## CYCLING IRELAND

## Road Race Championships 2022

 Hosted byO' 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.


| $\widehat{ }$ | Race HQ | Linngorm Community Centre, Kanturk. P51 YC57. |
| :---: | :---: | :---: |
| $\bigcirc$ | Timing Chip Collection/Return | Linngorm Community Centre, Kanturk. P51 YC57. |
| 㔽 | Radio Collection/Return | Linngorm Community Centre, Kanturk. P51 YC57. |
|  | Anti-doping | Linngorm Community Centre, Kanturk. P51 YC57. |
| $\square^{\text {® }}$ | Podium Presentations | Start/finish line. School, Kanturk Link Road. |
| P | Parking | Kanturk Co-op Marts Ltd, Kanturk. P51 HR29. |
| $\theta$ | Toilets | Kanturk Co-op Marts Ltd, Kanturk. P51 HR29. |
| 蠁 | Start/Finish | School, Kanturk Link Road. |
| + | Medical | School, Kanturk Link Road. |

## Schedule of events

Saturday June 25th

| Time | Event | Distance |
| :--- | :--- | :--- |
| $9: 00 \mathrm{am}$ | Junior Women Road Race | 59 km <br> $(59 \mathrm{~km}$ loop $)$ |
| $10: 00 \mathrm{am}$ | Junior Men Road Race | 117 km <br> $(59 \mathrm{~km}$ loop plus $4 \times 15 \mathrm{~km}$ laps $)$ |
| $2: 30 \mathrm{pm}$ | Elite Women | 103 km <br> $(59 \mathrm{~km}$ loop plus $3 \times 15 \mathrm{~km}$ laps $)$ |

Sunday June 26th

| Time | Event | Distance |
| :--- | :--- | :--- |
| $10: 00 \mathrm{am}$ | Elite Men (incorporating the U23 <br> Men) | 161 km <br> $(103 \mathrm{~km}$ loop plus $4 \times 15 \mathrm{~km}$ 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

1. 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 follow HSE guidelines.
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 UCl 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:

- A current UCI affiliated federation licence \& Photo ID.
- Team vehicles registration numbers.
- 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
- Junior men—Saturday 25th June at 09:15 am
- Elite women-Saturday 25th June at 01:30 pm
- 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) 4546400
- Kerry University Hospital—University Hospital, Ratass, Tralee, Co. Kerry, V92 NX94 Phone: (066) 7184000
- Southdoc—Phone: (0818) 355999


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

The 59km loop route is Kanturk - Newmarket - Ballydesmond - Kiskeam - Boherbue Clonbanin Cross - Ballymaquirk Cross - Kanturk

The 103km loop route 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 | $08: 00 \mathrm{am}$ | Race HQ. Linngorm Community Centre, Kanturk. P51 YC57. |
| :--- | :--- | :--- |
| Managers meeting | $08: 15 \mathrm{am}$ | Race HQ. Linngorm Community Centre, Kanturk. P51 YC57. |
| Rider assembly | $08: 50 \mathrm{am}$ | Start/Finish line. Kanturk Link Road. |
| Race start | 09:00am | Start/Finish line. Kanturk Link Road. |
| Presentations | 15 minutes after 1st <br> 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

$1 \times 59 \mathrm{~km}$ loop
Total distance: 59 km

59 km loop


خ elevation(m)

| stapt | max | Gaill |
| :--- | :--- | :--- |
| $\mathbf{1 0 2 m}$ | $\mathbf{2 6 7 m}$ | $\mathbf{5 0 1 m}$ |



Schedule—Junior women

| Route $\quad$ Description | Dist. <br> KM | Schedule (average KPH) |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  | 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 $\quad$ Description | Dist.KM | Schedule (average KPH) |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  | 30 | 34 | 38 |
| Newmarket |  |  |  |  |
| Continue to follow R576. Head towards Newmarket. <br> 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 | $8: 30 \mathrm{am}$ | Race HQ. Linngorm Community Centre, Kanturk. P51 YC57. |
| :--- | :--- | :--- |
| Managers meeting | $9: 15 \mathrm{am}$ | Race HQ. Linngorm Community Centre, Kanturk. P51 YC57. |
| Rider assembly | $9: 50 \mathrm{am}$ | Start/Finish line. Kanturk Link Road. |
| Race start | 10:00am | Start/Finish line. Kanturk Link Road. |
| Presentations | 15 minutes after 1st <br> 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 | Adam Rafferty | US Colomiers |
| 34 | Quillan Donnelly | Usher Irish Road Club |
| 35 | Adam Nelson | Usher Irish Road Club |
| 36 | Darragh Doherty | VC Glendale |
| 37 | Niall Mc Loughlin | Westport Covey Wheelers Cycling Club |
|  |  |  |

