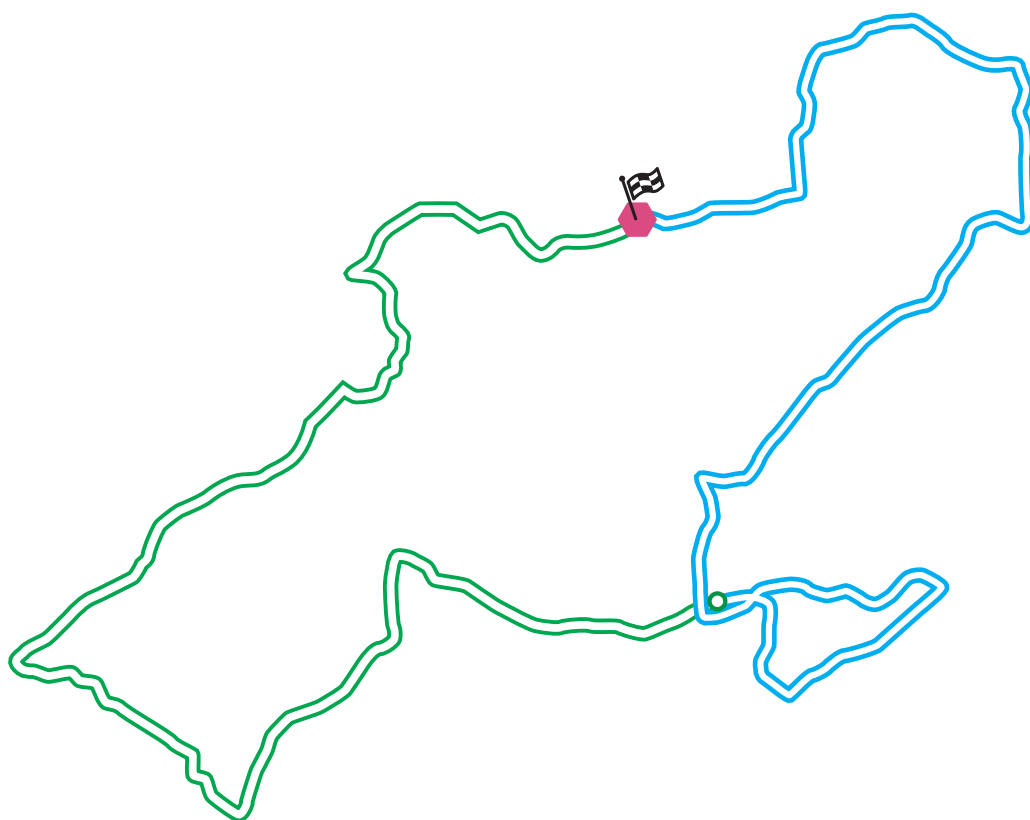




THE TEAM JOE BARR 200



TEAM JOE BARR 200
ROUTEBOOK
2022

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**

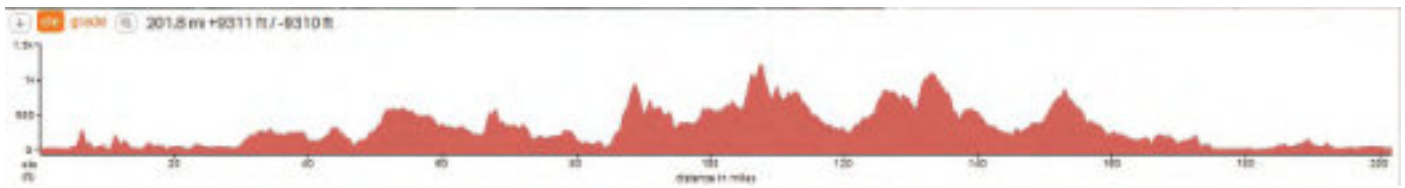
MAP OVERVIEW



ELEVATION OVERVIEW

TEAM JOE BARR 200 TOTAL OVERVIEW

Distance: 200 miles



THE ROUTE

IND	DISTKM	PREVKM		INSTRUCTION	PREVMI	DISTMI
<u>1.</u>	0.0	0.0	📍	Start of route	0.0	0.0
<u>2.</u>	0.1	0.1	←	LEFT onto <i>Donnybrewer Road</i>	0.1	0.1
<u>3.</u>	2.6	2.6	→	RIGHT at STOP sign onto <i>Station Road</i>	1.6	1.6
<u>4.</u>	3.5	0.8	←	LEFT at junction 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>	1.2	3.4
<u>6.</u>	5.7	0.2	↑	At ROUNDABOUT , take EXIT 2 signposted <i>Eglinton Claudy B118</i>	0.1	3.5
<u>7.</u>	7.1	1.4	↑	Enter <i>Eglinton</i>	0.9	4.4
<u>8.</u>	7.4	0.3	→	RIGHT at STOP sign onto <i>B118 (B74)</i> signposted <i>Claudy</i>	0.2	4.6
<u>9.</u>	8.0	0.6	→	RIGHT onto <i>Carmony Road</i>	0.4	5.0
<u>10.</u>	10.4	2.4	!	CAUTION: Steep descent	1.5	6.4
<u>11.</u>	13.1	2.7	→	RIGHT onto <i>Ardlough Road</i> CAUTION: Restricted view of traffic approaching from Left after narrow bridge.	1.7	8.1
<u>12.</u>	13.2	0.2	←	LEFT onto <i>A2, Dual Carriageway</i> , sign posted <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>	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 Buncrana (A2) Merville Foyle Bridge</i> CAUTION: Exposure to high winds CAUTION: If bridge is CLOSED follow ALTERNATE DIRECTIONS 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 Merville (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 (A2)</i> CAUTION: Approach in right hand lane only to go straight	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> . CAUTION : 2nd exit is 12 O'clock exit.	0.8	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> . Approach in right hand lane.	0.4	13.5
<u>20</u> . 23.0	1.3	i	CAUTION : Border crossing into <i>Republic of Ireland</i> . Signage in KM, currency Euro.	0.8	14.3
