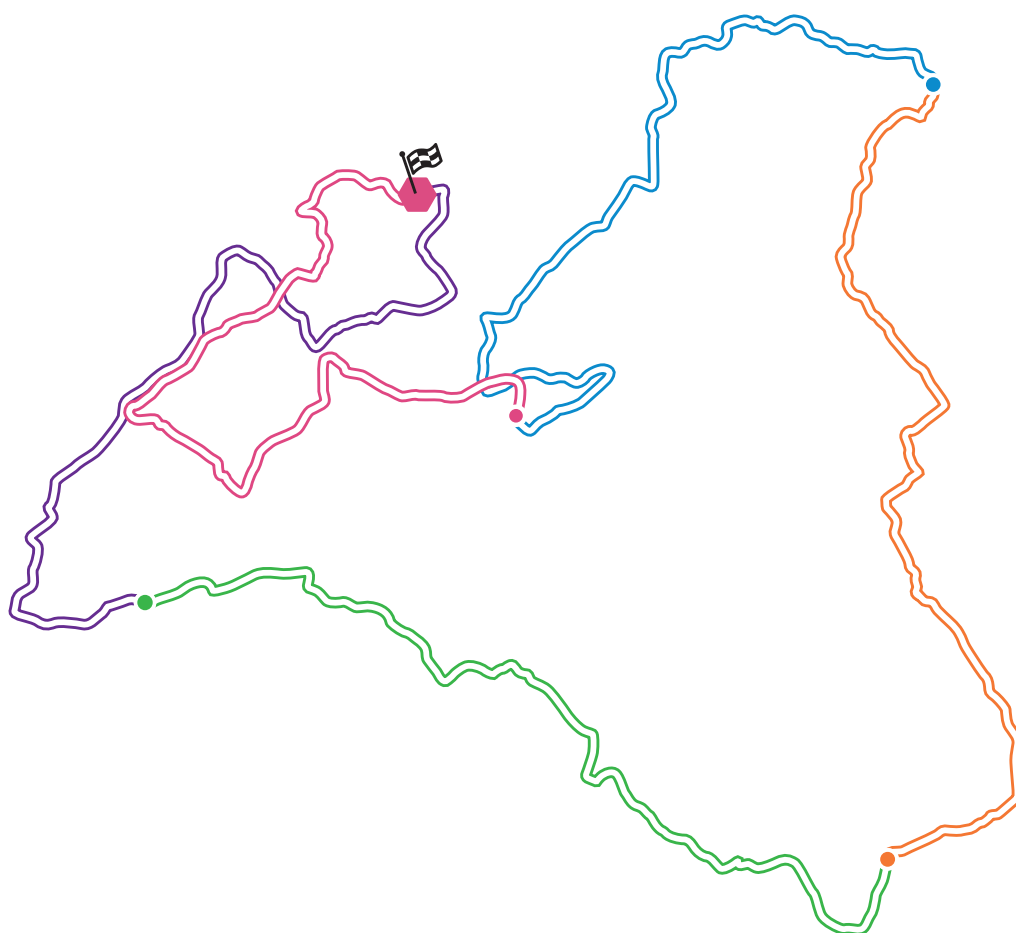




THE JOEBARR 500



THE JOE BARR 500
ROUTEBOOK
2021

A RACE APART

Joe Barr, World Endurance Cyclist, 2 time Race Across America Finisher, World Ultra-Cycling Association's (WUCA) World Champion over 500-miles (2017) and WUCA World Cup winner (2019) has trained and raced on these Irish roads for decades.

The Race Joe Barr endurance series is a personal invitation to come and experience the roads that continue to inspire him to reach for further.

He has designed each course to test all aspects of endurance cycling.

ENDURANCE RACING IS A JOURNEY

It's a literal journey from start to finish through wild and beautiful landscapes. It's also a journey that reveals who you are and how you and your crew deal with challenge and adversity.



Each race is unique. You'll find that over time they become part of an incredible story.

Endurance racing is the art of constant motion. This is why it is so appealing to and suitable for all levels of cyclist. It doesn't matter how fast you're going, it matters that you and your crew keep the bike moving forward.

The Race Joe Barr endurance series includes 3 distances. Each distance brings a different 'ask' for rider and crew. As you develop your endurance capability and confidence you will inevitably reach for further but no matter what distance you choose, you and your crew will be challenged to face and overcome the obstacles the race puts in front of you.

NOTES FOR THE NAVIGATOR

The route book is split into 6 columns, each with a corresponding index number. Distances are given in both miles and kilometers.

INDEX NUMBER – For reference only, this is to identify each instruction. Please reference these numbers if you have a navigation query with HQ. You can also use them within your crew to highlight certain instructions. They should match the ridewithgps index numbers.

INSTRUCTION – Read each instruction carefully then read it again. They will include the direction of turn, roundabout exits, road name/signage and specific visual route marker's, which are used when road signage is poor or non-existent. Please pay close attention to **CAUTION** warnings as they are there for your safety. **DO NOT TURN UNLESS INSTRUCTED BY THE ROUTEBOOK.**

TIMING STATIONS – These are points where the GPS tracker records the rider's time, which is used to update the leader board. There is no need for the rider or crew to do anything when passing a designated timing station.

LAST – The distance in miles or kilometers from your last direction index. Use only as a reference. Pay close attention to entries with low values 0-0.3 as this indicates immediate turns. Pay close attention to **DO NOT MISS** warnings as the road entry may be small and less obvious.

TOTAL – The total distance in miles and kilometers from the race start to the instruction you are looking at. Use this to navigate utilizing the distance from start on your GPS (bike or in-car navigation) and cross-reference using the service car's distance/trip. It is natural that there will be minor variation between cars and devices. Trip all devices at the start of the race.

IF YOU MAKE A NAVIGATION ERROR RETURN TO THE POINT WHERE THE ERROR WAS MADE AND CONTINUE ON DESIGNATED COURSE ONLY. DO NOT FOLLOW GPS RECALCULATIONS.

NAVIGATION TIPS

- **Don't Panic** – If you make a mistake a clear head will put you on the right path quicker.
- **Forward Plan** – Get an understanding of the route prior to the race. Reference the routebook with your GPS devices. Make sure all your devices have the latest updates, charging cables, the correct maps and route files installed. If you have time before the race, navigating and/or riding the start and tricky sections will give you a competitive advantage. Visualise a 3D version of the route in your head.
- **Read all instruction and mileage/kilometer values** carefully, double check, **especially when you are fatigued**. Forward plan a few turns not just the one you are approaching.
- **Cross-reference** the routebook with all devices. Bear in mind that each device may behave differently. **THE ROUTEBOOK IS THE GOLD STANDARD**. We endeavor to make sure there are no errors, however, 'to err is human'. Report any issues referencing the **index No.** to HQ immediately to ensure a fair race for everyone.
- **Offline navigation** – internet and phone signal may not be available for smaller portions of the route. Devices which rely solely on online data may stop functioning properly. Your routebook and GPS devices with installed maps are offline solutions and will keep you right. Ridewithgps.com gives an offline option when loading our route. Be sure to install.
- **Power** – Ensure all your units and additional equipment have the correct cabling and adapters to use in car power outlets. A correctly powered inverter is an essential piece of kit. **DO NOT try to charge your GPS devices from the laptop or built in car USB ports as this may cause them to lock into an unstable (but charging) state**. If you need to charge a device use a power outlet adapter with USB, or the USB ports on the inverter. This will power your unit while guaranteeing full function.
- **Double GPS unit HOT SWAP** - if you have the luxury of owning two of the same model of GPS units make sure both are updated with route maps, correct settings and are fully charged. Have your rider use one unit (unit 1) while you start to navigate in car with the second unit (unit 2). Ensure unit 2 is on constant charge. This will give you the same view as the rider and will give you a chance to see possible errors before your rider goes off-course. When unit 1's power is nearly depleted, give them the fully charged unit 2 and charge unit 1 in car. Rinse, lather, repeat.

