

# Stage 3 Rás na mBan - Fri 10th Sept 2021

KM		Route			Schedule			
From Start	To Finish	Description	Junction	Instruction	Notes	32 KPH	38 KPH	42 KPH
		<b>Neutralised Start - Castlecomer Discovery Park</b>	<b>Exit</b>	<b>Left</b>				
		<b>Neutralised - N78</b>	<b>JR</b>					
0	100.6	<b>N78 - at 60km Speed Limit signs</b>			<b>Start</b>	<b>12:05</b>	<b>12:05</b>	<b>12:05</b>
6.3	94.3	N78	JL		<b>Crettyard</b>	12:16	12:14	12:14
9.0	91.7	N78			Caution: Traffic Island	12:21	12:19	12:17
9.1	91.5	N78	X	Left	<b>Newtown</b> Caution: Traffic Island	12:22	12:19	12:18
9.4	91.2	R430			Caution: Pedestrian Crossing	12:22	12:19	12:18
13.2	87.4	R430			<b>The Swan</b> Caution: Speed Ramp	12:29	12:25	12:23
13.7	86.9	R430			Caution: Speed Ramp	12:30	12:26	12:24
14.1	86.5	R430			Caution: Bridge	12:31	12:27	12:25
14.2	86.4	R430/R426	JR	Right	Direction Timahoe	12:31	12:27	12:25
23.0	77.6	R426			<b>Timahoe</b>	12:48	12:41	12:37
27.3	73.3	R426/R427	X		Caution: Staggered Junction across a major road with Traffic Islands	12:56	12:48	12:44
31.8	68.8	R426			Caution: Bend to right, Do not cut. Keep on left side of road.	13:04	12:55	12:50
34.6	66.0	N80/R425	RND	1st Exit		13:09	12:59	12:54
35.4	65.2	N80	JL/		<b>Portlaoise</b> Caution: Traffic Islands	13:11	13:00	12:55
35.5	65.1	N80	RND	1st Exit	Caution: Narrows	13:11	13:01	12:55
35.8	64.8	N80	RND	2nd Exit	Caution: Tight RND	13:12	13:01	12:56
36.9	63.7	N80/R445	RND	1st Exit	Extreme Caution! Narrows	13:14	13:03	12:57
36.9	63.7	N80			Pedestrian Crossing	13:14	13:03	12:57
37.1	63.5	N80	RND	2nd Exit		13:14	13:03	12:58
37.3	63.3	N80			Caution: Pedestrian Crossing, Traffic Islands	13:14	13:03	12:58
37.3	63.3	N80	RND	2nd Exit		13:14	13:03	12:58
37.4	63.2	N80			Caution: Pedestrian Crossing, Traffic Islands	13:15	13:04	12:58
37.6	63.0	N80/N77	RND	3rd Exit	Direction Tullamore	13:15	13:04	12:58
37.8	62.8	N80/R445	RND	2nd Exit	Direction Tullamore	13:15	13:04	12:59
37.8	62.8	N80			Caution: Pedestrian Crossing	13:15	13:04	12:59
38.2	62.4	N80			Caution: Pedestrian Crossing	13:16	13:05	12:59
39.1	61.5	N80	JR		Caution: Pedestrian Crossing	13:18	13:06	13:00
39.3	61.3	N80			Caution: Pedestrian Crossing	13:18	13:07	13:01
39.8	60.8	N80	RND	2nd Exit		13:19	13:07	13:01
40.6	60.0	N80	RND	2nd Exit		13:21	13:09	13:03
40.7	59.9	N80			Caution: Pedestrian Crossing	13:21	13:09	13:03
40.7	59.9	N80	RND	2nd Exit		13:21	13:09	13:03
47.9	52.7	N80	JL		<b>Mountmellick</b>	13:34	13:20	13:13
48.0	52.6	N80/Pamell St	T	Left	Direction Tullamore	13:35	13:20	13:13
48.2	52.4	N80 (Market St)			Caution: Pedestrian Crossing	13:35	13:21	13:13
48.4	52.2	N80/R422	RND	1st Exit	Direction: Birr	13:35	13:21	13:14
54.2	46.4	R422		Left	<b>Rosenallis</b> Caution: Sharp bend	13:46	13:30	13:22
62.7	37.9	R422			<b>Clonaslee</b> Caution: Pedestrian Crossing	14:02	13:44	13:34
62.8	37.8	R422			Caution: Traffic Island	14:02	13:44	13:34
78.2	22.4	R421	JR		<b>Kinnity</b>	14:31	14:08	13:56
78.3	22.3	R421/R440	JL	Left	Direction: Mountrath	14:31	14:08	13:56
85.9	14.7	R440	T	Right		14:46	14:20	14:07

KM		Route			Schedule			
From Start	To Finish	Description	Junction	Instruction	Notes	32 KPH	38 KPH	42 KPH
87.2	13.4	R440 - Wolftrap	QOH		<b>QOH Finish</b> Length: 8.6km, Avg: 4.0%, Max: 9.7%	14:48	14:22	14:09
93.7	6.9	R440/Road	JL	Left	Direction: Clonaslee Caution: Sharp bend	15:00	14:32	14:18
100.6	0.0	Finish - The Cut	QOH		<b>QOH Finish</b> Length: 4.4km, Avg: 4.4%, Max: 12.4%	15:13	14:43	14:28