<u>21</u> . 23.6	0.7	↑	Enter <i>Bridgend</i>	0.4	14.7
<u>22</u> . 24.2	0.6	↑	At ROUNDABOUT , take EXIT 1 onto <i>N13</i> signposted <i>Stranorlar Letterkenny</i>	0.4	15.0
<u>23</u> . 34.2	10.0	↑	Enter <i>Newtoncunningham</i>	6.2	21.2
<u>24</u> . 34.6	0.4	i	TIMING STATION 1 (TS1) : Eurospar Diner / Fuel	0.3	21.5
<u>25</u> . 35.6	1.0	←	LEFT onto <i>Main Street</i> . CAUTION : Sharp 170* Left at junction signposted <i>Newtoncunningham</i> . CAUTION: DO NOT MISS	0.6	22.1
<u>26</u> . 35.7	0.1	!	CAUTION : Multiple SPEED BUMPS ahead. Speed bump followed by raised pedestrian crossing followed by another speed bump.	0.1	22.2
<u>27</u> . 38.4	2.7	↑	Continue onto <i>R237</i> signposted <i>Derry</i>	1.7	23.9
<u>28</u> . 40.2	1.7	→	RIGHT onto <i>R265</i> . Signposted <i>Lifford (R236) - St Johnston</i>	1.1	25.0
<u>29</u> . 46.0	5.8	→	RIGHT at STOP sign onto <i>R236</i> Signposted <i>Lifford</i> . Enter <i>St. Johnston</i>	3.6	28.6
<u>30</u> . 48.2	2.2	→	RIGHT onto <i>R236</i> signposted <i>Raphoe</i>	1.3	29.9
<u>31</u> . 55.9	7.8	←	LEFT at STOP sign onto <i>N14</i> signposted <i>Dublin</i> EXTREME CAUTION : Fast Traffic and IMMEDIATE follow up turn	4.8	34.8
<u>32</u> . 56.1	0.2	→	RIGHT IMMEDIATELY onto <i>R236</i> signposted <i>Convoy - Raphoe</i> CAUTION: DO NOT MISS!	0.1	34.9
<u>33</u> . 59.5	3.4	↑	Enter <i>Raphoe</i>	2.1	37.0
<u>34</u> . 59.7	0.2	→	RIGHT, KEEP RIGHT at town centre onto <i>R236</i>	0.1	37.1
<u>35</u> . 60.0	0.3	↑	At mini ROUNDABOUT take EXIT 1 continue STRAIGHT onto <i>R236</i>	0.2	37.3
<u>36</u> . 64.9	4.9	i	Enter <i>Convoy</i> Services: Apple Green on Left hand side	3.0	40.3
<u>37</u> . 70.9	6.0	↑	Continue onto <i>N13</i> signed <i>Stranorlar</i>	3.7	44.1
<u>38</u> . 74.7	3.8	i	TIMING STATION 2 (TS2) Top filling station on Left side.	2.4	46.4
<u>39</u> . 74.8	0.0	→	RIGHT at traffic lights onto <i>Main Street, N15</i> approach right hand lane, signposted <i>Sligo</i>	0.0	46.4