NAVIGATION TIPS

- **Weather** – Monitor the weather using Met Office/Accuweather apps. It is best to be prepared for bad weather approaching.
- **Give orders** – That's right you are the navigator. Cross-reference with rider and other crew members if they have local knowledge or a different understanding of an instruction. If you and the crew are 100% sure the rider is wrong, then correct them using the words, "TRUST ME". Remember, your rider is facing fatigue and wind noise. Always give your orders in a **CLEAR, LOUD VOICE USING PAUSES**.
- **Take over driving in sections that are easier to navigate.** This reduces driver fatigue. Teaching your crew to navigate will make your life easier.
- **Have fun** – you are also in charge of keeping spirits high for rider and crew!



**THE
ROUTE**

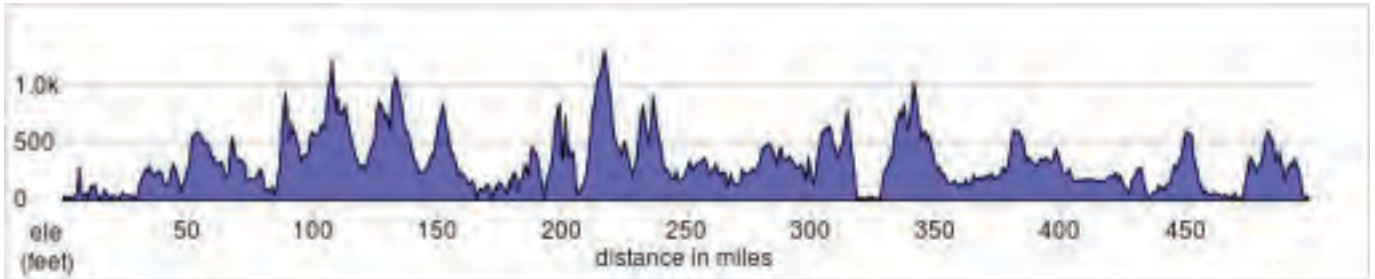
MAP OVERVIEW



ELEVATION OVERVIEW

TEAM JOE BARR 500 TOTAL OVERVIEW

Distance: 500 miles



THE **JOE BARR 500** IS AN OFFICIAL RACE ACROSS AMERICA QUALIFIER.



THE ROUTE

IND	DIST KM	PREV KM	INSTRUCTION	PREV MI	DIST MI
<u>1</u>	0.0	0.0	📍 Start of route	0.0	0.0
<u>2</u>	0.1	0.1	← LEFT to stay on <i>Donnybrewer Road</i>	0.1	0.1
<u>3</u>	2.7	2.6	→ RIGHT at STOP sign onto <i>Station Road</i>	1.6	1.7
<u>4</u>	3.5	0.8	← LEFT onto <i>Clooney Road</i>	0.5	2.2
<u>5</u>	5.5	2.0	→ At ROUNDABOUT take EXIT 3 signposted <i>Londonderry Coleraine A2</i>	1.3	3.4
<u>6</u>	5.7	0.2	↑ At ROUNDABOUT, take EXIT 2 onto <i>Ballygudden Road</i> signposted <i>Eglinton Claudy B118</i>	0.1	3.6
<u>7</u>	7.0	1.3	<i>i</i> Enter <i>Eglinton</i>	0.8	4.4
<u>8</u>	7.4	0.4	→ RIGHT onto <i>B118 (B74)</i> signposted <i>Claudy</i>	0.3	4.6
<u>9</u>	8.0	0.6	→ RIGHT onto <i>Carmoney Road</i>	0.4	5.0
<u>10</u>	9.8	1.8	! CAUTION: Steep descent	1.1	6.1
<u>11</u>	13.1	3.2	→ RIGHT onto <i>Ardlough Road</i> . CAUTION: Restricted view of approaching traffic.	2.0	8.1
<u>12</u>	13.2	0.2	← LEFT onto <i>A2 Dual Carriageway</i> signposted <i>Londonderry</i> . CAUTION: Fast flowing traffic	0.1	8.2
<u>13</u>	14.6	1.4	↑ At ROUNDABOUT, take EXIT 1 to continue on <i>A2</i> signposted <i>City Centre</i>	0.9	9.1
<u>14</u>	15.0	0.4	→ At ROUNDABOUT, take EXIT 4 onto <i>A515 Foyle Bridge</i> . CAUTION: Approach Middle or right lane, signposted <i>Letterkenny</i> . <i>Buncrana (A2) Movice Foyle Bridge</i> CAUTION: Exposure to high winds. If bridge is CLOSED . Follow ALTERNATE ROUTE #1	0.3	9.3
<u>15</u>	17.6	2.6	↑ At ROUNDABOUT with traffic lights (2 sets), take EXIT 2 onto <i>A515</i> signposted <i>L'Kenny Movice (A2)</i> . CAUTION: Approach in Middle lanes to go straight only.	1.6	10.9
<u>16</u>	18.9	1.3	↑ At ROUNDABOUT, take EXIT 2 onto <i>A515</i> signposted <i>Letterkenny Buncrana</i> . CAUTION: Approach in right hand lane	0.8	11.7
<u>17</u>	20.1	1.2	↑ At ROUNDABOUT, take EXIT 2 onto <i>A515, Dual Carriageway</i> signposted <i>Letterkenny Buncrana (A2)</i>	0.7	12.5
<u>18</u>	21.0	0.9	↑ At ROUNDABOUT, take EXIT 2 onto <i>A515, Dual Carriageway</i> signposted <i>Letterkenny Buncrana (A2)</i>	0.6	13.0

