



**CYCLING
IRELAND**

Cycling Ireland Road National Championships

20th June – 23rd June 2024

Incorporating the PJ O’Riordan Memorial Cup



Hosted By: Newcastle West Cycling Club

Lead Sponsor: Rockwell

Key Information

Road Race HQ	Con Colbert Community Hall, Athea, Co Limerick; V94 H772
Time Trial HQ	Athea GAA Club, Athea, Co Limerick, V94 9C93
Parking	Athea GAA Club, Athea, Co Limerick, V94 9C93 and in the village of Athea, <u>off</u> the race circuit.
Event Maps	2024 National Championships Map of Key Areas 2024 National Championships Detailed Event Map
Race Circuits	36.6km Time Trial Route Strava Map Link 27km Road Race Circuit Strava Map Link 5.2km Athea Finish Circuit Strava Map Link

Event Schedule

Day	Date	Event	Time Start	Estimated Finish Time
Thursday	20/06/2024	Time Trial	6:30 pm	8:45 pm
Saturday	22/06/2024	Men JNR	9:00 am	11.30 am
Saturday	22/06/2024	Women Elite & U23	12:30 pm	3.30 pm
Sunday	23/06/2023	Women JNR	9:00 am	10.30 am
Sunday	23/06/2023	Men Elite & U23	12:00 pm	3.30 pm

EVENT PERSONNEL

Race Director	Michael Field
UCI Commissaire President	Paul Watson
Event Co-Ordinator	Peter Finn
Event Co-Ordinator	Deirdre O’Riordan
Chief Marshal	Dan Cahill
Chief Judge	Jack Watson
Safety Manager	Aaron Johnson
Event Medical Support	Red Cross
Chip Timing	Brian Conroy (Pop Up Races)
Timekeeper – Road Race	Brian Conroy (Pop Up Races)
Photo Finish	David Mullin
Finish Line Co-Ordinator	Peter Finn
Cycling Ireland Events Co-Ordinator	Aaron Johnson
Cycling Ireland Events Officer	Denise McKenna
Cycling Ireland Press Officer	Gavin Quinn
Podium & Presentation Co-Ordinator	Peter Finn
Cammi Motorcycle Group	Richie McNamara

Time Trial – 20/06/2024

Event Officials

Chief Commissaire	Paul Watson
Chief Comm - Driver	Donnchadh McCarthy
Comm 2	John Breen
Comm 2 - Driver	Deirdre O’Riordan
Comm 3	Anthony Keneally
Comm 3 - Driver	Theresa Finn
Chip Timing	Pop Up Races
Holder	Peter Finn
Starter	Stevie Griffin
Spotter	Dan McAuliffe
Timekeeper	Pop Up Races
Manual Timekeeper	Mick Twomey
Chief Marshal	Dan Cahill
Bike Check	Tom Gentleman
First Aid	Red Cross

Live Timing: Live timing will be available via <https://www.popupraces.ie/> and this link will be regularly posted Cycling Irelands social media feeds and to the Newcastle West Cycling Club Facebook Page.

UCI Regulations on Rider Position in Time Trials: All riders must abide by the UCI regulations regarding Time Trial positions. Riders requiring height exemptions should follow the instructions listed [HERE](#) and contact Paul Watson with any queries - paul.watson@cyclingireland.ie

Podium Arrangements: All presentations will take place 15 Minutes after the final rider has finished at Race HQ – Athea GAA Club, V94 9C93.

Follow Vehicles: All follow vehicles are to adhere to UCI Technical Regulation: UCI 2.4.023
For more information see: <https://www.uci.org/pressrelease/uci-regulations-for-road-cycling-changes-for-time-trials/1QmN4gRxsgeQtgahAAfXr>

