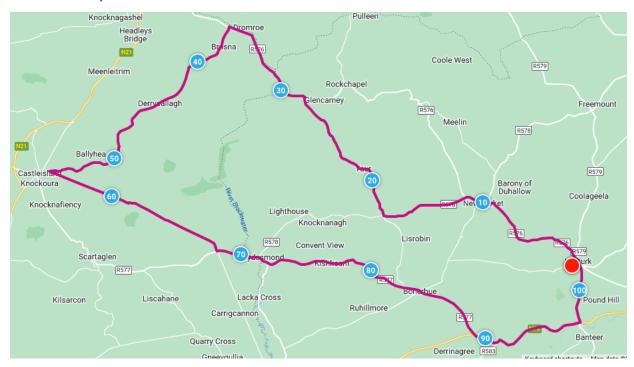
Number	Name	Team
101		
102	Liam Curley	EvoPro Racing
103	Tom Moriarty	EvoPro Racing
104	Sean Nolan	EvoPro Racing
105	Darren Rafferty	Hagens Berman Axeon
106	Archie Ryan	Jumbo-Visma Development Team
107	Matthew Devins	Trinity Racing
108	Kevin Mc Cambridge	Trinity Racing
109	Conor Halvey	Four Masters CC
110	Aaron Quinn	Four Masters CC
111	Stefan Caulfield-Dreier	Spellman-Dublin Port
112	Christopher Donald	Spellman-Dublin Port
113	Dean Harvey	Spellman-Dublin Port
114	Ruairí Woods	Spellman-Dublin Port
115	Ryan Geraghty	Spin11 - Chain Reaction Racing Team
116	Sean Lenehan	Spin11 - Chain Reaction Racing Team
117	Aaron Rafferty	Spin11 - Chain Reaction Racing Team
118	Odhran Doogan	Team Caldwell Cycles
119	Joseph Owens	Team Caldwell Cycles
120	Nathan Keown	Team Dan Morrissey - Pactimo

Number	Name	Team		
121	Liam Crowley	UCD Cycling Club		
122	Eoin Kelly	UCD Cycling Club		
123	Jason Kenny	UCD Cycling Club		
124	Rhys Kenny	UCD Cycling Club		
125	Jordan Luke	UCD Cycling Club		
126	Hugh Maguire	UCD Cycling Club		
127	Andrew Ryan	UCD Cycling Club		
128	Nathan Kurensky	Ale-Brocar		
129	Paul-Antoine Hagan	Banbridge CC		
130	Sean Óg Harrigan	Foyle CC		
131	Max Rowley Sanchez	Gusano CC		
132	Lorcan Daly	Killarney Cycling Club		
133	Jack Lyne	Lucan Cycling Road Club		
134	Arnaud Dumoulin	O'Leary Stone Kanturk		
135	Luke Cullen	Panduit Carrick Wheelers		
136	Ben Murphy	Sliabh Luachra Cycling Club		
137	Adam Ward	Team SmartDry Girona Cycling City		
138	Leo Doyle	TWC TEMPO Veldhoven		
139	Joshua Early	Un-Attached Leinster		
140	Ewan Warren	Un-Attached Munster		
141	Lee Harvey	VC Glendale		
142	Daniel Yon Hin	Zappi Racing Team		

Race details

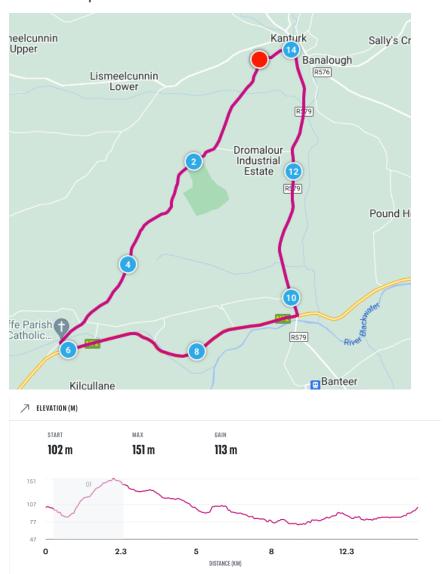
1 x 103 km loop followed by 4 x 15 km loop

Total distance: 161 km



ELEVATION (M)





Schedule—Elite men (incorporating the U23 Men)

Route	Dist.	Schedule (average KPH)		
Description	KM	38	42	46
103km loop				
Start/finish line on Kanturk Link Rd. Head toward Mill Rd	0	10:00	10:00	10:00
Turn right onto Mill Rd	0.06	10:00	10:00	10:00
Turn right onto Percival St	0.31	10:00	10:00	10:00
Percival St turns slightly right and becomes Main St, Kanturk	0.82	10:01	10:01	10:01