<u>19</u>	21.7	0.7	➔	At ROUNDABOUT, take EXIT 2 onto <i>Buncrana Road</i> signposted <i>Letterkenny Buncrana (A2)</i> CAUTION: Approach in right hand lane	0.4	13.5
<u>20</u>	23.1	1.4	↑	CAUTION: Border crossing into <i>Republic of Ireland</i> . Signage in KM Currency Euro.	0.9	14.4
<u>21</u>	23.3	0.2	↑	Enter <i>Bridgend</i>	0.1	14.5
<u>22</u>	24.2	0.9	↑	At ROUNDABOUT, take EXIT 1 onto N13 signposted <i>Stranorlar Letterkenny</i>	0.5	15.0
<u>23</u>	34.1	9.8	<i>i</i>	Enter <i>Newtoncunningham</i>	6.1	21.2
<u>24</u>	34.9	0.9	<i>i</i>	TIMING STATION 1 (TS1): Kearnan's filling station / diner	0.5	21.7
<u>25</u>	43.3	8.4	<i>i</i>	Enter <i>Mannorcunningham</i>	5.2	26.9
<u>26</u>	45.5	2.2	➔	At ROUNDABOUT, take EXIT 2 onto N13 signposted <i>Stranolar Letterkenny</i>	1.3	28.2
<u>27</u>	48.3	2.9	<i>i</i>	Enter <i>Letterkenny</i>	1.8	30.0
<u>28</u>	49.8	1.5	←	At ROUNDABOUT take EXIT 1 on N13 signposted <i>Stranorlar Sligo Ballybofey</i>	0.9	31.0
<u>29</u>	50.0	0.2	➔	RIGHT IMMEDIATELY onto L1114 signposted <i>Derry Letterkenny</i> . CAUTION: DO NOT MISS.	0.1	31.1
<u>30</u>	50.8	0.8	↑	STRAIGHT, continue STRAIGHT at STOP sign onto L1114	0.5	31.6
<u>31</u>	51.6	0.8	!	CAUTION: Rough/ Loose terrain on descent	0.5	32.1
<u>32</u>	52.9	1.3	➔	RIGHT, KEEP RIGHT at <i>Snug Bar</i> to follow L1114	0.8	32.9
<u>33</u>	53.3	0.4	↑	At ROUNDABOUT, take EXIT 1 onto <i>Crieve Road</i>	0.2	33.1
<u>34</u>	58.1	4.8	<i>i</i>	Enter <i>Newmills</i>	3.0	36.1
<u>35</u>	58.3	0.2	➔	RIGHT toward R250 signposted <i>Glenties Letterkenny (crossing bridge)</i>	0.1	36.2
<u>36</u>	58.4	0.1	←	LEFT at STOP sign onto R250 signposted <i>Church Hill (R251)</i> . CAUTION: R250 on map. (R251 is inaccurately signed, and begins later along that road)	0.1	36.3
<u>37</u>	60.5	2.1	←	LEFT onto R250 signposted <i>Fintown Glenties Dungloe</i>	1.3	37.6
<u>38</u>	65.1	4.6	←	LEFT onto L1632 signposted <i>Cloghan</i> CAUTION: DO NOT MISS	2.9	40.5
<u>39</u>	68.1	3.0	▲	Summit of climb	1.9	42.3
<u>40</u>	68.3	0.2	←	LEFT, KEEP LEFT. CAUTION: Rough road with multiple DEEP POTHOLES	0.1	42.4
<u>41</u>	76.1	7.9	←	LEFT at STOP sign onto R252. CAUTION: Main Road	4.9	47.3
<u>42</u>	77.9	1.7	<i>i</i>	Enter <i>Cloghan</i>	1.1	48.4
<u>43</u>	78.5	0.6	<i>i</i>	TIMING STATION 2 (TS2). Cloghan Petrol Station (Marley's Service Station)	0.4	48.8

<u>44</u>	84.6	6.1	➔	SHARP RIGHT onto <i>R253</i> signposted <i>an Coimin</i> . Start of climb. CAUTION: BLIND corner. <i>Marker: Church on right</i>	3.8	52.6
<u>45</u>	88.5	3.9	↑	STRAIGHT, KEEP STRAIGHT on <i>R253</i> direction <i>Glenties</i>	2.4	55.0
<u>46</u>	91.2	2.7		LEFT, KEEP LEFT to continue on <i>R253</i> . ← <i>Marker: Purple Bar.</i>	1.7	56.7
<u>47</u>	99.0	7.8	⚓	Summit of climb	4.8	61.5
<u>48</u>	113.4	14.4	<i>i</i>	Enter <i>Glenties</i>	8.9	70.4
<u>49</u>	114.2	0.9	←	LEFT at STOP sign onto <i>Mill Road N56</i> signposted <i>Killybegs Ardara</i>	0.6	71.0
<u>50</u>	122.9	8.6	<i>i</i>	Enter <i>Ardara</i>	5.4	76.3
<u>51</u>	123.7	0.8	←	LEFT, KEEP LEFT to stay on <i>N56</i> . CAUTION: Steep descent. Exit Ardara direction of <i>Killibegs</i>	0.5	76.8
<u>52</u>	125.0	1.3	<i>i</i>	Start of Climb	0.8	77.7
<u>53</u>	137.1	12.1	➔	RIGHT at STOP sign onto <i>Donegal Road R263</i> . CAUTION: Blind, Fast traffic approaching	7.5	85.2
<u>54</u>	138.9	1.8	<i>i</i>	TIMING STATION 3 (TS3): Supervalu on right	1.1	86.3
<u>55</u>	139.5	0.6	<i>i</i>	Enter <i>Killybegs</i>	0.4	86.7
<u>56</u>	140.2	0.7	←	LEFT, KEEP LEFT onto <i>Shore Road</i> signposted - <i>Carrick</i>	0.5	87.1
<u>57</u>	140.9	0.6	➔	At ROUNDABOUT, take EXIT 2 signposted <i>Carrick</i>	0.4	87.5
<u>58</u>	141.2	0.4	←	LEFT on <i>shore road R263</i> signposted <i>Carrick, Wild</i> <i>Atlantic Way N</i>	0.2	87.8
<u>59</u>	142.4	1.2	←	At ROUNDABOUT, take EXIT 2 onto <i>R263</i> . Direction - <i>Kilcar Carrick</i>	0.7	88.5
<u>60</u>	146.8	4.3	←	LEFT, KEEP LEFT to continue on <i>R263</i> <i>Marker: Kitty Kelly's restaurant</i>	2.7	91.2
<u>61</u>	148.1	1.3	←	LEFT signposted <i>Coast Road L1215 Muckross head</i> . CAUTION: DO NOT MISS	0.8	92.0
<u>62</u>	150.6	2.5	!	CAUTION: Steep descents and ascents with SHARP BLIND bends	1.6	93.6
<u>63</u>	154.0	3.3	<i>i</i>	Enter <i>Kilcar</i>	2.1	95.7
<u>64</u>	154.6	0.6	←	LEFT at STOP sign onto <i>Lower Main Street</i> signposted <i>Coast Road Slieve League</i>	0.4	96.0
<u>65</u>	154.8	0.2	↑	STRAIGHT, continue STRAIGHT at fork in road signposted <i>Carrick</i>	0.1	96.2
<u>66</u>	156.0	1.3	←	Next LEFT at <i>yellow house</i> . CAUTION: DO NOT MISS. Mileage 96.9. <i>Marker: Yellow House</i>	0.8	96.9
<u>67</u>	157.0	1.0	➔	RIGHT, KEEP RIGHT on <i>coast road</i> . CAUTION: SHARP RIGHT immediately after white washed	0.6	97.6

house with blue doors.