<u>40.</u> 75.4	0.7	<i>i</i>	Enter <i>Ballybofey</i> CAUTION: Narrow Bridge, High traffic area	0.4	46.9
<u>41.</u> 76.0	0.5	↑	Continue STRAIGHT through <i>Ballybofey</i>	0.3	47.2
<u>42.</u> 87.0	11.0	←	LEFT onto <i>L6554 Castledearg</i> . CAUTION: DO NOT MISS. Poor road surface with loose stones and deep concealed pot holes.	6.9	54.0
<u>43.</u> 92.8	5.8	<i>i</i>	CAUTION: Border Crossing into <i>Northern Ireland</i> . Signage in miles currency British Pound	3.6	57.7
<u>44.</u> 104.0	11.2	←	SHARP LEFT onto <i>Magheranageeragh Road</i> . Signposted <i>Castledearg Killeter</i>	6.9	64.6
<u>45.</u> 104.1	0.2	→	RIGHT, KEEP RIGHT on <i>Magheranageeragh Road</i>	0.1	64.7
<u>46.</u> 105.4	1.3	→	RIGHT onto <i>Carn Road</i> signposted <i>Killeter</i>	0.8	65.5
<u>47.</u> 105.9	0.4	!	EXTREME CAUTION: Main road IMMEDIATELY after BLIND bridge, at STOP sign	0.3	65.8
<u>48.</u> 105.9	0.0	→	RIGHT at STOP sign onto <i>Woodside road</i>	0.0	65.8
<u>49.</u> 106.7	0.8	←	LEFT onto <i>Crilly's Hill Road</i> signposted <i>Ederny</i> . CAUTION: SHARP	0.5	66.3
<u>50.</u> 106.8	0.1	<i>i</i>	Start of climb : <i>Crillys Hill</i>	0.0	66.4
<u>51.</u> 108.1	1.3	←	LEFT at Give Way sign onto <i>Aghnahoo Road</i> . CAUTION: Followed by IMMEDIATE right.	0.8	67.2
<u>52.</u> 108.2	0.1	→	RIGHT onto <i>Agahamore Road</i> signposted <i>Ederny</i>	0.0	67.2
<u>53.</u> 109.4	1.2	!	Summit: CAUTION: steep descent	0.7	68.0
<u>54.</u> 110.8	1.5	←	LEFT onto <i>B72</i> signposted <i>Killen Castledearg</i>	0.9	68.9
<u>55.</u> 114.2	3.4	!	Enter <i>Killen</i> CAUTION: Multiple sharp unmarked SPEED BUMPS .	2.1	71.0
<u>56.</u> 118.3	4.1	↑	At ROUNDABOUT take EXIT 1 onto <i>B72</i>	2.5	73.5
<u>57.</u> 118.6	0.3	<i>i</i>	Enter <i>Castledearg</i>	0.2	73.7
<u>58.</u> 118.8	0.1	→	At ROUNDABOUT take EXIT 2 onto <i>B72</i> signposted <i>Strabane (A5)</i>	0.1	73.8
<u>59.</u> 119.2	0.5	→	At mini ROUNDABOUT take EXIT 2 onto <i>Fyfin Road (Strabane Road)</i> , <i>B72</i> signposted <i>Strabane (A5)</i>	0.3	74.1
<u>60.</u> 121.3	2.0	↗	RIGHT, KEEP RIGHT and continue onto <i>Fyfin Road (Strabane Road)</i> , <i>B72</i>	1.3	75.4
<u>61.</u> 126.5	5.2	↑	At crossroads continue STRAIGHT on <i>Fyfin Road</i> .	3.2	78.6
<u>62.</u> 130.0	3.5	↑	At mini ROUNDABOUT take EXIT 2 signposted <i>Douglas Bridge B165</i>	2.2	80.8
<u>63.</u> 130.3	0.3	!	CAUTION: Narrow Bridge	0.2	81.0
<u>64.</u> 130.3	0.0	←	LEFT onto <i>Liskey Road</i> signposted <i>Strabane B72</i>	0.0	81.0
<u>65.</u> 136.3	6.0	<i>i</i>	Location check: Strabane Academy on right.	3.7	84.7