Anti-Doping: Will be carried out at Race HQ – Athea GAA Club V94 9C93

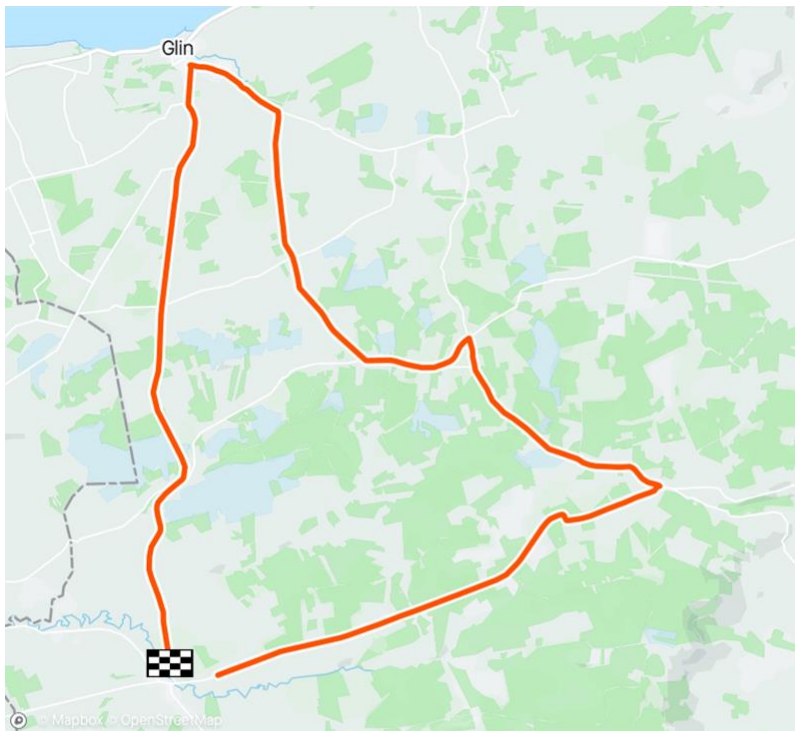
TIME TRIAL – Schedule	
Time	Action
16:30 - 18:00	Sign-on - Collect Timing Chip (no deposit req.) and race number
16:30 – 18:00	Drivers of following vehicles must present license to chief Comm See UCI 2.4.023 for all Technical Regs
16:30 -17:30	Height Verification for those riders looking for UCI Category 2 or 3 exemptions who are not listed on the UCI Database
17:00 - 18:00	Pre-Check of Bike Position available at Race HQ
18:00	Marshal Briefing
18:00	Commissaire Meeting
18:15	Rider #001 to the start
18:31	Rider #001 start
20:45	Final rider expected to finish
21:00	Podium presentation – TT HQ – Athea GAA Club.
Media Interviews	Immediately following Podium Presentations
Timing Chips	To be returned to collection point

Time Trial Circuit Description

Time Trial Distance: 36.6km
Elevation: 429m
Link: [36.6KM Route Strava Map Link.](#)

Starting at the Athea GAA Club entrance the route goes towards Carrigkerry. From 4.1km there is a 3.6km drag at 2.5% average followed by a drop into Carrigkerry where there is a sharp switch back left turn. The road drags until 12km in. **At 14.8km there is a very fast descent into a 90-degree left turn onto the L1226 at Glenbaun.** At 17km the route turns right at Knockdown for Glin, a fast road dropping all the way to a left at 22.5km. Continues into the village of Glin where at 24.5k there is a turn left onto a rising road. From here in Glin the road climbs for 6.2km at an average of 2.5% but with a few ramps. There is a flat top with the road descending from 30.7km point to the finish just before you arrive back in the village of Athea. After the finish continue the short distance to the village and turn left up the hill brings you back to the GAA club.

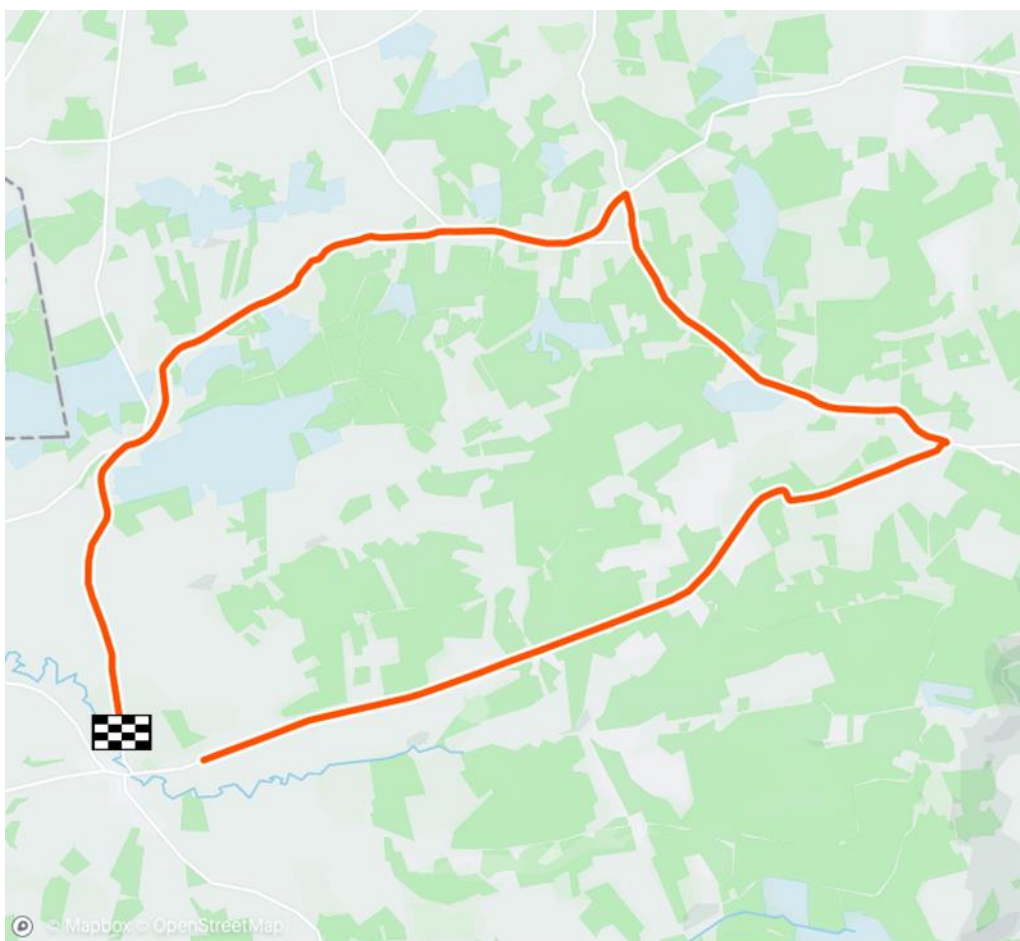
Time checks will be at 24.5km at the left turn in Glin Village.