Marker: Stone An Duinin sign immediately after

<u>68</u>	157.2	0.2	!	CAUTION: Steep descents and ascents with sharp blind bends	0.1	97.7
<u>69</u>	158.9	1.7	↑	STRAIGHT , continue STRAIGHT at STOP sign	1.0	98.7
<u>70</u>	160.0	1.1	←	LEFT at STOP sign.	0.7	99.4
<u>71</u>	161.3	1.3	→	STRAIGHT , continue STRAIGHT onto L1115	0.8	100.2
<u>72</u>	162.8	1.5	<i>i</i>	Enter Carrick	0.9	101.1
<u>73</u>	162.9	0.1	←	LEFT at STOP sign onto R263 and cross bridge follow signs for Slieve League Gleann Choim Cille	0.1	101.2
<u>74</u>	163.2	0.4	<i>i</i>	Start of climb	0.2	101.4
<u>75</u>	167.1	3.8	←	LEFT onto L1025 signposted Malainn Bhig Malainn Mhoir	2.4	103.8
<u>76</u>	170.3	3.2	▲	Summit of Climb	2.0	105.8
<u>77</u>	174.3	4.0	→	RIGHT at STOP sign onto R263 signposted Gleann Cholm Cille	2.5	108.3
<u>78</u>	177.3	3.0	<i>i</i>	Timing Station 4 (TS4) Fire Station Enter Glencolumbkille	1.9	110.2
<u>79</u>	178.0	0.8		RIGHT, KEEP RIGHT and continue up hill. → <i>Marker: Fire station on right</i>	0.5	110.6
<u>80</u>	178.6	0.6	←	LEFT onto R230 signposted Ardara	0.4	111.0
<u>81</u>	179.1	0.5	←	LEFT, KEEP LEFT IMMEDIATELY after bridge. CAUTION: Narrow single flow bridge	0.3	111.3
<u>82</u>	179.3	0.1	→	RIGHT at STOP sign onto R230 signposted Ardara Glengesh	0.1	111.4
<u>83</u>	179.4	0.1	<i>i</i>	Start of climb	0.1	111.5
<u>84</u>	180.8	1.4	←	LEFT onto L1015 signposted an Port . CAUTION: Steep ascent with some shale on road	0.9	112.3
<u>85</u>	185.2	4.4	▲	Summit of climb	2.7	115.1
<u>86</u>	185.6	0.4	←	LEFT, KEEP LEFT on L1015 signposted An Port	0.2	115.3
<u>87</u>	187.6	2.0	→	RIGHT at T Junction . CAUTION: Rough roads and POTHOLE s for a few miles. <i>Marker: White washed cottage with red door</i>	1.3	116.6
<u>88</u>	191.6	4.0	↑	STRAIGHT , continue STRAIGHT . <i>Marker: Water treatment plant</i>	2.5	119.0
<u>89</u>	192.9	1.3	<i>i</i>	Start of climb	0.8	119.8
<u>90</u>	193.0	0.2	←	LEFT signposted Maghera St Connells walk. (Yellow Signpost) CAUTION: DO NOT MISS rough roads. Steep Ascent	0.1	119.9
<u>91</u>	194.4	1.4	▲	Summit of Climb	0.9	120.8

<u>92</u>	198.9	4.5	➔	RIGHT, KEEP RIGHT at <i>Maghera caves</i> direction <i>Ardara</i>	2.8	123.6
<u>93</u>	206.2	7.3	←	LEFT at STOP sign onto N56 signposted <i>Ardara</i> <i>Glenties</i>	4.5	128.1
<u>94</u>	207.2	1.0	<i>i</i>	Enter <i>Ardara</i>	0.6	128.7
<u>95</u>	208.2	1.0	←	LEFT onto <i>R261</i> signposted <i>Nairn Portnoo</i>	0.6	129.4
<u>96</u>	208.3	0.2	<i>i</i>	TIMING STATION 5 (TS5) Darnell's Mace filling station	0.1	129.4
<u>97</u>	214.3	6.0	←	LEFT onto <i>Santa Anna Drive L7713</i> signposted <i>Rossbeg</i>	3.7	133.2
<u>98</u>	216.1	1.8	←	LEFT, KEEP LEFT onto <i>Santa Anna Drive L7713</i> signposted <i>Rossbeg</i>	1.1	134.3
<u>99</u>	218.1	2.0	←	SHARP LEFT CAUTION: VERY SHARP. DO NOT MISS	1.2	135.5
<u>100</u>	221.2	3.1	<i>i</i>	Enter <i>Rossbeg</i>	1.9	137.5
<u>101</u>	221.7	0.5	↑	STRAIGHT continue STRAIGHT Direction - <i>Portnoo</i>	0.3	137.8
<u>102</u>	223.7	2.0	←	LEFT to continue towards <i>Portnoo</i> CAUTION: Steep ascents and descents with loose gravel	1.2	139.0
<u>103</u>	225.5	1.8	➔	RIGHT, KEEP RIGHT signposted <i>Portnoo</i>	1.1	140.1
<u>104</u>	226.0	0.5	<i>i</i>	Enter <i>Portnoo</i>	0.3	140.5
<u>105</u>	226.7	0.7	<i>i</i>	Enter <i>Narin</i>	0.4	140.9
<u>106</u>	227.9	1.2	➔	RIGHT, KEEP RIGHT onto <i>Lakeview Estate</i>	0.7	141.6
<u>107</u>	228.2	0.3	←	LEFT, KEEP LEFT	0.2	141.8
<u>108</u>	228.6	0.4	←	LEFT to stay on <i>R261</i>	0.3	142.1
<u>109</u>	228.7	0.1	←	LEFT at STOP sign onto <i>R261 Wild Atlantic Way</i> <i>North</i> signposted <i>Glenties</i>	0.1	142.1
<u>110</u>	230.0	1.3	<i>i</i>	Enter <i>Clooney</i>	0.8	142.9
<u>111</u>	231.6	1.6	<i>i</i>	Enter <i>Ballyerlston</i>	1.0	143.9

<u>112</u>	233.3	1.7	←	LEFT onto N56, <i>Wild Atlantic Way North</i> signposted <i>Dungloe</i> CAUTION : Busy main road	1.1	145.0
<u>113</u>	236.3	3.0	i	Marker: <i>Statue of Liberty</i> on right	1.8	146.8
<u>114</u>	237.7	1.5	↑	STRAIGHT, continue STRAIGHT over <i>Gweebarra Bridge</i>	0.9	147.7
<u>115</u>	238.0	0.3	←	LEFT IMMEDIATELY after bridge signposted <i>cycle route</i> . CAUTION : Narrow road with debris	0.2	147.9
<u>116</u>	240.0	1.9	←	LEFT	1.2	149.1
<u>117</u>	240.1	0.2	i	Marker: <i>Packie's Bar</i>	0.1	149.2
<u>118</u>	242.6	2.5	→	RIGHT on <i>cycle route 1</i> with IMMEDIATE ascent	1.6	150.8
<u>119</u>	243.0	0.4	←	LEFT continue on ascent CAUTION : Twisty roads, BLIND corners and loose debris.	0.2	151.0
<u>120</u>	246.8	3.8	↑	Sharp keep RIGHT to continue on road CAUTION : sharp bend	2.4	153.4
<u>121</u>	248.4	1.5	←	LEFT signposted <i>an Clochan Liath</i>	1.0	154.3
<u>122</u>	249.6	1.2	←	LEFT turn at STOP sign onto N56 signposted <i>An Clochan Liath</i> . CAUTION : busy main road	0.8	155.1
<u>123</u>	252.6	3.05	←	LEFT turn onto L1743 signposted <i>Drom Loch Druid</i>	1.9	157
<u>124</u>			↑	Continue straight onto <i>Caravan road</i>		
<u>125</u>	260.3	7.72	→	RIGHT turn onto Chapel Road. Marker: <i>Chapel</i> on right	4.8	161.8
<u>126</u>	261.6	1.2	→	RIGHT turn at STOP sign onto N56 Signposted <i>Glenties</i> EXTREME CAUTION MAIN ROAD	0.8	162.6
<u>127</u>	261.6	0	←	LEFT turn IMMEDIATE LEFT signposted <i>Scenic Route</i> DO NOT MISS	0	162.6
<u>128</u>			→	Bear RIGHT to continue on scenic route, signposted <i>Croithi</i>		
<u>129</u>	270.6	9.0	←	LEFT turn at T junction	5.6	168.2
<u>130</u>	274.0	4.6	←	LEFT turn (unsigned) immediately after green church	2.1	170.3

