

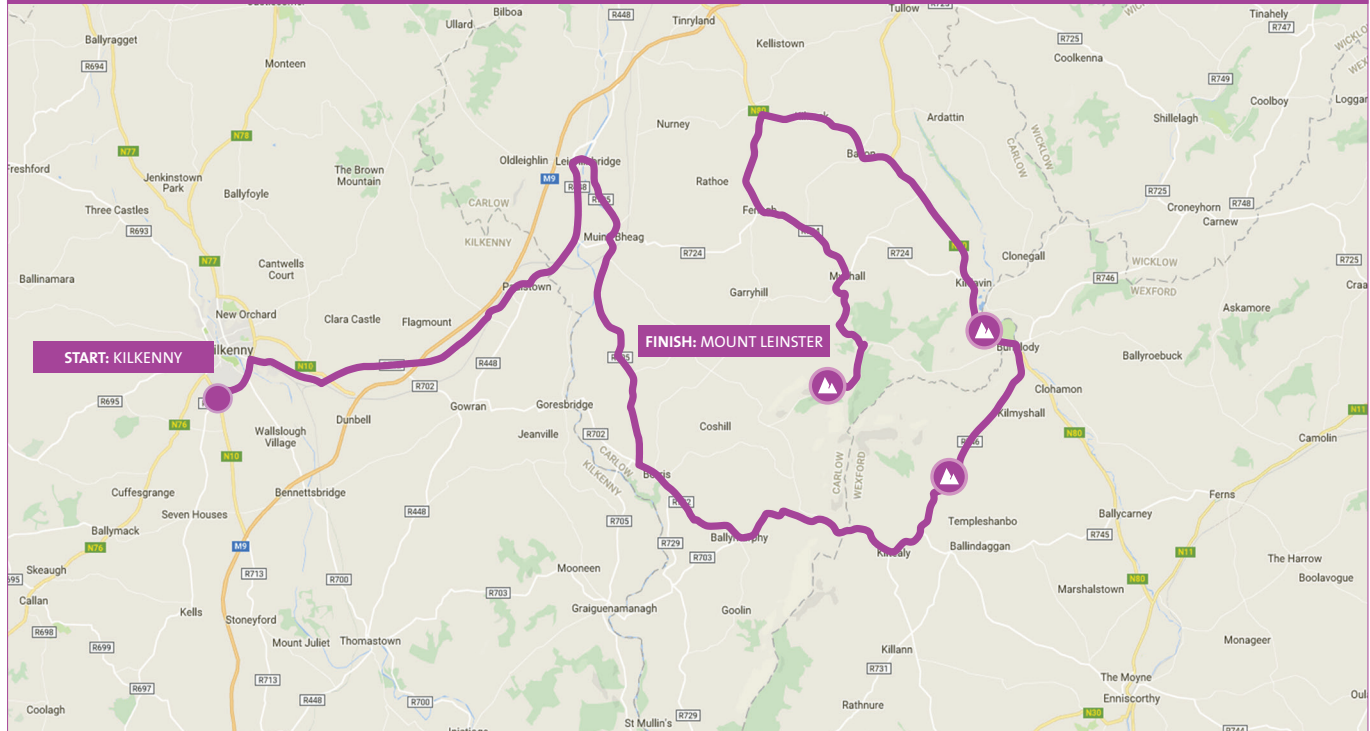
## STAGE 3 - 110KM

KILKENNY - PAULSTOWN - LEIGHLINBRIDGE - MHUINE BEAG/BAGNELSTOWN - BORRIS - BALLYMURPHY- KILTEALY- BUNCLODY - KILDAVIN- BALLON - MOUNT LEINSTER (NINE STONES)