Route	Dist.	Schedule (average KPH		KPH)
Description	KM	38	42	46
Go over bridge. At the roundabout, take the 1st exit onto R576	0.96	10:01	10:01	10:01
At Burkes corner, Continue straight toward Newmarket	1.09	10:01	10:01	10:01
Continue to follow R576. Head towards Newmarket. End of neutralised section.	2.01	10:03	10:02	10:02
Entering Newmarket. Keep right. Continue to follow R576.	9.28	10:14	10:13	10:12
Continue straight through crossroads in Newmarket. Follow R576.	9.6	10:15	10:13	10:12
Turn left onto R578	11.17	10:17	10:15	10:14
Blueford Cross. Continue to follow R578	15.81	10:24	10:22	10:20
Glash Bridge. Turn right.	17.47	10:27	10:24	10:22
Pass through Taur	21.2	10:33	10:30	10:27
Keep left to join R576.	28.18	10:00	10:40	10:36
Turn left onto Derra (signs for Brosna)	36.28	10:57	10:51	10:47
At crossroads in Brosna, turn right. Heading towards Castleisland.	37.79	10:59	10:53	10:49
Pass through Kilcusnin. Heading towards Castleisland.	51.37	11:21	11:13	11:07
Before entering Castleisland, turn left onto Old Butter Road	54.97	11:26	11:18	11:11
Pass through Cordal.	60	11:34	11:25	11:18
Keep left to stay on Old Butter Road	60.94	11:36	11:27	11:19
At Knocknaboul Cross, turn left onto R577	68.22	11:47	11:37	11:28
Entering Ballydesmond, continue to follow R577	71.2	11:52	11:41	11:32
Continue to follow R577	72.12	11:53	11:43	11:34
Entering Kishkeam. Continue to follow R577	76.44	12:00	11:49	11:39
Entering Boherbue. Follow R577. Pass Super Valu on right.	83.55	12:11	11:59	11:48
Continue on R577 toward N72.	83.8	12:12	11:59	11:49
Clonbanin Cross. Turn left onto N72	89.1	12:20	12:07	11:56
At Ballymaquirke. Turn left onto R579. Head towards Kanturk.	97.6	12:34	12:19	12:07
Turn left onto Bluepool/Link Road	101.88	12:40	12:25	12:12
Turn right to stay on Link Road. Pass Super Valu car park entrance.	101.96	12:40	12:25	12:12
Pass through finish for 1st time	102.48	12:41	12:26	12:13
15 km loop - 1 of 4				
Turn left onto Mill Rd. Head toward N72.	102.54	12:41	12:26	12:13
Turn left at church	108.12	12:50	12:34	12:21
Turn left onto N72	108.29	12:50	12:34	12:21
At Ballymaquirke. turn left onto R579. Head towards Kanturk.	112.15	12:57	12:40	12:26

Route	Dist.	Schedule	(averag	e KPH)
Description	KM	38	42	46
Turn left onto Bluepool/Link Road	116.43	13:03	12:46	12:31
Turn right to stay on Link Road. Pass Super Valu car park entrance.	116.52	13:03	12:46	12:31
2nd time through finish line	117.03	13:04	12:47	12:32
15 km loop - 2 of 4				
Turn left onto Mill Rd. Head toward N72.	117.09	13:04	12:47	12:32
Turn left at church	122.67	13:13	12:55	12:40
Turn left onto N72	122.84	13:13	12:55	12:40
At Ballymaquirke. turn left onto R579. Head towards Kanturk.	126.7	13:20	13:01	12:45
Turn left onto Bluepool/Link Road	130.98	13:26	13:07	12:50
Turn right to stay on Link Road. Pass Super Valu car park entrance.	131.07	13:26	13:07	12:50
3rd time through finish line	131.58	13:27	13:07	12:51
15 km loop - 3 of 4				
Turn left onto Mill Rd. Head toward N72.	131.64	13:27	13:08	12:51
Turn left at church	137.22	13:36	13:16	12:59
Turn left onto N72	137.39	13:36	13:16	12:59
At Ballymaquirke. turn left onto R579. Head towards Kanturk.	141.25	13:43	13:21	13:04
Turn left onto Bluepool/Link Road	145.53	13:49	13:27	13:09
Turn right to stay on Link Road. Pass Super Valu car park entrance.	145.62	13:49	13:28	13:09
4th time through finish line	146.13	13:50	13:28	13:10
15 km loop - 4 of 4 - Final lap				
Turn left onto Mill Rd. Head toward N72.	146.19	13:50	13:28	13:10
Turn left at church	151.77	13:59	13:37	13:18
Turn left onto N72	151.94	13:59	13:37	13:18
At Ballymaquirke. turn left onto R579. Head towards Kanturk.	155.8	14:06	13:42	13:23
Turn left onto Bluepool/Link Road	160.08	14:12	13:48	13:28
Turn right to stay on Link Road. Pass Super Valu car park entrance.	160.17	14:12	13:48	13:28
Neutral service and team cars deviate to Kanturk Co-op Mart car park.	160.5	14:13	13:49	13:29
5th time through finish line - RACE FINISH Lead cars and Commissaire cars drive straight through line at finish.	160.68	14:13	13:49	13:29

Declaration of awareness

I am aware and accept:

- 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.
- 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.
- The roads are not closed to other traffic.
- I am, at all times during the race, bound by the Road Traffic Acts and other laws of the land.
- 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.
- 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.
- 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.
- I have studied the map for each stage finish and am acquainted with the intricacies of each finish and will exercise due caution.
- 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.