



CYCLIST GUIDANCE SHEET

- Four Start times: 9:15 (120km), 9:25 (85km), 9:35 (65km) and 9:45 (40km)
- Cyclists to line up at Fort Camden Meagher in separate groupings - Please Obey Stewards
- Cyclists will follow the Coast Guard which is the lead car until the end of the village – no one to overtake lead car, this is a controlled start for safety reasons
- Monkstown Food Stop - Water and food stop at Monkstown Car Park, stewards will direct you – only for the 40Kms cyclists
- Portaloos situated at Bramley Lodge
- Route to Belvelly Bridge – poor road and busy traffic – Care required.
- All cyclists – right hander at Fota Hotel – Care required.
- 120km – Traffic lights in Midleton after flyover – Please obey.
- 120km – Slipping on to dual carriageway with speeding traffic – stay on shoulder.
- Bramley Lodge – Coffee Stop – This is Bramley’s busy time so no bikes inside the wall. Please permit cars to access the carpark. Portaloos available in Bramley.
- Care at Belvelly Bridge – turning right. Road is tight to the Ferry and is normally busy.
- Care – turning into Ferry – Do not use the first exit.

If in doubt, ask a steward or contact the emergency helpline number on your sticker.