Para-Cycling Time Trial Circuit Description

Time Trial Distance: 25.7km
Elevation: 429m
Link: [25.7km Para TT Route Link](#)

A 25.7Km Circuit with all races assembling at Athea National School. Lead car will pull out from the Primary school and all races will be neutralised until Athea GAA club which is 900m into the circuit. The circuit goes towards Carrigkerry. From 4.1km there is a 3.6km drag at 2.5% average followed by a drop into Carrigkerry where there is a sharp switch back left turn. The road drags until 12km in. At 14.8km there is a very fast descent into a tight 90 degree left turn onto the L1226 at Glenbaun. At 17km the route continues straight past Knockdown until it joins R524 at Blaine Cross, a left at 23km. The road drags for 0.5km and then descends to the finish.



Road Races – 22/06/24 & 23/06/24

- Parking for all events is at Athea GAA Club V94 9C93.
- Sign-on and Timing Chip Collection at Race HQ - Con Colbert Community Hall.
- The changing rooms and shower facilities of Athea GAA will be available to riders after each race.
- Riders assembly for all races in school yard across from Race HQ, please keep road clear for traffic.
- All races will be neutralized until the top of the hill at Athea GAA Club (1km)
- All races finish in the village of Athea, approx. 300m after the final corner.
- All timing chips must be returned; it is the rider's responsibility to return their timing chip. There will be a collection point after the finish line - €50 fine will be applied to any unreturned chips.
- All medalists must be present at Race HQ within 15 min of race finish, presentations will take place just outside race HQ.
- The top 3 in each National Championship will be presented with medals and the winner will receive the National Championship Jersey.
- The U23 Men and Women are a separate championship with medals and jersey.
- Team award will be presented to the top 3 combined riders from a team (Cycling Ireland affiliated club).

We ask all riders and supporters to respect the village of Athea, the community facilities, village hall and the GAA club, leaving all in the way they were prior to the event.

Junior Men – Road Race

Saturday 22nd June

Start Time 9:00am

Race HQ - Con Colbert Community Hall, Athea, Co Limerick; V94 H772

Parking - Athea GAA Club, Athea, Co Limerick, V94 9C93 and in the village of Athea off the Road Race circuit. Strictly no parking on the race circuit.

Race Officials

Race Director	Michael Field
Chief Comm	John Breen
Comm 2	Anthony Kenneally
Moto Comm	James McLaughlin
Chief & Finish Judge	Jack Watson
Timing Chips	Pop Up Races
Timekeeper	Pop Up Races
Photo Finish	David Mullin
Neutral Service	Micheal O'Callaghan
Neutral Service 2	TBC

Junior Men Road Race Schedule

Rider Sign-on	07:30 – 08:30	Race HQ – V94 H772
Team Managers Meeting	08:00	Race HQ – V94 H772
Marshal Briefing	08:15	Race HQ – V94 H772
Rider Assembly	08:50	Athea Primary School yard V94 F226; (across from Race HQ)
Race Start	09:00	At Athea Primary School
Exp. Race Finish	11:30	Athea
Presentations	15 Minutes after race finish	Race HQ
Media Interviews	After Presentations	Race HQ

Race Details: 4 laps of 27km.
Distance: 108Km
Elevation: 1220m

						Lap	Total	Total
						Elevation	Distance	Elevation
					Lap KM			(Metres)
Men Junior								
Lap 1	27Km Athea, Carraigkerry, Knockdown, Athea.				27 K	305	27 K	305
Lap 2	27Km Athea, Carraigkerry, Knockdown, Athea.				27 K	305	54 K	610
Lap 3	27Km Athea, Carraigkerry, Knockdown, Athea.				27 K	305	81 K	915
Lap 4	27Km Athea, Carraigkerry, Knockdown, Athea.				27 K	305	108 K	1,220