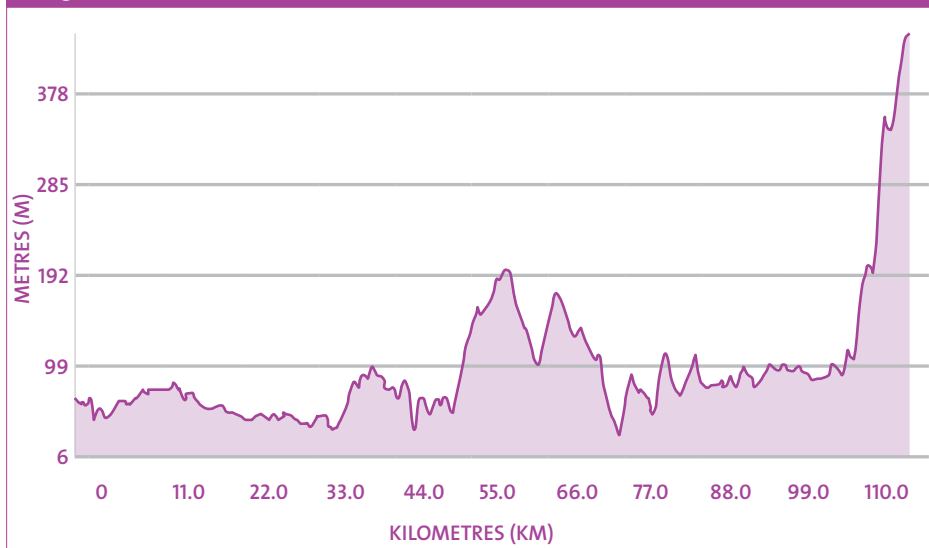
Friday, September 7th 2018

<https://ridewithgps.com/routes/27569489>

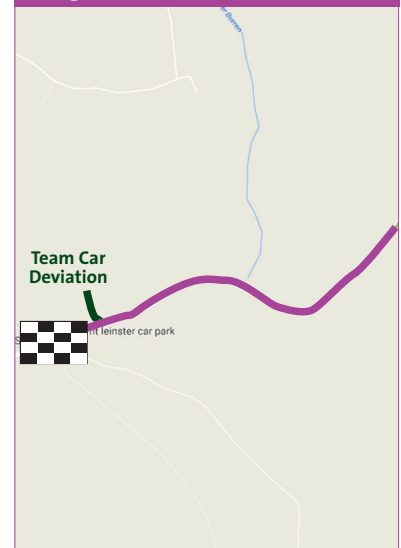
### Stage 3 - Route Map



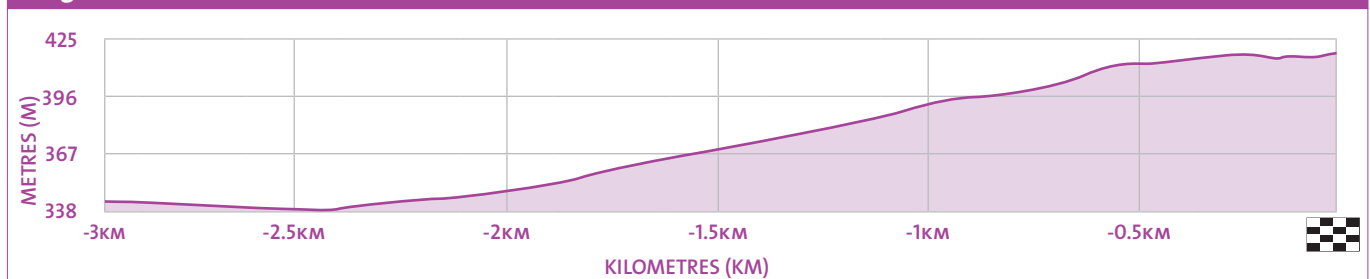
### Stage 3 - Profile



### Stage 3 - Finish



### Stage 3 - Elevation Last 3km



## STAGE 3 - 110KM Friday, September 7th 2018

	TIME
Riders sign-on Springhill Court Hotel	11:00
Riders Assemble Springhill Court Hotel	11:30
Riders roll out from Springhill Court Hotel - neutralised for 3.5km	11:50
Race start	12:00