				CAUTION loose shale, twisty, small road		
<u>131</u>				CAUTION narrow bridge		171.0
<u>132</u>	275.1	1.1	←	LEFT turn at STOP sign on N56 signposted <i>Lock an Iuir</i>	0.7	171.0
<u>133</u>	284.6	9.5	→	RIGHT turn onto L1543 Enter <i>Dungloe</i> . i TIMING STATION 6 (TS6) Top service station	5.9	176.9
<u>134</u>	285.1	0.5	←	LEFT turn at T junction (unsigned)	0.3	177.2
<u>135</u>	285.4	0.3	→	RIGHT turn at STOP sign onto R259 signposted <i>Ailt an Chorrain</i> . CAUTION main road	0.2	177.4
<u>136</u>	285.8	0.5	←	Bear LEFT to stay on R259 signposted <i>Crothli R259</i>	0.3	177.7
<u>137</u>	286.3	0.5	→	Bear RIGHT to stay on R259. Enter <i>Kinasslagh</i>	0.5	177.9
<u>138</u>	289	2.7	i	Enter <i>Mullaghduff</i> Timing Station (TS) Remain on R259	1.7	179.6
<u>139</u>	290	1.0	i	Marker bridge crossing. Remain on R259	1.2	180.2
<u>140</u>	304.3	14.3	i	Marker bridge crossing. Remain on R259	0.7	189.1
<u>141</u>	305.3	1.0	i	Enter <i>Annagry</i> Remain on R259	0.6	189.7
<u>142</u>	309.3	4.0	←	LEFT turn at STOP sign onto N56 signposted <i>Dunfanaghy</i> and <i>Wild Atlantic Way N</i> CAUTION: Busy main road	2.5	192.2
<u>143</u>	311.0	1.7	←	LEFT turn onto R257 signposted <i>An Bun Beag/ Wild Atlantic Way</i>	1.1	193.3
<u>144</u>	315.1	4.1	i	Enter <i>Bunbeg</i>	2.5	195.8
<u>145</u>	315.2	0.1	←	Bear LEFT to stay on R257	0.1	195.9
<u>146</u>	317.0	1.8	i	Enter <i>Glassagh</i>	1.1	197
<u>147</u>			↑	Continue on R257. Do not deviate from the R257 for 16.2 miles/26.1 KM's		
<u>148</u>			i	Enter <i>Falcarragh</i>		212.9
<u>149</u>	343.1	26.1	→	RIGHT turn onto L1073/R256 signposted <i>Glenveagh National Park Muckish Mountain</i> Marker: <i>Biddy Jack's Bar</i>	16.2	213.2
<u>150</u>	346.3	0.2	↑	STRAIGHT continue on R256. Direction: <i>Kilmacrennan</i>	2.0	215.2

<u>151</u>	353	6.7	<i>i</i>	Summit of <i>Muckish Mountain</i> . <i>Marker: shine</i>	4.2	219.4
<u>152</u>	356.1	3.1	➔	RIGHT turn onto R251/N56 signposted <i>Aerfort</i>	1.9	221.3
<u>153</u>			<i>i</i>	Start of climb, <i>Errigal</i>		
<u>154</u>	372.4	16.3	➔	RIGHT turn onto N56 signposted <i>Dunfagnahey</i> CAUTION MAIN ROAD	10.1	231.4
<u>155</u>	385.9	13.5	<i>i</i>	Enter <i>Falcarragh</i> and continue STRAIGHT on N56	8.4	239.8
<u>156</u>	407.4	21.5	<i>i</i> <i>i</i>	Enter <i>Cresslough</i> and Continue STRAIGHT on N56 TIMING STATION (TS7) Service station	13.4	253.2
<u>157</u>	408.7	1.3	←	LEFT turn onto R245/R248 signposted <i>Carraig Airt/ Doe Castle</i>	0.8	254
<u>158</u>	413.1	4.4	←	CAUTION NARROW BRIDGE , immediate bear LEFT signposted <i>R245 Carriagh Airt</i>	2.7	256.7
<u>159</u>			<i>i</i>	Approach <i>Carrigart</i>		
<u>160</u>	420.0	6.9	←	LEFT turn onto R248 signposted <i>Na Dunaibh/Atlantic Drive</i>	4.3	261.0
<u>161</u>	421.6	1.6	←	Bear LEFT direction, <i>Downings</i>	1.0	262
<u>162</u>	424	2.4	➔	Bear RIGHT to continue on Atlantic Drive , signposted <i>Atlantic Drive</i>	1.5	263.5
<u>163</u>			<i>i</i>	Enter <i>Clontallagh</i>		
<u>164</u>	435.9	11.0	↑	Merge onto R248 (main road) at Yield/STOP sign , direction <i>Carrigart</i>	7.4	270.9
<u>165</u>	437.2	1.3	←	Bear LEFT R245 direction <i>Carrigart</i>	0.3	271.7
<u>166</u>	437.7	0.5	←	LEFT turn at Stop sign R245 signposted <i>Milford/Carrigart</i>	1.1	272
<u>167</u>	438	0.3	➔	Bear RIGHT at Carrigart hotel to stay on R245, direction <i>Milford</i>	0.2	272.2
<u>168</u>	439.6	1.6	←	LEFT turn, onto R247/R246 direction <i>Kerrykeel</i> ,	1.0	273.2
<u>169</u>	448.7	9.1	←	LEFT turn, R247 signposted <i>Cionn Fhanada, Wild Atlantic Way (N)</i>	5.6	278.8
<u>170</u>			<i>i</i>	Enter <i>Kindrum</i>		
<u>171</u>	450.4	1.7	➔	Bear RIGHT to continue on R247, direction <i>Fanad Head</i>	1.1	279.9
<u>172</u>	451.2	0.8	<i>i</i>	<i>Marker: Playing fields on right</i>	0.5	280.4
<u>173</u>	455.2	4.0	➔	RIGHT turn onto L1072, signposted L1072	2.5	282.9