Race Circuit Description; A 27Km Circuit with all races assembling at Athea National School. Lead car will pull out from the Primary school and all races will be neutralised until Athea GAA club which is 900m into the circuit. The circuit goes towards Carrigkerry. From 4.1km there is a 3.6km drag at 2.5% average followed by a drop into Carrigkerry where there is a sharp switch back left turn. The road drags until 12km in. **At 14.8km there is a very fast descent into a tight 90 degree left turn onto the L1226 at Glenbaun.** At 17km the route continues straight past Knockdown until it joins R524 at Blaine Cross, a fast left at 23km. The road drags for 0.5km and then descends back into Athea with a bend to the right before the left turn in the village at race HQ.

Estimated Schedule

KM		Route	Schedule			
From Start	To Finish		Description	40 Kmh	43 Kmh	46 Kmh
0.0	108.0	Athea, Con Colbert Hall		9:00	9:00	9:00
0.9	107.1	Athea GAA grounds		9:01	9:01	9:01
10.5	97.5	Carrigkerry		9:15	9:14	9:13
15.6	92.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left		9:23	9:21	9:20
23.0	85.0	Blaine Cross 4 Cross Road joining R524		9:34	9:32	9:30
27.0	81.0	Athea, Con Colbert Hall		9:40	9:37	9:35
37.5	70.5	Carrigkerry		9:56	9:52	9:48
42.6	65.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left		10:03	9:59	9:55
50.0	58.0	Blaine Cross 4 Cross Road joining R524		10:15	10:09	10:05
54.0	54.0	Athea, Con Colbert Hall		10:21	10:15	10:10
64.5	43.5	Carrigkerry		10:36	10:30	10:24
69.6	38.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left		10:44	10:37	10:30
77.0	31.0	Blaine Cross 4 Cross Road joining R524		10:55	10:47	10:40
81.0	27.0	Athea, Con Colbert Hall		11:01	10:53	10:45
91.5	16.5	Carrigkerry		11:17	11:07	10:59
96.6	11.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left		11:24	11:14	11:06
104.0	4.0	Blaine Cross 4 Cross Road joining R524		11:36	11:25	11:15
108.0	0.0	Athea, Con Colbert Hall		11:42	11:30	11:20

Elite & U23 Women – Road Race

Saturday 22nd June

Start Time 12:30pm

Race HQ - Con Colbert Community Hall, Athea, Co Limerick; V94 H772

Parking - Athea GAA Club, Athea, Co Limerick, V94 9C93 and in the village of Athea off the Road Race circuit. Strictly no parking on the race circuit.

Race Officials

Race Director	Michael Field
Chief Comm	Paul Watson
Comm 2	Julia Mulvihill
Moto	James McLaughlin
Chief Judge	Jack Watson
Timekeeper	Pop Up Races
Photo Finish	David Mullin
Neutral Service	Micheal O'Callaghan
Neutral Service 2	TBC

Elite & U23 Women Road Race Schedule

Rider Sign-on	11:00 – 12:00	Race HQ – V94 H772
Team Managers Meeting	11:30	Race HQ – V94 H772
Rider Assembly	12:20	Athea Primary School yard V94 F226; (across from Race HQ)
Race Start	12:30	At Athea Primary School
Exp. Race Finish	15:30	Athea
Presentations	15 Minutes after race finish	Race HQ
Media Interviews	After Presentations	Race HQ

Race Details: 4 laps of 27km + 2 laps of 5.2km
Distance: 118Km
Elevation: 1350m

		Lap KM	Lap Elevation	Total Distance	Total Elevation
Women Senior & U23					
Lap 1	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	27 K	305
Lap 2	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	54 K	610
Lap 3	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	81 K	915
Lap 4	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	108 K	1,220
Lap 1	5Km Athea Motorbike Circuit	5.2 K	65	113 K	1,285
Lap 2	5Km Athea Motorbike Circuit	5.2 K	65	118 K	1,350

Race Circuit Description; A 27Km Circuit with all races assembling at Athea National School. Lead car will pull out from the Primary school and all races will be neutralised until Athea GAA club which is 900m into the circuit. The circuit goes towards Carrigkerry. From 4.1km there is a 3.6km drag at 2.5% average followed by a drop into Carrigkerry where there is a sharp switch back left turn. The road drags until 12km in. **At 14.8km there is a very fast descent into a tight 90 degree left turn onto the L1226 at Glenbaun.** At 17km the route continues straight past Knockdown until it joins R524 at Blaine Cross, a fast left at 23km. The road drags for 0.5km and then descends back into Athea with a bend to the right before the left turn in the village at race HQ. On the 5.2km Circuit you cross the finish line and continue for 1.5km, generally rising ground. Turn a tight left and continue straight flat road for 800m, turn left at 4 crossroad, tight corner. Continue straight road for 2km, descending road into fast left turn back onto R524, follow road back on main race circuit and continue to finish line. The race finishes with 2 laps of a [5.2km circuit](#).