<u>66.</u>	136.8	0.5	<i>i</i>	Enter <i>Strabane</i>	0.3	85.0
<u>67.</u>	137.0	0.2	➔	RIGHT onto <i>Fountain Street</i> signposted <i>Plumbridge B536</i> . Start of climb	0.1	85.1
<u>68.</u>	143.0	6.0	▲	Summit CAUTION: Fast descent	3.8	88.9
<u>69.</u>	144.8	1.7	▲	Start of climb	1.1	90.0
<u>70.</u>	146.5	1.7	▲	Summit	1.1	91.0
<u>71.</u>	152.3	5.8	<i>i</i>	Enter <i>Plumbridge</i>	3.6	94.7
<u>72.</u>	152.7	0.3	<i>i</i>	TIMING STATION 3 (TS3) Pinkerton's Shop CAUTION: Poor signal area	0.2	94.9
<u>73.</u>	156.6	3.9	➔	RIGHT , onto <i>Drumnasper Road</i> , signposted <i>Barnes Gap</i> , cross bridge	2.4	97.3
<u>74.</u>			←	LEFT , immediate bear left to stay on <i>Drumnasper Road</i>		
<u>75.</u>	160.4	3.8	➔	RIGHT , onto <i>Mullaghane Road</i> , signposted <i>Barnes Gap</i> , opposite Barnes Gap carpark	2.4	99.7
<u>76.</u>	161.4	1.0	↑	Continue straight to stay on <i>Mullaghane Road</i> at the top of <i>Barnes Gap</i> . Descend carefully	0.6	100.3
<u>77.</u>	162.0	0.6	←	LEFT at cross roads onto <i>Gorticashel Road</i> , signposted <i>Glenhill Scenic route</i>	1.4	101.7
<u>78.</u>	163.3	1.3	➔	RIGHT , bear right at Y junction to stay on <i>Gorticashel Road</i>	0.8	102.5
<u>79.</u>	169.7	6.4	←	LEFT , sharp left onto <i>Davagh Road</i> DO NOT MISS	3.0	105.5
<u>80.</u>	170.4	0.7	➔	RIGHT , bear right to continue on <i>Davagh Road</i>	0.4	105.9
<u>81.</u>	176.7	6.3	←	LEFT at crossroads towards <i>Broughderg Road</i> Marker: Church	3.9	109.8
<u>82.</u>	187	10.3	↑	STRAIGHT Continue STRAIGHT towards <i>Draperstown B47</i>	6.4	116.2
<u>83.</u>	189.7	2.7	!	Enter <i>Straw</i> CAUTION: SPEED BUMPS	1.7	117.9
<u>84.</u>	190.3	0.6	!	Enter <i>Draperstown</i> CAUTION: SPEED BUMPS	0.4	118.3
<u>85.</u>	191	0.7	<i>i</i>	TIMING STATION 4 (TS4) . Eurospar on left hand side	0.4	118.7
<u>86.</u>	191.3	0.3	←	At ROUNDBABOUT take EXIT 1 onto <i>Derrynoyd Road, B40</i> CAUTION: DO NOT MISS	0.2	118.9
<u>87.</u>	194.2	0.9	←	SHARP LEFT at STOP sign onto <i>B162</i> signposted <i>Cookstown - Plumbridge</i>	1.8	120.7

