

25k FAMILY CYCLE 18 km /hr Average

KMS	LOCATION	DIRECTION TO TAKE	HAZARD	RISK H-high M-medium L-low	STEPS TO REDUCE RISK TO LOW	RACE/Additional NOTES	AVERAGE ETA	SLOW ETA
0.00	Garryowen Entrance/Exit	Cycle start and left turn onto Dooradoyle rd R926	Oncoming traffic and limited sight distance	High	Stewart 01, Lead Car & Motor Marshals	Riders held within entrance car park Zone of Garryowen Grounds	09:00	09:00
0.24	Entrance To Crescent	Traffic Lights - Straight through	Traffic lights	Medium	Motor Marshals	Signage Required		
0.40	Entrance To Crescent	Traffic Lights - Straight through	Traffic lights	Medium	Motor Marshals			
0.66	Crescent SC Roundabout to St.. Nesson's Road R526	Roundabout - Left turn onto R526 - 1st exit	Roundabout	Medium	Motor Marshals	Signage Required	09:02	09:03
0.85	Entrance to Ballykeeffe Estate	Traffic Lights - Straight through	Traffic lights	Medium	Motor Marshals			
1.10	Pedestrian Crossing	Straight through	Pedestrians	Low	Motor Marshals			
1.30	St Nesson's rd Roundabout & Pedestrian Crossing / Father Russell Road	Straight through	Oncoming traffic	Medium	Motor Marshals	Signage Required 75k cycle Turns RHS towards Mungret	09:04	09:05
1.50	Carraig Drive Junction Traffic Lights	Traffic Lights - Straight through	Oncoming traffic and Pedestrians	Medium	Motor Marshals			
1.70	Regional Hospital Roundabout	2nd exit - straight through	Oncoming traffic	Medium	Motor Marshals		09:05	09:07
1.40	Pedestrian Crossing	Straight through	Oncoming traffic and pedestrians	Low	Motor Marshals	Signage Required		
1.40	Ambulance Centre	Straight through	Beware of Ambulance Centre Entrance/Exit	Low	Motor Marshals			
2.00	Entrance to Petrol Station	Straight through	Oncoming traffic	Low	Motor Marshals			
2.20	Traffic Lights - Avonmore	Straight through	Oncoming traffic	Medium	Motor Marshals		09:07	09:09
2.50	Church Road Junction	1st exit - straight through	Oncoming traffic	Low	Motor Marshals			
2.70	Raheen Roundabout	2nd exit - straight through	Oncoming traffic	Medium	Motor Marshals			
3.10	Entrance to Coop	Straight through	Oncoming traffic	Low	Motor Marshals			
3.70	Loughmore Roundabout	Straight through	Oncoming traffic	Medium	Motor Marshals			
7.00	Patrickswell Roundabout	LHT R526 over flyover	Oncoming traffic	Medium	Stewart 02 & Motor Marshals	Signage Required	09:20	09:25
7.20	Barnakyle Roundabout	Straight through	Oncoming traffic	Medium	Motor Marshals	Signage Required	09:23	09:28
7.40	Barnakyle Road Junction	Left Hand Turn	Oncoming traffic	Low	Stewart 03 & Motor Marshals	Signage Required		
7.60	Barnakyle Road	T Junction - Right Hand Turn	Oncoming traffic	Low	Stewart 04 & Motor Marshals	Signage Required		
7.80	Entrance to Race Course	Straight through	Oncoming traffic	Low	Motor Marshals	Signage Required		
8.20	Entrance to Racecourse Track	Entrance to race track for circuits	Oncoming traffic	Low		Signage Required - 30/45 minutes laps of race circuit	09:27	09:32
Laps of Racecourse Food + Refreshments			Off Road	Low			09:30 -10:30	
RETURN TRIP								
0.40	Entrance to Race Course	Straight through	Oncoming traffic	Low	Motor Marshals		10:30	10:30
0.60	Barnakyle Road	T Junction - Right Hand Turn	Oncoming traffic	Low	Motor Marshals	Signage Required		