Estimated Schedule:

KM		Route Description	Schedule		
From Start	To Finish		38 Kmh	40 Kmh	42 Kmh
0.0	118.4	Athea, Con Colbert Hall	12:30	12:30	12:30
0.9	117.5	Athea GAA grounds	12:31	12:31	12:31
10.5	107.9	Carraigkerry	12:46	12:45	12:45
15.6	102.8	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	12:54	12:53	12:52
23.0	95.4	Blaine Cross 4 Cross Road joining R524	13:06	13:04	13:02
27.0	91.4	Athea, Con Colbert Hall	13:12	13:10	13:08
37.5	80.9	Carraigkerry	13:29	13:26	13:23
42.6	75.8	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	13:37	13:33	13:30
50.0	68.4	Blaine Cross 4 Cross Road joining R524	13:48	13:45	13:41
54.0	64.4	Athea, Con Colbert Hall	13:55	13:51	13:47
64.5	53.9	Carraigkerry	14:11	14:06	14:02
69.6	48.8	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	14:19	14:14	14:09
77.0	41.4	Blaine Cross 4 Cross Road joining R524	14:31	14:25	14:20
81.0	37.4	Athea, Con Colbert Hall	14:37	14:31	14:25
91.5	26.9	Carraigkerry	14:54	14:47	14:40
96.6	21.8	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	15:02	14:54	14:48
104.0	14.4	Blaine Cross 4 Cross Road joining R524	15:14	15:06	14:58
108.0	10.4	Athea, Con Colbert Hall	15:20	15:12	15:04
108.2	10.2	Finish Line	15:20	15:12	15:04
109.5	8.9	Sharp Turn Left	15:22	15:14	15:06
110.3	8.1	Sharp Turn Left	15:24	15:15	15:07
112.0	6.4	Sharp Turn Left, T Junction, fast descent into junction	15:26	15:18	15:10
113.0	5.4	Fast Left in Village	15:28	15:19	15:11
113.2	5.2	Finish Line	15:28	15:19	15:11
114.7	3.7	Sharp Turn Left	15:31	15:22	15:13
115.5	2.9	Sharp Turn Left	15:32	15:23	15:15
117.2	1.2	Sharp Turn Left, T Junction, fast descent into junction	15:35	15:25	15:17
118.2	0.2	Fast Left in Village	15:36	15:27	15:18
118.4	0.0	Finish Line	15:36	15:27	15:19

Junior Women – Road Race

Sunday 23rd June

Start Time 9:00am

Race HQ - Con Colbert Community Hall, Athea, Co Limerick; V94 H772

Parking - Athea GAA Club, Athea, Co Limerick, V94 9C93 and in the village of Athea off the Road Race circuit. Strictly no parking on the race circuit.

Race Officials

Race Director	Michael Field
Chief Comm	Julia Mulvihill
Comm 2	Jack Watson
Chief Judge	Jack Watson
Timekeeper	Pop Up Races
Photo Finish	David Mullin
Neutral Service	Micheal O'Callaghan

Junior Women Road Race Schedule

Rider Sign-on	07:30 – 08:30	Race HQ – V94 H772
Team Managers Meeting	08:00	Race HQ – V94 H772
Marshal Briefing	08:15	Race HQ – V94 H772 Signs, Bibs, Whistles & High-Vis Distributed
Rider Assembly	08:50	Athea Primary School yard V94 F226; (across from Race HQ)
Race Start	09:00	At Athea Primary School
Exp. Race Finish	10:30	Athea
Presentations	15 Minutes after race finish	Race HQ
Media Interviews	After Presentations	Race HQ

Race Details: 2 laps of 27km.
Distance: 54Km
Elevation: 610m

		Lap Lap KM	Lap Elevation	Total Distance	Total Elevation
Women Junior					
Lap 1	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	27 K	305
Lap 2	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	54 K	610

Race Circuit Description; A 27Km Circuit with all races assembling at Athea National School. Lead car will pull out from the Primary school and all races will be neutralised until Athea GAA club which is 900m into the circuit. The circuit goes towards Carrigkerry. From 4.1km there is a 3.6km drag at 2.5% average followed by a drop into Carrigkerry where there is a sharp switch back left turn. The road drags until 12km in. **At 14.8km there is a very fast descent into a tight 90 degree left turn onto the L1226 at Glenbaun.** At 17km the route continues straight past Knockdown until it joins R524 at Blaine Cross, a fast left at 23km. The road drags for 0.5km and then descends back into Athea with a bend to the right before the left turn in the village at race HQ.