<u>88</u> .194.4	0.2	➔	RIGHT onto <i>Bancran Road</i> signposted <i>Plumbridge</i>	0.1	120.8
<u>89</u> .198.4	4.0	➔	RIGHT onto B47 : CAUTION : Fast traffic. Start of climb	2.5	123.3
<u>90</u> .208	9.6	➔	RIGHT onto <i>Sperrin Road</i> signposted <i>Park</i>	6.0	129.3
<u>91</u> .208	0.0	!	Start of climb CAUTION : CATTLE GRIDS ahead. Be aware of loose road surface.	0.0	129.3
<u>92</u> .210.1	2.1	!	CAUTION : CATTLE GRID	1.3	130.6
<u>93</u> .211.4	1.3	!	CAUTION : CATTLE GRID	0.8	131.4
<u>94</u> .211.6	0.2	i	Summit	0.1	131.5
<u>95</u> .218.5	6.9	➔	RIGHT onto <i>Altinure Road</i> . Signposted <i>Dungiven Feeny</i> B44 . CAUTION : Sharp	4.3	135.8
<u>96</u> .224.2	5.7	↑	At crossroads, STRAIGHT continue STRAIGHT onto <i>Altinure Road</i> signposted <i>Dungiven B44 (B74)</i>	3.5	139.3
<u>97</u> .225.6	1.4	➔	RIGHT to follow <i>Altinure Road (Direction Dungiven B74)</i>	0.9	140.2
<u>98</u> .227.4	1.8	➔	RIGHT onto B74 . CAUTION : Fast traffic	1.1	141.3
<u>99</u> .230.6	3.2	➔	RIGHT onto <i>Foreglen Road</i> , A6 signposted EXTREME CAUTION : Fast traffic/ Main Arterial Road	2.0	143.3
<u>100</u> 230.8	0.2	i	TIMING STATION (TS5) Centra Food Shop/ Go Petrol Station on Left	0.1	143.4
<u>101</u> 231.2	0.4	i	Enter <i>Dungiven</i>	0.3	143.7
<u>102</u> 232.0	0.8	←	LEFT onto <i>Garvagh Road, B64 (Legavallon Road)</i> Signposted <i>Grey Cables (Brownsign) A29 Coleraine - B64 Garvagh</i> after pedestrian lights	0.5	144.2
<u>103</u> 232.2	0.2	↑	At mini ROUNDABOUT take EXIT 2 onto <i>Garvagh Road</i>	0.2	144.4
<u>104</u> 232.6	0.4	i	Start of Climb	0.4	144.8
<u>105</u> 238.1	5.5	↑	At crossroads STRAIGHT continue STRAIGHT signposted <i>Garvagh</i>	3.2	148.0
<u>106</u> 241.8	3.7	←	LEFT onto <i>Belraugh Road, B190</i> signposted - <i>Coleraine Ringsend</i>	2.3	150.3
<u>107</u> 244.1	2.3	▲	Summit of climb	1.4	151.7
<u>108</u> 249.4	5.3	←	LEFT onto <i>Boleran Road, B70</i> signposted <i>Coleraine B190</i>	3.3	155.0
<u>109</u> 250.0	0.6	➔	RIGHT at STOP sign onto <i>Craigmore Road, B66</i>	0.4	155.4
<u>110</u> 254.2	4.2	←	LEFT onto <i>Drumcroone Road, A29</i> Signposted <i>Coleraine</i> CAUTION : Fast flowing traffic	2.6	158.0