CAUTION DO NOT MISS

<u>174</u>	457.6	2.4	←	Bear LEFT on L1072 signposted <i>Portsalon, Kerrykeel</i>	1.5	284.4
<u>175</u>	458.5	0.9	→	Bear RIGHT and follow signs for <i>Wild Atlantic Way</i>	0.5	284.9
<u>176</u>	459.1	0.6	→	Bear RIGHT	0.4	285.3
	464.2	5.1	<i>i</i>	Enter <i>Portsalon</i> TIMING STATION 8 (TS8)	3.2	288.5
<u>177</u>	466	1.8	←	LEFT turn, STOP sign to stay on <i>R246 Wild Atlantic Way N</i>	1.1	289.6
<u>178</u>	467	1.0	←	LEFT turn onto R268 signposted <i>Rathmullan, Wild Atlantic Way N</i>	0.6	290.2
<u>179</u>	468.8	1.8	←	Bear LEFT, direction <i>Rathmullen</i>	1.1	291.3
			<i>i</i>	Start of climb	0.5	
<u>180</u>			▲	Summit of Climb	0.8	
				CAUTION steep descent		
<u>181</u>	473.9	5.1	←	Bear LEFT on R268 direction <i>Rathmullan</i>	1.9	294.5
<u>182</u>	476	2.1	↑	STRAIGHT continue straight onto R247 direction <i>Rathmullan</i>	1.3	295.8
<u>183</u>	483.6	7.6	<i>i</i>	Enter <i>Rathmullen</i>	6	300.5
<u>184</u>	484.2	0.6	←	RIGHT turn onto R247 signposted <i>Ramelton</i>	0.2	300.9
<u>185</u>			<i>i</i>	Enter <i>Ramelton</i>		
<u>186</u>	494.8	10.6	←	Turn LEFT over bridge onto R940 signposted <i>Letterkenny and Wild Atlantic Way (N) R245</i>	6.6	307.5
<u>187</u>	495	0.2	→	Turn RIGHT up steep hill on R940 signposted <i>Letterkenny, Wild Atlantic Way (N) R245</i>	0.1	307.6
				CAUTION DO NOT MISS		
<u>188</u>			<i>i</i>	Marker: <i>St Mary's Church</i>		
<u>189</u>	503	8.0	<i>i</i>	Enter <i>Letterkenny</i>	5.4	313
<u>190</u>	505.8	2.8		At ROUNDABOUT take EXIT 1 onto <i>Ramelton Road N56</i> signposted <i>All other routes</i>	1.3	314.3
<u>191</u>	506.1	0.3		At ROUNDABOUT take EXIT 2 onto <i>N56</i> signposted <i>All other routes</i>	0.2	314.5
<u>192</u>	506.4	0.3		At ROUNDABOUT take EXIT 1 onto <i>N14</i> signposted <i>All other routes</i>	0.2	314.7
<u>193</u>	507.9	1.5		At ROUNDABOUT take EXIT 2 onto <i>N14</i> signposted <i>Derry Dublin Lifford</i>	1.1	315.6
			<i>i</i>	TIMING STATION (TS9) <i>Top service station</i>		

<u>194</u>	512.2	4.3		AT ROUNDABOUT take EXIT 1 onto N13 signposted <i>Derry Buncrana</i>	2.7	318.3
<u>195</u>	513.3	1.1	↑	STRAIGHT continue straight on N13 Enter <i>Manorcunningham</i>	0.7	319.0
<u>196</u>	522.2	8.9	➔	RIGHT turn (enter middle lane) onto the L2051 signposted <i>Newtowncunningham</i> EXTREME CAUTION MAIN ROAD CROSSING	5.5	324.5
<u>197</u>	522.4	0.2	!	CAUTION: Multiple SPEED BUMPS ahead. Speed bump followed by raised pedestrian crossing followed by another speed bump.	0.1	324.6
<u>198</u>	525.1	2.7	↑	Continue onto R237 signposted <i>Derry</i>	1.7	326.3
<u>199</u>	526.8	1.7	➔	RIGHT turn onto R265. Signposted <i>Lifford (R236) - St Johnston</i>	1.1	327.4
<u>200</u>	534.3	7.5	➔	RIGHT turn at STOP sign onto R236 Signposted <i>Lifford</i> . Enter <i>St. Johnston</i>	3.6	331
<u>201</u>	534.7	0.5	➔	RIGHT turn onto R236 signposted <i>Raphoe</i>	1.3	332.3
<u>202</u>	542.5	7.8	←	LEFT turn at STOP sign onto N14 signposted <i>Dublin</i> EXTREME CAUTION: Fast Traffic and IMMEDIATE follow up turn	4.8	337.1
<u>203</u>	542.6	0.1	➔	RIGHT turn IMMEDIATELY onto R236 signposted <i>Convoy - Raphoe</i> CAUTION: DO NOT MISS!	0.1	337.2
<u>204</u>	546	3.4	<i>i</i>	Enter <i>Raphoe</i>	2.1	339.3
<u>205</u>	546.2	0.2	➔	RIGHT, KEEP RIGHT at town centre onto R236	0.1	339.4
<u>206</u>	546.5	0.3	↑	At mini ROUNDABOUT take EXIT 1 continue STRAIGHT onto R236	0.2	339.6
<u>207</u>	551.3	4.8	<i>i</i>	Enter <i>Convoy</i> Services: Apple Green on Left hand side	3.0	342.6
<u>208</u>	557.3	6.0	↑	Continue onto N13 signed <i>Stranorlar</i>	3.7	346.3
<u>209</u>	561.1	3.8	<i>i</i>	TIMING STATION 10 (TS10) Top filling station on Left side.	2.4	348.7
<u>210</u>	561.3	0.3	➔	RIGHT turn at traffic lights onto Main Street, N15 approach right hand lane, signposted <i>Sligo</i>	0.1	348.8
<u>211</u>	561.9	0.6	<i>i</i>	Enter <i>Ballybofey</i> CAUTION: Narrow Bridge, High traffic area	0.4	349.2
<u>212</u>	562.4	0.5	↑	Continue STRAIGHT through Ballybofey	0.3	349.5
<u>213</u>	573.5	11.1	←	LEFT turn onto L6554 signposted <i>Castlederg</i> . CAUTION: DO NOT MISS. Poor road surface with loose stones and deep concealed pot holes.	6.9	356.4

<u>214</u>	579.3	5.8	<i>i</i>	CAUTION: Border Crossing into Northern Ireland. Signage in miles currency British Pound	3.6	360
<u>215</u>	590.4	11.1	←	SHARP LEFT turn onto Magheranageeragh Road. Signposted <i>Castledearg Killeter</i>	6.9	366.9
<u>216</u>	590.6	0.2	→	RIGHT, KEEP RIGHT on Magheranageeragh Road	0.1	367
<u>217</u>	591.9	1.3	→	RIGHT turn onto Carn Road signposted <i>Killeter</i>	0.8	367.8
<u>218</u>	592.3	0.4	!	EXTREME CAUTION: Main road IMMEDIATELY after BLIND bridge, at STOP sign	0.3	368.1
<u>219</u>	592.5	0.3	→	RIGHT turn at STOP sign onto Woodside road	0.0	368.1
<u>220</u>	593.2	0.7	←	LEFT turn onto Crilly's Hill Road signposted <i>Ederny</i> CAUTION: SHARP	0.5	368.6
<u>221</u>			<i>i</i>	Start of climb : <i>Crillys Hill</i>		
<u>222</u>	594.5	1.3	←	LEFT turn at Give Way sign onto <i>Aghnahoo Road</i> . CAUTION: Followed by IMMEDIATE right	0.8	369.4
<u>223</u>	594.5	0.0	→	RIGHT onto Agahamore Road signposted <i>Ederny</i>	0.0	369.4
<u>224</u>	595.9	1.4	←	Summit: CAUTION: steep descent LEFT turn onto B72 signposted <i>Killen Castledearg</i>	0.9	370.3
<u>225</u>	599.3	3.4	<i>i</i>	Enter <i>Killen</i>	2.1	372.4
<u>226</u>	603.3	4.0		CAUTION: Multiple sharp unmarked SPEED BUMPS At ROUNDAABOUT take EXIT 1 onto B72	2.5	374.9
<u>227</u>	603.6	0.3	<i>i</i>	Enter <i>Castledearg</i>	0.2	375.1
<u>228</u>	605.7	2.1		At ROUNDAABOUT take EXIT 2 onto B72 signposted <i>Strabane (A5)</i>	1.3	376.4
<u>229</u>	606.2	0.5		At mini ROUNDAABOUT take EXIT 2 onto Fyfin Road (Strabane Road) B72 signposted <i>Strabane (A5)</i>	0.3	376.7
<u>230</u>	609.1	2.9	→	RIGHT, KEEP RIGHT and continue onto <i>Fyfin Road</i> (Strabane Road), B72	1.8	378.5
<u>231</u>	609.4	0.3	↑	At crossroads continue STRAIGHT on <i>Fyfin Road</i> .	0.2	378.7
<u>232</u>				At mini ROUNDAABOUT take EXIT 2 signposted <i>Douglas Bridge B165</i>	5.1	383.3
<u>233</u>	616.8	7.4	!	CAUTION: Narrow Bridge	0.3	383.6
<u>234</u>	616.8	0.0	←	LEFT turn onto Liskey Road signposted <i>Strabane B72</i>	0.0	383.6
<u>235</u>			<i>i</i>	Location check: Strabane Academy on right.		
<u>236</u>			<i>i</i>	Enter <i>Strabane</i>		
<u>237</u>	623.9	7.1	→	RIGHT onto Fountain Street signposted <i>Plumbridge B536</i> .	0.1	387.7