KM		Route				Schedule		
To Go	DESCRIPTION	JUNC		NOTES	32KPH	36KPH	40KPH	
0	Neutralised Start - Springhill Court	EXIT	LEFT		11:50	11:50	11:50	
0.2	Neutralised - N10	RND	3RD EXIT	CAVALCADE MERGING FROM LEFT, 1ST EXIT				
0.9	Neutralised - N10	RND	3RD EXIT					
1.9	Neutralised - N76	RND	2ND EXIT					
2.6	Neutralised - N76	RND	2ND EXIT					
3.5	Neutralised - N76	RND	3RD EXIT	DIRECTION PAULSTOWN				
3.6	Neutralised - Dublin Rd (R712)	JL						
3.7	Neutralised - Dublin Rd (R712)	JR		PETROL STATION				
3.8	Neutralised - Dublin Rd (R712)	JR						
3.9	Neutralised - Dublin Rd (R712)	JL						
4.1	Neutralised - Dublin Rd (R712)	JR						
4.3	Neutralised - Dublin Rd (R712)	JR						
4.5	Neutralised - Dublin Rd (R712)	JL						
4.6	Neutralised - Dublin Rd (R712)	RND	2ND EXIT					
<b>0</b>	<b>107.4</b>	<b>R712 - End of Fence on LHS</b>		<b>Start</b>	<b>12:00</b>	<b>12:00</b>	<b>12:00</b>	
0.4	107.0	R712	JR		12:00	12:00	12:00	
0.5	106.9	R712	JL	LYRATH HOTEL ENTRANCE	12:00	12:00	12:00	
1.5	105.9	R712	JR		12:02	12:02	12:02	
2.2	105.2	R712	JL		12:04	12:03	12:03	
2.7	104.7	R712	JR		12:05	12:04	12:04	
4.3	103.1	R712	JR		12:08	12:07	12:06	
4.6	102.8	R712	JL		12:08	12:07	12:06	
6.2	101.2	R712 (R702)	JR		12:11	12:10	12:09	
7.0	100.4	R712	JR		12:13	12:11	12:10	
8.1	99.3	R712	JL		12:15	12:13	12:12	
8.6	98.8	R712	JR		12:16	12:14	12:12	
8.8	98.6	R712	JL		12:16	12:14	12:13	

10.9	96.5	R712	JR			12:20	12:18	12:16
11.1	96.3	R712 (L6676)	JL			12:20	12:18	12:16
11.9	95.5	R712	JL			12:22	12:19	12:17
12.1	95.3	R712	JR			12:22	12:20	12:18
12.2	95.2	R712	X			12:22	12:20	12:18
12.7	94.7	R712	JL			12:23	12:21	12:19
13.3	94.1	R712	JL			12:24	12:22	12:19
13.3	94.1	R712 (L6683)	JL			12:24	12:22	12:19
13.7	93.7	R712 (L6683)	JL			12:25	12:22	12:20
13.9	93.5	R712 (R448)	RND	2ND EXIT	DIRECTION PAULSTOWN	12:26	12:23	12:20
14.2	93.2	R448	]]		CAUTION: TRAFFIC ISLAND	12:26	12:23	12:21
14.3	93.1	R448	JR		PAULSTOWN	12:26	12:23	12:21
14.3	93.1	R448	JL			12:26	12:23	12:21
14.4	93.0	R448	JL			12:27	12:24	12:21
14.6	92.8	R448	JL			12:27	12:24	12:21
14.7	92.7	R448	]]		CAUTION: TRAFFIC ISLAND	12:27	12:24	12:22
14.8	92.6	R448	JR			12:27	12:24	12:22
14.9	92.5	R448	]]		CAUTION: TRAFFIC ISLAND	12:27	12:24	12:22
14.9	92.5	R448	JR			12:27	12:24	12:22
14.9	92.5	R448	]]		CAUTION: TRAFFIC ISLAND	12:27	12:24	12:22
15.1	92.3	R448	]]		CAUTION: TRAFFIC ISLAND	12:28	12:25	12:22
15.1	92.3	R448	JR			12:28	12:25	12:22
15.6	91.8	R448	JL			12:29	12:26	12:23
16.7	90.7	R448	JR			12:31	12:27	12:25
17.3	90.1	R448	JR			12:32	12:28	12:25
17.4	90.0	R448	JL			12:32	12:29	12:26
18.0	89.4	R448	JR			12:33	12:30	12:27
18.2	89.2	R448	JL			12:34	12:30	12:27
18.3	89.1	R448	JR			12:34	12:30	12:27
19.0	88.4	R448	JR			12:35	12:31	12:28
19.9	87.5	R448	JL			12:37	12:33	12:29
21.3	86.1	R448	JR			12:39	12:35	12:31
22.0	85.4	R448 (L3037)	JR	RIGHT	DIRECTION LEIGHLINBRIDGE	12:41	12:36	12:33
22.0	85.4	L3037	JR			12:41	12:36	12:33
22.3	85.1	L3037	JL			12:41	12:37	12:33
22.5	84.9	L3037	JR			12:42	12:37	12:33
22.5	84.9	L3037	]]		CAUTION: ROAD NARROWS	12:42	12:37	12:33
22.5	84.9	L3037	X			12:42	12:37	12:33
22.6	84.8	L3037 (Main St)	T	LEFT	LEIGHLINBRIDGE, APPEARS STRAIGHT	12:42	12:37	12:33
22.6	84.8	Main St	]]		CAUTION: NARROW BRIDGE	12:42	12:37	12:33
22.8	84.6	Main St (R705)	JR	RIGHT	APPEARS AS STRAIGHT	12:42	12:38	12:34
22.9	84.5	R705	JL			12:42	12:38	12:34
23.1	84.3	R705	]]		CAUTION: SPEED BUMP	12:43	12:38	12:34