## Race details

$1 \times 59 \mathrm{~km}$ loopfollowed by $4 \times 15 \mathrm{~km}$ loop

Total distance: 117 km

59 km loop


15 km loop


Schedule—Junior men

| Route | Dist. | Sche | verag |  |
| :---: | :---: | :---: | :---: | :---: |
| 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 | 17.47 | 10:30 | 10:27 | 10:24 |
| Continue to follow R578 | 24 | 10:42 | 10:37 | 10:34 |
| Entering Ballydesmond. Turn left onto R577 | 27.8 | 10:49 | 10:43 | 10:39 |
| Continue to follow R577 | 28.6 | 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. | Schedule (average KPH) |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Description | KM | 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 | 93.9 | 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. | 102.13 | 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 <br> 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 | $1: 00 \mathrm{pm}$ | Race HQ. Linngorm Community Centre, Kanturk. P51 YC57. |
| :--- | :--- | :--- |
| Managers meeting | $1: 30 \mathrm{pm}$ | Race HQ. Linngorm Community Centre, Kanturk. P51 YC57. |
| Rider assembly | $2: 20 \mathrm{pm}$ | Start/Finish line. Kanturk Link Road. |
| Race start | $2: 30 \mathrm{pm}$ | Start/Finish line. Kanturk Link Road. |
| Presentations | 15 minutes after 1st <br> 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 | Lve 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

$1 \times 59 \mathrm{~km}$ loopfollowed by $3 \times 15 \mathrm{~km}$ loop
Total distance: 103 km

## 59 km loop



Л elevation (m)


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 | 27.8 | 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 Valu on 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. | 58.47 | 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. | Schedule (average 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 <br> 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 | $08: 30 \mathrm{am}$ | Race HQ. Linngorm Community Centre, Kanturk. P51 YC57. |
| :--- | :--- | :--- |
| Managers <br> meeting | 09:00 am | Race HQ. Linngorm Community Centre, Kanturk. P51 YC57. |
| Rider assembly | $09: 50 \mathrm{am}$ | Start/Finish line. Kanturk Link Road. |
| Race start | 10:00 am | Start/Finish line. Kanturk Link Road. |
| Presentations | 15 minutes after <br> 1 st 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 | Spellman-Dublin Port |
| 111 | Stefan Caulfield-Dreier | Spellman-Dublin Port |
| 112 | Christopher Donald | Spellman-Dublin Port |
| 113 | Dean Harvey | Spellman-Dublin Port |
| 114 | Ruairí Woods | Spin11 - Chain Reaction Racing Team |
| 115 | Ryan Geraghty | Spin11 - Chain Reaction Racing Team |
| 116 | Sean Lenehan | Spin11 - Chain Reaction Racing Team |
| 117 | Aaron Rafferty | Team Caldwell Cycles |
| 118 | Odhran Doogan | Team Caldwell Cycles |
| 119 | Joseph Owens | Nathan Keown |
| 120 |  |  |
| $10 r r i s s e y ~-~ P a c t i m o ~$ |  |  |


| 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 | Gusano CC |
| 131 | Max Rowley Sanchez | Killarney Cycling Club |
| 132 | Lorcan Daly | Lucan Cycling Road Club |
| 133 | Jack Lyne | O'Leary Stone Kanturk |
| 134 | Arnaud Dumoulin | Panduit Carrick Wheelers |
| 135 | Luke Cullen | Sliabh Luachra Cycling Club |
| 136 | Ben Murphy | Team SmartDry Girona Cycling City |
| 137 | Adam Ward | TWC TEMPO Veldhoven |
| 138 | Leo Doyle | Un-Attached Leinster |
| 139 | Joshua Early | Un-Attached Munster |
| 140 | Ewan Warren | VC Glendale |
| 141 | Lee Harvey | Zappi Racing Team |
| 142 | Daniel Yon Hin |  |

## Race details

$1 \times 103 \mathrm{~km}$ loop followed by $4 \times 15 \mathrm{~km}$ loop
Total distance: 161 km

## 103 km loop


$\nearrow$ elevation (M)


## 15 km loop



Л elevation(m)

| Stapt | max | gall |
| :--- | :--- | :--- |
| 102 m | 151 m | 113 m |



Schedule-Elite men (incorporating the U23 Men)

| Route | Dist. | Schedule (average KPH) |  |  |
| :--- | :--- | ---: | ---: | ---: |
| Description | KM | $\mathbf{3 8}$ | $\mathbf{4 2}$ | $\mathbf{4 6}$ |
| 103km loop |  |  |  |  |
| Start/finish line on Kanturk Link Rd. Head toward Mill Rd | $\mathbf{0}$ | $10: 00$ | $10: 00$ | $10: 00$ |
| Turn right onto Mill Rd | $\mathbf{0 . 0 6}$ | $10: 00$ | $10: 00$ | $10: 00$ |
| Turn right onto Percival St | $\mathbf{0 . 3 1}$ | $10: 00$ | $10: 00$ | $10: 00$ |
| Percival St turns slightly right and becomes Main St, Kanturk | $\mathbf{0 . 8 2}$ | $10: 01$ | $10: 01$ | $\mathbf{1 0 : 0 1}$ |


| Route | Dist. | Schedule (average 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 | $\begin{array}{\|l\|} \hline \text { Dist. } \\ \hline \text { KM } \\ \hline \end{array}$ | Schedule (average KPH) |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Description |  | 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 <br> 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.