			<i>i</i>	Start of climb		
<u>238</u>	630	6.1	▲▲	Summit CAUTION: Fast descent	3.8	391.5
<u>239</u>			<i>i</i>	Start of climb		
<u>240</u>			▲▲	Summit		
<u>241</u>	639.3	9.3	<i>i</i>	Enter <i>Plumbridge</i>	5.8	397.3
<u>242</u>	639.3	0.0	<i>i</i>	TIMING STATION 3 (TS3) Pinkerton's Shop CAUTION: Poor signal area	0.0	397.3
<u>243</u>	639.7	0.4	←	LEFT, KEEP LEFT to continue on <i>Glenelly Road</i>	0.2	397.5
<u>244</u>	643.2	3.5	→	RIGHT turn onto <i>Drumnaspar Road</i> , cross bridge	2.4	399.9
<u>245</u>	643.2	0.0	←	LEFT, bear immediate LEFT to continue on <i>Drumnaspar Road</i>	0.0	399.9
<u>246</u>	644.2	1.0	←	LEFT, bear LEFT	0.4	400.3
<u>247</u>	647.2	3.0	→	RIGHT turn onto <i>Mullaghane Road</i> , signposted <i>Barnes Gap</i> , opposite Barnes Gap carpark	1.9	402.2
<u>248</u>	648.4	1.2	↑	STRAIGHT continue on <i>Mullaghnae Road</i> at top of climb	0.7	402.9
<u>249</u>	650.6	2.2	←	LEFT turn at crossroads onto <i>Gorticashel Road</i> , signposted <i>Glenhill Scenic Route</i>	1.4	404.3
<u>250</u>	652.4	1.8	→	RIGHT, bear RIGHT at Y junction to stay on <i>Gorticashel Road</i>	1.1	405.4
<u>251</u>	656.6	4.2	←	LEFT turn, sharp left turn onto <i>Davagh Road</i> , immediately after bridge CAUTION DO NOT MISS	2.6	408
<u>252</u>	657.2	0.6	→	RIGHT, bear RIGHT to continue on <i>Davagh Road</i>	0.4	408.4
<u>253</u>	663.6	6.4	←	LEFT turn at crossroads towards <i>Broughderg Road</i>	4.00	412.4
<u>254</u>			<i>i</i>	Marker: Church		
<u>255</u>	676.2	12.6	<i>i</i>	Enter <i>Straw</i> CAUTION: SPEED BUMPS	7.8	420.2
<u>256</u>	678.1	1.9	<i>i</i>	Enter <i>Draperstown</i> CAUTION: SPEED BUMPS	1.2	421.4
<u>257</u>	678.1	0.0	<i>i</i>	TIMING STATION 11 (TS11) Eurospar on left hand side	0.0	421.4
<u>258</u>	678.3	0.2		At ROUNDABOUT take EXIT 1 onto <i>Derrynoyd Road, B40</i> CAUTION: DO NOT MISS	0.1	421.5
<u>259</u>	681.2	2.9	←	LEFT SHARP left at STOP sign onto B162 signposted <i>Cookstown - Plumbridge</i>	1.8	423.3
<u>260</u>	681.4	0.2	→	RIGHT turn onto <i>Bancran Road</i> signposted <i>Plumbridge</i>	0.1	423.4
<u>261</u>	685.4	4.0	→	RIGHT turn onto B47: CAUTION: Fast traffic. Start of climb	2.5	425.9

<u>262</u>	695	9.6	➔	RIGHT onto <i>Sperrin Road</i> signposted Park	6.0	431.9
<u>263</u>	695	0.0	<i>i</i>	Start of climb CAUTION: CATTLE GRIDS ahead. Be aware of loose road surface.	0.0	431.9
<u>264</u>	697.1	2.1	!	CAUTION: CATTLE GRID	1.3	433.2
<u>265</u>	698.4	1.3	!	CAUTION: CATTLE GRID	0.8	434
<u>266</u>	705.3	6.9	➔	RIGHT turn onto <i>Altinure Road</i> . Signposted <i>Dungiven Feeny B44</i> . CAUTION: Sharp	4.3	438.3
<u>267</u>	711	5.7	↑	At crossroads, STRAIGHT continue STRAIGHT onto <i>Altinure Road</i> signposted <i>Dungiven B44 (B74)</i>	3.5	441.8
<u>268</u>	713.5	2.5	➔	RIGHT bear RIGHT to follow <i>Altinure Road</i> (Direction Dungiven B74)	1.6	443.4
<u>269</u>	714.2	0.7	➔	RIGHT turn onto B74 . CAUTION: Fast traffic	0.4	443.8
<u>270</u>	717.4	3.2	➔	RIGHT turn onto <i>Foreglen Road, A6</i>	2.1	445.9
<u>271</u>	718.4	1.0	<i>i</i>	EXTREME CAUTION: Fast traffic/ Main Arterial Road TIMING STATION 12 (TS 12) Centra Food Shop/ Go Petrol Station on Left	0.5	446.4
<u>272</u>			<i>i</i>	Enter <i>Dungiven</i>		
<u>273</u>	719	0.6	←	LEFT turn onto <i>Garvagh Road, B64</i> (Legavallon Road) Signposted <i>Grey Cables (Brown sign)</i> after pedestrian lights	0.4	446.8
<u>274</u>	719.4	0.4		At mini ROUNDABOUT take EXIT 2 onto <i>Garvagh Road</i>	0.2	447
<u>275</u>	725.1	5.7	↑	At crossroads STRAIGHT continue STRAIGHT signposted <i>Garvagh</i>	3.6	450.6
<u>276</u>	728.7	3.6	←	LEFT turn onto <i>Belraugh Road, B190</i> signposted - <i>Coleraine Ringsend</i>	2.2	452.8
<u>277</u>	736.4	717	←	LEFT turn onto <i>Boleran Road, B70</i> signposted <i>Coleraine B190</i>	4.7	457.6
<u>278</u>	737	0.6	➔	RIGHT turn at STOP sign onto <i>Craigmore Road, B66</i>	0.4	458
<u>279</u>	741.5	4.5	←	LEFT turn onto <i>Drumcroone Road, A29</i> Signposted <i>Coleraine</i> CAUTION: Fast flowing traffic	2.6	460.6
<u>280</u>	749.9	8.4		At ROUNDABOUT , take EXIT 2 onto <i>Drumcroon Road/Dunhill Road/A29</i> signposted <i>Coleraine Portrush</i>	5.4	466
<u>281</u>	750.9	1.0	<i>i</i>	Enter <i>Coleraine</i>	0.6	466.6
<u>282</u>	751.7	0.8		At Greenmount ROUNDABOUT , take EXIT 1 onto Greenhall Hwy signposted <i>Castlerock B201 (A2)</i>	0.5	467.1
<u>283</u>	753.4	1.7		At ROUNDABOUT , take EXIT 2 onto Wheatsheaf Road signposted <i>Articlave Castlerock (A2)</i>	1.1	468.2
<u>284</u>	754.1	0.7	←	LEFT turn onto Castlerock Road/A2 signposted <i>Articlave Castlerock (A2)</i> CAUTION: Busy Road	0.4	468.6
<u>285</u>	759.1	5.0	<i>i</i>	Enter <i>Articlave</i>	3.1	471.7