23.7	83.7	R705	JL			12:44	12:39	12:35
25.6	81.8	R705	JL		CONCEALED	12:48	12:42	12:38
26.6	80.8	R705	JL		DOUBLE JUNCTION	12:49	12:44	12:39
27.0	80.4	R705	JL		BAGENALSTOWN, TRIPLE JUNCTION	12:50	12:45	12:40
27.2	80.2	R705	JL	LEFT	ONTO HOTEL/HIGH ST	12:51	12:45	12:40
27.2	80.2	High St	X			12:51	12:45	12:40
27.3	80.1	High St (Church Rd)	X			12:51	12:45	12:40
27.5	79.9	Church Rd (R724)	T	LEFT	DIRECTION BUNCLODY	12:51	12:45	12:41
27.5	79.9	R724	]]		CAUTION: SPEED BUMP	12:51	12:45	12:41
27.5	79.9	R724	JR		PETROL STATION	12:51	12:45	12:41
27.6	79.8	R724 (R705)	RND	3RD EXIT	DIRECTION BORRIS	12:51	12:46	12:41
27.7	79.7	R705	JR		PETROL STATION	12:51	12:46	12:41
27.7	79.7	R705	JR			12:51	12:46	12:41
27.8	79.6	R705	X			12:52	12:46	12:41
27.9	79.5	R705	JL			12:52	12:46	12:41
28.0	79.4	R705	]]		CAUTION: NARROW BRIDGE	12:52	12:46	12:42
28.4	79.0	R705	JL			12:53	12:47	12:42
29.0	78.4	R705	JL			12:54	12:48	12:43
29.1	78.3	R705	JR		PETROL STATION	12:54	12:48	12:43
31.5	75.9	R705	]]		CAUTION: NARROW BRIDGE	12:59	12:52	12:47
31.5	75.9	R705	JR		IMMEDIATELY AFTER BRIDGE	12:59	12:52	12:47
33.5	73.9	R705	X			13:02	12:55	12:50
34.9	72.6	R705	JL			13:05	12:58	12:52
35.6	71.8	R705	JL			13:06	12:59	12:53
35.8	71.6	R705	JR			13:07	12:59	12:53
36.5	70.9	R705	JL			13:08	13:00	12:54
39.1	68.3	R705	JL			13:13	13:05	12:58
39.2	68.2	R705 (Oaktree Ct)	JL		BORRIS	13:13	13:05	12:58
39.3	68.1	R705	JR		PETROL STATION	13:13	13:05	12:58
39.4	68.0	R705 (R702)	T	LEFT	DIRECTION ENNISCORTHY	13:13	13:05	12:59
39.6	67.9	R702 (Woodlawn Pk)	JL			13:14	13:05	12:59
39.8	67.6	R702 (Lodge Ct)	JL			13:14	13:06	12:59
40.0	67.4	Main St	]]		CAUTION: SPEED BUMP	13:15	13:06	13:00
40.1	67.4	Main St	X		5 WAY X	13:15	13:06	13:00
40.4	67.0	Main St	JL			13:15	13:07	13:00
40.5	66.9	Main St	]]		CAUTION: SPEED BUMP	13:16	13:07	13:00
40.9	66.5	R702	JL			13:16	13:08	13:01
41.0	66.4	R702	JL			13:16	13:08	13:01
41.4	66.0	R702	JL			13:17	13:09	13:02
41.7	65.8	R702	JL	LEFT	DIRECTION ENNISCORTHY	13:18	13:09	13:02
41.7	65.7	R702	JL			13:18	13:09	13:02
44.0	63.4	R702	JR			13:22	13:13	13:06
45.2	62.3	R702	JL		DOUBLE JUNCTION	13:24	13:15	13:07