Estimated Schedule

KM		Route Description	Schedule		
From Start	To Finish		34 Kmh	40 Kmh	42 Kmh
0.0	54.0	Athea, Con Colbert Hall	9:00	9:00	9:00
0.9	53.1	Athea GAA grounds	9:01	9:01	9:01
10.5	43.5	Carraigkerry	9:18	9:15	9:15
15.6	38.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	9:27	9:23	9:22
23.0	31.0	Blaine Cross 4 Cross Road joining R524	9:40	9:34	9:32
27.0	27.0	Athea, Con Colbert Hall	9:47	9:40	9:38
37.5	16.5	Carraigkerry	10:06	9:56	9:53
42.6	11.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	10:15	10:03	10:00
50.0	4.0	Blaine Cross 4 Cross Road joining R524	10:28	10:15	10:11
54.0	0.0	Athea, Con Colbert Hall	10:35	10:21	10:17

Elite & U23 Men – Road Race

Sunday 23rd June

Start Time 12:00pm

Race HQ - Con Colbert Community Hall, Athea, Co Limerick; V94 H772

Parking - Athea GAA Club, Athea, Co Limerick, V94 9C93 and in the village of Athea off the Road Race circuit. Strictly no parking on the race circuit.

In addition the winner of the Elite Men's race will be presented with the PJ O'Riordan Memorial Cup.

Race Officials

Race Director	Michael Field
Chief Comm	Paul Watson
Comm 2	John Breen
Comm 3	Anthony Keneally
Comm 4	Roddy Keane
Moto	James McLaughlin
Finish Judge	Jack Watson
Timekeeper	Pop Up Races
Photo Finish	David Mullin
Neutral Service	Micheal O'Callaghan
Neutral Service 2	TBC

Elite & U23 Men Road Race Schedule

Rider Sign-on	10:30 – 11:30	Race HQ – V94 H772
Team Managers Meeting	11:00	Race HQ – V94 H772
Rider Assembly	11:50	Athea Primary School yard V94 F226; (across from Race HQ)
Race Start	12:00	At Athea Primary School
Exp. Race Finish	15:30	Athea
Presentations	15 Minutes after race finish	Race HQ
Media Interviews	After Presentations	Race HQ

Race Details: 5 laps of 27km + 5 laps of 5.2km
Distance: 161Km
Elevation: 1857m

		Lap KM	Lap Elevation	Total Distance	Total Elevation
Mens Senior					
Lap 1	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	27 K	305
Lap 2	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	54 K	610
Lap 3	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	81 K	915
Lap 4	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	108 K	1,220
Lap 5	27Km Athea, Carraigkerry, Knockdown, Athea.	27 K	305	135 K	1,525
Lap 1	5Km Athea Motorbike Circuit	5.2 K	65	140 K	1,590
Lap 2	5Km Athea Motorbike Circuit	5.2 K	65	145 K	1,655
Lap 3	5Km Athea Motorbike Circuit	5.2 K	65	151 K	1,720
Lap 4	5Km Athea Motorbike Circuit	5.2 K	65	156 K	1,785
Lap 5	5Km Athea Motorbike Circuit	5.2 K	65	161 K	1,850

Race Circuit Description; A 27Km Circuit with all races assembling at Athea National School. Lead car will pull out from the Primary school and all races will be neutralised until Athea GAA club which is 900m into the circuit. The circuit goes towards Carrigkerry. From 4.1km there is a 3.6km drag at 2.5% average followed by a drop into Carrigkerry where there is a sharp switch back left turn. The road drags until 12km in. **At 14.8km there is a very fast descent into a tight 90 degree left turn onto the L1226 at Glenbaun.** At 17km the route continues straight past Knockdown until it joins R524 at Blaine Cross, a fast left at 23km. The road drags for 0.5km and then descends back into Athea with a bend to the right before the left turn in the village at race HQ. On the 5.2KM Circuit you cross the finish line and continue for 1.5km, generally rising ground. Turn a tight left and continue straight flat road for 800m, turn left at 4 crossroad, tight corner. Continue straight road for 2km, descending road into fast left turn back onto R524, follow road back on main race circuit and continue to finish line. The race finishes with 2 laps of a [5.2km circuit](#).