<u>286</u>	762.5	3.4	!	EXTREME CAUTION: Steep decent with sharp corner, 2 manhole covers, loose gravel + sand at bottom Enter <i>Downhill</i> (townland)	2.1	473.8
<u>287</u>	765.5	3.0	!	CAUTION: Railway Crossing	1.9	475.7
<u>288</u>	771	5.5	i	Enter <i>Bellarena</i>	3.4	479.1
<u>289</u>	773.4	2.4	!	CAUTION: Railway Crossing	1.5	480.6
<u>290</u>	775.3	0.9	➔	RIGHT turn onto Seacoast Road signposted <i>Londonderry Limvavady B69</i>	1.2	481.8
<u>291</u>	782.7	7.4		At Lisnakilly ROUNDABOUT , take EXIT 3 onto Ballykelly Road (A2) signposted <i>Londonderry</i>	4.6	486.4
<u>292</u>	785.8	3.1	i	Enter <i>Ballykelly</i>	1.9	488.3
<u>293</u>	792.2	6.4	i	Enter <i>Greysteel</i>	4.1	492.3
<u>294</u>	796.1	3.9		At Longfield ROUNDABOUT , take EXIT 2 and stay on A2 signposted <i>Londonderry A2 Causeway Coastal Route (N)</i> . CAUTION: Earlier route crosses this point. CONTINUE STRAIGHT ONLY	2.4	494.7
<u>295</u>	797.9	1.8		At Broadbridge ROUNDABOUT , take EXIT 2 and stay on Clooney Road A2 signposted <i>Londonderry A2 Causeway Coastal Route (N)</i>	1.1	495.8
<u>296</u>	798.2	0.3		At Campsey ROUNDABOUT , take EXIT 2 onto Clooney Road A2 signposted <i>Londonderry A2 Causeway Coastal Route (N)</i>	0.2	496
<u>297</u>	800.1	1.9		At Maydown ROUNDABOUT , take EXIT 2 and stay on Clooney Road A2 signposted <i>Londonderry A2 Causeway Coastal Route (N)</i>	1.2	497.2
<u>298</u>	802.5	2.6		At Gransha ROUNDABOUT , take EXIT 3 and stay on Clooney Road A2 and RETURN EAST BOUND left lanes signposted <i>Coleraine (A37)Limavady Maydown Eglinton A2</i> CAUTION: Earlier route crosses this point. DO NOT TAKE THE WRONG EXIT	1.5	498.7
<u>299</u>	804.9	2.4	←	LEFT turn onto Donnybrewer Road immediately before the Best Western White Horse hotel	1.5	599.5
<u>300</u>	805.1	0.2	➔	RIGHT turn into car park of White Horse Hotel	0.1	500.3
			📍	End of route	0.1	500.4



**IMPORTANT
INFORMATION**

CONTACT TELEPHONE NUMBERS:

Race Director – Joe Barr
+44 (0) 7565 262054

Race Manager – Jillian Mooney
+44 (0) 7554 885155

THERE IS NO LONGER A REQUIREMENT TO CALL RACE HEAD QUARTERS AS YOU PASS EACH TIMING STATION. YOUR TRACKER IS PROGRAMMED TO RECORD YOUR TIME FOR THE LEADER BOARD.

Please keep your designated phone on at all times in case we need to contact you.

TIME ALLOWANCES

Team Joe Barr 200

Solo Men - 18 hours
Solo Women - 20 hours
2-Person Team - 20 hours

Team Joe Barr 330

Solo Men - 30 hours
Solo Women - 33 hours
2-Person Team - 30 hours

The Joe Barr 500

Solo Men - 45 hours
Solo Women - 48 hours
2-Person Team - 45 hours

EMERGENCIES MEDICAL AND OTHER

Northern Ireland

Emergency – Call **999** to request **Police/Ambulance/Fire** to your exact location as defined by the official route book.

Non Emergency – Contact **Police** (PSNI) by calling **101**

Republic of Ireland

Emergency – Call **112** to request **Police/Ambulance/Fire** to your exact location as defined by the official route book.

Non Emergency – Contact **Police** (An Garda Siochana) **00353 74 932 054**

If the injury is non-life threatening, but should be checked out by a professional, treat and transport to the nearest Hospital Accident and Emergency Room.

All injuries and accidents must be reported to Race HQ as soon as possible.

HOSPITAL LIST (NORTHERN IRELAND)

Altnagelvin Area Hospital

Glenshane Road
Londonderry
BT47 6SB
Phone: **028 7134 5171**

South West Acute Hospital

124 Irvinestown Road
Enniskillen
BT74 6DN
Phone: **028 6638 2000**

Causeway Hospital

4 Newbridge Road
Coleraine
BT52 1HS
Phone: **028 7034 6086**

Antrim Area Hospital

Bush Road
Antrim
BT41 2RL
Phone: **028 9442 6262**

Daisy Hill Hospital

5 Hospital Road
Newry
BT35 8DR
Phone: **028 3083 5000**

Craigavon Area Hospital

69 Lurgan Road
Portadown
BT63 5QQ
Phone: **028 3833 4444**

HOSPITAL LIST (REPUBLIC OF IRELAND)

Letterkenny General Hospital

Kilmacrennan Road
Letterkenny
Co Donegal
Phone : **00353 74 912 5888**



WORLD ULTRACYCLING ASSOCIATION

THE LEADING INTERNATIONAL ORGANIZATION DEDICATED TO ULTRACYCLING

TIMED EVENTS OF 6/12/24H AND DISTANCES FROM 100 TO 500+ MILES

OFFICIAL SOURCE FOR GUINNESS BOOK OF WORLD RECORDS

ONLINE CALENDAR OF ULTRADISTANCE EVENTS WORLDWIDE

CHAMPIONSHIP EVENTS IN NORTH AMERICA AND EUROPE

SEARCHABLE DATABASE OF RECORDS AND RACE RESULTS

FORUM FOR SHARING EXPERIENCE AND STRATEGIES

ANNUAL RIDER RANKINGS

**TO PARTICIPATE IN CHALLENGES AND CHAMPIONSHIPS
AND TO SUPPORT AND GUIDE OUR SPORT**

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