46.0	61.5	R702	JR			13:26	13:16	13:08
46.2	61.3	R702	JR		BALLYMURPHY	13:26	13:16	13:09
46.4	61.0	R702	JR		CAUTION: BEND TO LEFT	13:26	13:17	13:09
48.0	59.4	R702	JL			13:30	13:20	13:12
48.3	59.1	R702	JR			13:30	13:20	13:12
51.2	56.2	R702	JL			13:36	13:25	13:16
51.6	55.8	R702	X			13:36	13:26	13:17
52.8	54.6	R702	JL			13:38	13:27	13:19
53.0	54.4	R702	JR			13:39	13:28	13:19
54.5	52.9	R702	JR			13:42	13:30	13:21
55.5	51.9	R702 (R730)	T	LEFT	KILTEALY, DIRECTION BUNCLOUDY	13:44	13:32	13:23
55.8	51.7	R702	JR			13:44	13:32	13:23
55.8	51.6	R702	]]		CAUTION: SPEED BUMP	13:44	13:33	13:23
55.9	51.5	R702	]]		CAUTION: SPEED BUMP	13:44	13:33	13:23
56.0	51.4	R702	JR			13:45	13:33	13:24
56.4	51.0	R702	JL		ON BEND	13:45	13:33	13:24
56.7	50.7	R702	JL			13:46	13:34	13:25
57.0	50.5	R702	JL		PETROL STATION	13:46	13:34	13:25
57.5	49.9	R702 (R746)	X	LEFT		13:47	13:35	13:26
59.2	48.3	R746	X			13:50	13:38	13:28
60.0	47.5	R746	JR			13:52	13:39	13:29
60.1	47.4	R746	QOH		QOH FINISH: CAT 2. LENGTH: 2.4KM, AVG: 3%, MAX: 4.5%	13:52	13:40	13:30
60.1	47.4	R746	JL			13:52	13:40	13:30
60.2	47.2	R746	JL			13:52	13:40	13:30
61.0	46.4	R746	JR			13:54	13:41	13:31
61.1	46.3	R746	X			13:54	13:41	13:31
62.9	44.5	R746	JL			13:57	13:44	13:34
63.3	44.1	R746	X			13:58	13:45	13:34
64.7	42.8	R746	JL			14:01	13:47	13:36
64.8	42.6	R746	JR			14:01	13:48	13:37
66.0	41.4	R746	JR			14:03	13:50	13:39
66.8	40.7	R746 (Ryland Wood)	JL			14:05	13:51	13:40
67.0	40.4	R746 (Old Forest)	JR			14:05	13:51	13:40
67.3	40.1	R746 (Halting Site)	JL			14:06	13:52	13:40
67.4	40.1	R746 (Na Coillte)	JL			14:06	13:52	13:41
67.6	39.8	R746 (Carraig Ban)	JL			14:06	13:52	13:41
68.0	39.4	R746	]]		CAUTION: SPEED BUMP	14:07	13:53	13:42
68.1	39.3	R746 (Hospital Hill)	JR			14:07	13:53	13:42
68.2	39.2	R746	]]		CAUTION: SPEED BUMP	14:07	13:53	13:42
68.4	39.0	R746 (N80)	RND	1ST EXIT	BUNCLOUDY. DIRECTION CARLOW	14:08	13:53	13:42
68.4	39.0	Main St	JR			14:08	13:54	13:42
68.5	38.9	Main St	]]		CROSSING	14:08	13:54	13:42
68.6	38.8	Main St	JL			14:08	13:54	13:42