Estimated Schedule

KM		Route Description	Schedule		
From Start	To Finish		42 Kmh	45 Kmh	48 Kmh
0.0	161.0	Athea, Con Colbert Hall	12:00	12:00	12:00
0.9	160.1	Athea GAA grounds	12:01	12:01	12:01
10.5	150.5	Carrigkerry	12:15	12:14	12:13
15.6	145.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	12:22	12:20	12:19
23.0	138.0	Blaine Cross 4 Cross Road joining R524	12:32	12:30	12:28
27.0	134.0	Athea, Con Colbert Hall	12:38	12:36	12:33
37.5	123.5	Carrigkerry	12:53	12:50	12:46
42.6	118.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	13:00	12:56	12:53
50.0	111.0	Blaine Cross 4 Cross Road joining R524	13:11	13:06	13:02
54.0	107.0	Athea, Con Colbert Hall	13:17	13:12	13:07
64.5	96.5	Carrigkerry	13:32	13:26	13:20
69.6	91.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	13:39	13:32	13:27
77.0	84.0	Blaine Cross 4 Cross Road joining R524	13:50	13:42	13:36
81.0	80.0	Athea, Con Colbert Hall	13:55	13:48	13:41
91.5	69.5	Carrigkerry	14:10	14:02	13:54
96.6	64.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	14:18	14:08	14:00
104.0	57.0	Blaine Cross 4 Cross Road joining R524	14:28	14:18	14:10
108.0	53.0	Athea, Con Colbert Hall	14:34	14:24	14:15
118.5	42.5	Carrigkerry	14:49	14:38	14:28
123.6	37.4	Glenbaun 4 Cross Road Fast Decent into a sharp tight left	14:56	14:44	14:34
131.0	30.0	Blaine Cross 4 Cross Road joining R524	15:07	14:54	14:43
134.8	26.2	Athea, Con Colbert Hall	15:12	14:59	14:48
135.0	26.0	Finish Line Start on 5KM Circuit Lap1	15:12	15:00	14:48
136.5	24.5	Sharp Turn Left	15:15	15:02	14:50
137.3	23.7	Sharp Turn Left	15:16	15:03	14:51
139.0	22.0	Sharp Turn Left, T Junction, fast descent into junction	15:18	15:05	14:53
140.0	21.0	Fast Left in Village	15:20	15:06	14:55
140.2	20.8	Finish Line 5KM Circuit Lap 2	15:20	15:06	14:55
141.7	19.3	Sharp Turn Left	15:22	15:08	14:57
142.5	18.5	Sharp Turn Left	15:23	15:10	14:58
144.2	16.8	Sharp Turn Left, T Junction, fast descent into junction	15:26	15:12	15:00
145.2	15.8	Fast Left in Village	15:27	15:13	15:01
145.4	15.6	Finish Line	15:27	15:13	15:01
146.9	14.1	Sharp Turn Left	15:29	15:15	15:03
147.7	13.3	Sharp Turn Left	15:31	15:16	15:04
149.4	11.6	Sharp Turn Left, T Junction, fast descent into junction	15:33	15:19	15:06
150.4	10.6	Fast Left in Village	15:34	15:20	15:08
150.6	10.4	Finish Line	15:35	15:20	15:08
152.1	8.9	Sharp Turn Left	15:37	15:22	15:10
152.9	8.1	Sharp Turn Left	15:38	15:23	15:11
154.6	6.4	Sharp Turn Left, T Junction, fast descent into junction	15:40	15:26	15:13
155.6	5.4	Fast Left in Village	15:42	15:27	15:14
155.8	5.2	Finish Line	15:42	15:27	15:14
157.3	3.7	Sharp Turn Left	15:44	15:29	15:16
158.1	2.9	Sharp Turn Left	15:45	15:30	15:17
159.8	1.2	Sharp Turn Left, T Junction, fast descent into junction	15:48	15:33	15:19
160.8	0.2	Fast Left in Village	15:49	15:34	15:21
161.0	0.0	Finish Line	15:50	15:34	15:21

Additional Event Information

Finish Line and Operations

[2024 National Championships Detailed Event Map](#)

Barriers will be in place in line with UCI guidelines.

Photographers Area 35m after the finish line, not taking up more than 25% of road width. Please see the location on the above map link.

Designated Feed Zone & Green Zone (Litter) for the outer circuit comes 1.5km after the finish.

Designated Green Zone (Litter) for the 5.2km circuit is at Athea GAA.

Team Car Deviation

Deviation will be in place for all National Championship races. Deviation will be 400m before the finish line onto Galeside Road. Team cars will be held at the deviation point until the finish area is deemed safe and clear to pass.



Organization

The 2024 Cycling Ireland Road Race Championships are being hosted by Newcastle West Cycling Club, with governance by Cycling Ireland, under UCI rules. The Championships will take place from 20 – 23 June 2024.

The Event is promoted under the [Technical Rules and Regulations of the UCI](#).

It is the responsibility of Team Officials & Competitors to be familiar with the race regulations.