<u>111</u>	263.1	8.9	➔	At ROUNDABOUT , take EXIT 2 onto <i>Drumcroon Road/Dunhill Road/A29</i> signposted <i>Coleraine Portrush</i>	5.5	163.5
<u>112</u>	264.0	0.9	<i>i</i>	Enter <i>Coleraine</i>	0.6	164.1
<u>113</u>	264.4	0.4	←	At Greenmount ROUNDABOUT , take EXIT 1 onto <i>Greenhall Hwys</i> signposted <i>Castlerock B201 (A2)</i>	0.4	164.5
<u>114</u>	266.6	2.0	↑	At ROUNDABOUT , take EXIT 2 onto <i>Wheatsheaf Road</i> signposted <i>Articlave Castlerock (A2)</i>	1.2	165.7
<u>115</u>	267.3	0.7	←	LEFT onto <i>Castlerock Road/A2</i> signposted <i>Articlave Castlerock (A2)</i> CAUTION: Busy Road	0.4	166.1
<u>116</u>	272.3	5.0	↑	Enter Articlave	3.1	169.2
<u>117</u>	275.5	3.2	!	EXTREME CAUTION: Steep decent with sharp corner, 2 manhole covers, loose gravel + sand at bottom	2.0	171.2
<u>118</u>	276.0	0.5	<i>i</i>	Enter <i>Downhill (townland)</i>	0.3	171.5
<u>119</u>	279.2	3.2	!	CAUTION: Railway Crossing	2.0	173.5
<u>120</u>	284.6	5.4	<i>i</i>	Enter <i>Bellarena</i>	3.4	176.9
<u>121</u>	286.9	2.3	!	CAUTION: Railway Crossing	1.4	178.3
<u>122</u>	288.7	1.8	➔	RIGHT onto <i>Seacoast Road</i> signposted <i>Londonderry Limvavady B69</i>	1.1	179.4
<u>123</u>	296.1	7.4	➔	At Lisnakilly ROUNDABOUT , take EXIT 3 onto <i>Ballykelly Road (A2)</i> signposted <i>Londonderry</i>	4.6	184.0
<u>124</u>	299.8	3.7	↑	Enter <i>Ballykelly</i>	2.3	186.3
<u>125</u>	306.7	6.9	↑	Enter <i>Greysteel</i>	4.3	190.6
<u>126</u>	308.9	2.2	↑	At Longfield ROUNDABOUT , take EXIT 2 and stay on A2 signposted Londonderry A2 Causeway Coastal Route (N) . CAUTION: Earlier route crosses this point. CONTINUE STRAIGHT ONLY	1.4	192.0
<u>127</u>	311.2	2.3	↑	At Broadbridge ROUNDABOUT , take EXIT 2 and stay on <i>Clooney Road A2</i> signposted <i>Londonderry A2 Causeway Coastal Route (N)</i>	1.4	193.4
<u>128</u>	313.2	2.0	↑	At Campsey ROUNDABOUT , take EXIT 2 onto <i>Clooney Road A2</i> signposted <i>Londonderry A2 Causeway Coastal Route (N) Motel</i>	0.2	194.6
<u>129</u>	315.5	2.3	↑	At Maydown ROUNDABOUT , take EXIT 2 and stay on <i>Clooney Road A2</i> signposted <i>Londonderry A2 Causeway Coastal Route (N)</i>	1.5	196.1

<u>130</u> 317.5	2.0	➔	At Gransha ROUNDAABOUT , take EXIT 3 and stay on <i>Clooney Road A2</i> and RETURN EAST BOUND left lanes signposted <i>Coleraine (A37) Limavady Maydown Eglinton A2</i>	1.2	197.3
			CAUTION: EXIT 3. 5 O clock Exit		
			CAUTION: Earlier route crosses this point. DO NOT TAKE THE WRONG EXIT		
<u>131</u> 319.7	2.2	↑	At Maydown ROUNDAABOUT , take EXIT 2 and stay on <i>Clooney Road/A2</i> signposted <i>Coleraine Limavady A2 Airport Maydown</i>	1.4	198.7
<u>132</u> 322	0.3	←	At Campsey ROUNDAABOUT , take EXIT 1 signposted <i>Lower Campsey Hotel</i>	1.3	200.1
<u>133</u> 322.2	0.2	←	LEFT onto <i>Donnybrewer Road</i> signposted <i>White Horse Hotel</i> to Race finish.	0.1	200.2
<u>134</u> 322.4	0.2	📍	End of route	0.1	200.3



**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

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

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