68.7	38.7	Main St	X			14:08	13:54	13:43
68.9	38.6	N80 (Barkers Rd)	X		SUPERMARKET ON RIGHT	14:09	13:54	13:43
68.9	38.5	N80	]]		CAUTION: TRAFFIC ISLAND	14:09	13:54	13:43
69.0	38.4	N80	]]		CAUTION: TRAFFIC ISLAND	14:09	13:55	13:43
69.1	38.4	N80	JR			14:09	13:55	13:43
69.1	38.3	N80	]]		CAUTION: TRAFFIC ISLAND	14:09	13:55	13:43
69.2	38.2	N80	JL		PETROL STATION	14:09	13:55	13:43
69.2	38.2	N80	JR			14:09	13:55	13:43
69.2	38.2	N80	]]		CAUTION: TRAFFIC ISLAND	14:09	13:55	13:43
69.3	38.1	N80	JL			14:09	13:55	13:43
69.4	38.0	N80	]]		CAUTION: TRAFFIC ISLAND	14:10	13:55	13:44
69.4	38.0	N80	JR			14:10	13:55	13:44
69.5	37.9	N80	]]		CAUTION: TRAFFIC ISLAND	14:10	13:55	13:44
69.5	37.9	N80	JR			14:10	13:55	13:44
69.6	37.8	N80	]]		CAUTION: TRAFFIC ISLAND	14:10	13:55	13:44
69.7	37.7	N80	QOH		QOH FINISH: CAT 2. LENGTH: 0.9KM, AVG: 5%, MAX: 7%	14:10	13:56	13:44
70.3	37.1	N80	JL			14:11	13:57	13:45
72.0	35.5	N80	JR		ENTRANCE	14:14	13:59	13:47
72.2	35.3	N80	JL			14:15	14:00	13:48
72.3	35.1	N80	JR			14:15	14:00	13:48
72.5	34.9	N80	JR			14:15	14:00	13:48
72.6	34.9	N80	JL			14:16	14:00	13:48
73.0	34.4	N80	JL			14:16	14:01	13:49
73.2	34.2	N80	JR			14:17	14:02	13:49
73.3	34.2	N80	JL			14:17	14:02	13:49
73.8	33.6	N80	JR			14:18	14:02	13:50
74.1	33.4	N80	JR			14:18	14:03	13:51
74.4	33.1	N80	JR			14:19	14:03	13:51
74.8	32.7	N80	X			14:20	14:04	13:52
75.6	31.9	N80	JR			14:21	14:05	13:53
76.3	31.2	N80	JR			14:23	14:07	13:54
76.4	31.1	N80	JL			14:23	14:07	13:54
76.9	30.5	N80	JR			14:24	14:08	13:55
77.8	29.6	N80	JL			14:25	14:09	13:56
77.8	29.6	N80	JR			14:25	14:09	13:56
78.2	29.2	N80	X			14:26	14:10	13:57
80.3	27.1	N80	JL			14:30	14:13	14:00
80.4	27.1	N80 (N81)	JR			14:30	14:13	14:00
81.8	25.6	N80	]]		BALLON, CAUTION: TRAFFIC ISLAND	14:33	14:16	14:02
81.9	25.5	N80	RND	2ND EXIT	CAUTION: TRAFFIC ISLAND	14:33	14:16	14:02
81.9	25.5	N80	]]		CAUTION: TRAFFIC ISLAND	14:33	14:16	14:02
82.1	25.3	N80	JL		CAUTION: TRAFFIC ISLAND	14:33	14:16	14:03
82.2	25.3	N80	JL			14:34	14:16	14:03