Penalties

UCI Penalties will be applicable.

Medical Services

All Medical Cover is provided by the Red Cross. Ambulance will follow directly behind the race. There will also be a Static ambulance, located at Race HQ.

In the case of an emergency, below is a list of local hospitals.

Shannondoc	University Hospital Limerick, Emergency Department
Out of hours GP Service, you must phone for an appointment to be seen	Full Emergency Department in large regional hospital
0818123500	061 301111
Primary Care Centre, Station Road, Newcastle West.	Dooradoyle, Limerick
Open 24 Hours	Open 24 Hours

Radio Tour

Radio Tour will be broadcast on the Cycling Ireland Frequency: 453.5625Mhz.

Radios will be available from Sign-On.

Race Numbers – Road Race

Back Numbers will be provided by the host organization. Please adhere to UCI Technical Regulations in relation to number positioning. Numbers must be external to the outer layer of clothing – not in see through pockets for Road Races.

Race Numbers – Time Trial

Numbers will be provided at sign-on and are to be placed on the centre of the lower back.

Neutral Service

The Neutral Service Vehicle will normally be placed with the leading group or as determined by the Commissaries. Riders wishing to avail themselves of the service will equip these vehicles. Such equipment must be in good mechanical order and must be clearly marked with the competitors' name.

All service will take place on the LEFT side of the road and ONLY from the rear of a group.

Equipment is provided to the neutral service at owners' risk. The organizers, Newcastle West CC and their agents and volunteers, shall not be responsible for loss of or damage to any equipment provided to neutral service.

Anti-Doping

Doping Control will be carried out by Sport Ireland, in line with the UCI Anti- Doping regulations. Sport Ireland will be deemed to be the Results Management Authority. Selected Riders, who have not completed the anti-doping procedures and are required for Podium Presentations must ensure they make themselves available for such PRIOR to completing anti-doping procedures.

Race Signage

- a) Directional arrows will display the Race Route
- b) 3km, 2km, 1km, 500m, 250m, 100m & 50m will all be placed on the left side of the road.

Cavalcade

- a) A Maximum of one vehicle may follow each team in the race cavalcade. All Team Cars must sign on at the Managers Meeting where a draw will take place to decide the order of the Cavalcade. This Draw will be overseen by the Race Commissaries.
- b) All Cars must display the Team Car number on the top right corner of the tailgate window provided by the Commissaries and must have a functioning Radio on the C.I Frequency
- c) In addition to the driver, the approved cavalcade team vehicle must contain at least one other competent person.
- d) All Cavalcade vehicles must follow the deviation on the last lap of each race. There is strictly no stopping on or after the finish line.
- e) The cavalcade must obey the rules of the road, paying specific attention to the 50Kph zones in Athea and Carrigkerry and in Glin during the TT. The race circuit is all on Speed Limit roads – 80Kph.
- f) Time Trial – Please refer to UCI Article 2.4.023 for Following Vehicles in a Time Trial
For more Info – See link below.
<https://www.uci.org/pressrelease/uci-regulations-for-road-cycling- changes-for-time-trials/1QmN4gRxrsgeQtgahAAfXr>

Promotors

Cycling Ireland; is the national governing body for cycling in Ireland. It oversees various disciplines of cycling, including road racing, track racing, mountain biking, cyclocross, and BMX. Its responsibilities include organizing events, promoting the sport, developing talent, and ensuring the safety and fairness of competitions. Cycling Ireland also represents Irish cyclists internationally, coordinating participation in events such as the Olympics and World Championships. It plays a crucial role in fostering the growth and development of cycling as both a competitive sport and a recreational activity across Ireland.

UCI; The Union Cycliste Internationale (UCI) is the international governing body for the sport of cycling. It was founded in 1900 and is headquartered in Aigle, Switzerland. The UCI oversees various disciplines of cycling, including road cycling, track cycling, mountain biking, cyclocross, and BMX. Its responsibilities include organizing and regulating international cycling events such as the Tour de France, the Giro d'Italia, and the UCI Road World Championships.

Newcastle West Cycling Club; is a cycling club based in Newcastle West, County Limerick. It's a community-focused club that caters to cyclists of all ages and abilities, from beginners to experienced riders. The club typically organizes group rides, training sessions, and social events for its members. The club provides support and resources for members to improve their cycling skills, fitness, and enjoyment of the sport, while also fostering a welcoming and inclusive atmosphere for all members. A club for all.

Rockwell Engineer; is a specialist mechanical contractor based in Cork. Rockwell is a trusted delivery partner for design, installation and commissioning of HVAC, utility pipework, and decarbonization solutions across all industries. With 200 directly employed staff across all disciplines required for delivery of complex mechanical projects, Rockwell is a great place to work.