82.4	25.0	N80	]]		CAUTION: TRAFFIC ISLAND	14:34	14:17	14:03
82.4	25.0	N80	JL			14:34	14:17	14:03
82.5	25.0	N80	]]		CAUTION: TRAFFIC ISLAND	14:34	14:17	14:03
82.5	24.9	N80	JR			14:34	14:17	14:03
82.5	24.9	N80	]]		CAUTION: TRAFFIC ISLAND	14:34	14:17	14:03
82.6	24.9	N80	JL		PETROL STATION	14:34	14:17	14:03
82.7	24.7	N80	JL			14:35	14:17	14:04
82.9	24.5	N80	JL			14:35	14:18	14:04
83.4	24.0	N80	JR			14:36	14:19	14:05
85.1	22.4	N80	JR			14:39	14:21	14:07
85.6	21.9	N80	JL			14:40	14:22	14:08
86.7	20.7	N80	JR			14:42	14:24	14:10
86.8	20.7	N80	JL			14:42	14:24	14:10
87.3	20.1	N80	JL			14:43	14:25	14:10
88.2	19.3	N80 (L3049)	JL	LEFT	DIRECTION FENAGH	14:45	14:26	14:12
92.4	15.0	L3049	JR			14:53	14:34	14:18
92.7	14.7	L3049	JL			14:53	14:34	14:19
93.2	14.2	L3049 (R724)	RND	1ST EXIT	FENAGH, DIRECTION KILDAVIN	14:54	14:35	14:19
93.3	14.2	R724	JL			14:54	14:35	14:19
93.3	14.1	R724	JR			14:54	14:35	14:19
93.4	14.1	R724	JL			14:55	14:35	14:20
93.4	14.1	R724	JR			14:55	14:35	14:20
95.9	11.5	R724	X			14:59	14:39	14:23
97.1	10.3	R724	JL			15:02	14:41	14:25
97.5	9.9	R724	JR			15:02	14:42	14:26
98.8	8.6	R724	JR			15:05	14:44	14:28
98.9	8.6	R724	JL			15:05	14:44	14:28
98.9	8.5	R724	JL			15:05	14:44	14:28
99.0	8.5	R724	JL			15:05	14:44	14:28
99.1	8.3	R724	]]			15:05	14:45	14:28
99.1	8.3	R724 (L3033)	X	RIGHT	CAUTION: SPEED BUMP	15:05	14:45	14:28
99.2	8.2	L3033	JR	RIGHT	MYSHALL, CAUTION: TRAFFIC ISLAND	15:06	14:45	14:28
100.1	7.3	L3033	JL	LEFT		15:07	14:46	14:30
100.7	6.7	Road	JL		STEEP BEND TO RIGHT	15:08	14:47	14:31
101.4	6.0	Road	JL			15:10	14:48	14:32
102.1	5.4	Road	T	LEFT		15:11	14:50	14:33
102.4	5.1	Road	Y	LEFT		15:11	14:50	14:33
103.1	4.3	Road	JR			15:13	14:51	14:34
104.1	3.3	Road	JR	RIGHT	CAUTION: SLIPPERY SURFACE	15:15	14:53	14:36
104.6	2.8	Road	]]		CAUTION: CATTLE GRID	15:16	14:54	14:36
<b>107.4</b>	<b>0.0</b>	<b>Finish</b>	<b>Finish</b>		<b>QOH Finish: Cat 1. Length: 7.3km, Avg: 5%, Max: 17.6%</b>	<b>15:21</b>	<b>14:59</b>	<b>14:41</b>