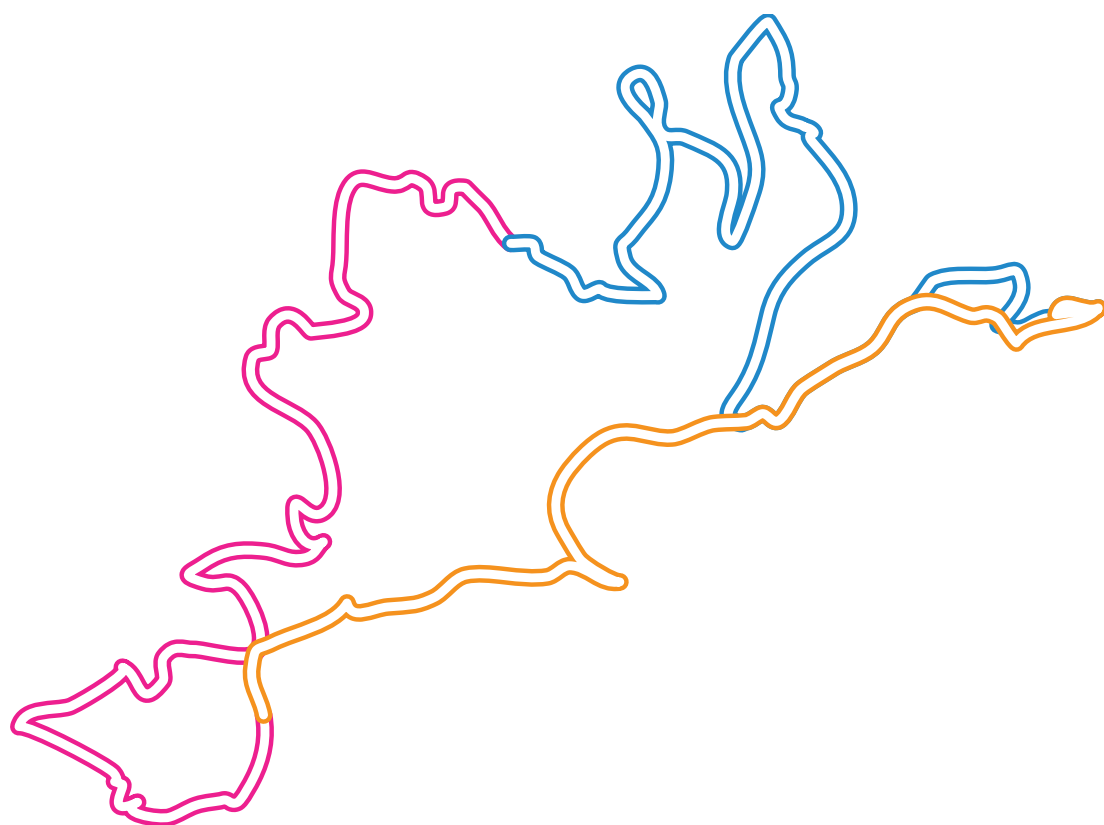




THE TJB
COASTAL
330



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**

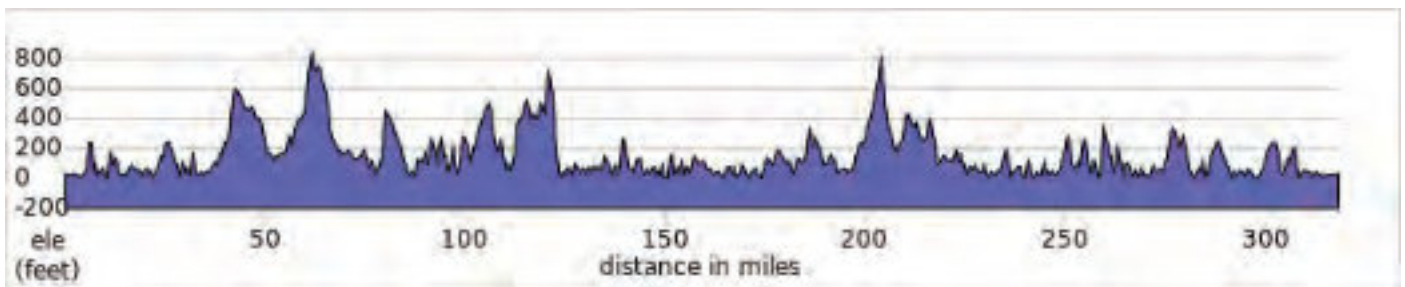
MAP OVERVIEW



ELEVATION OVERVIEW

THE TJB COSTAL 330 TOTAL OVERVIEW

Distance: 330 miles



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>Carmony 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:	0.8	11.7

Approach in right hand lane

<u>17</u>	20.1	12	↑	At ROUNDABOUT , take EXIT 2 onto A515, Dual Carriageway signposted Letterkenny Buncrana (A2)	0.7	12.5
<u>18</u>	21.0	0.9	↑	At ROUNDABOUT , take EXIT 2 onto A515, Dual Carriageway signposted Letterkenny Buncrana (A2)	0.6	13.0
<u>19</u>	21.7	0.7	➔	At ROUNDABOUT , take EXIT 2 onto Buncrana Road signposted Letterkenny Buncrana (A2) CAUTION: Approach in right hand lane	0.4	13.5
<u>20</u>	23.1	14	↑	CAUTION: Border crossing into Republic of Ireland . Signage in KM Currency Euro.	0.9	14.4
<u>21</u>	23.3	0.2	↑	Enter Bridgend	0.1	14.5
<u>22</u>	24.2	0.9	↑	At ROUNDABOUT , take EXIT 1 onto N13 signposted Stranorlar Letterkenny	0.5	15.0
<u>23</u>	34.1	9.8	<i>i</i>	Enter Newtoncunningham	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 Mannorcunningham	5.2	26.9
<u>26</u>	45.5	2.2	➔	At ROUNDABOUT , take EXIT 2 onto N13 signposted Stranolar Letterkenny	1.3	28.2
<u>27</u>	48.3	2.9	<i>i</i>	Enter Letterkenny	1.8	30.0
<u>28</u>	49.8	1.5	←	At ROUNDABOUT take EXIT 1 on N13 signposted Stranorlar Sligo Ballybofey	0.9	31.0
<u>29</u>	50.0	0.2	➔	RIGHT IMMEDIATELY onto L1114 signposted Derry Letterkenny . 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 Snug Bar to follow L1114	0.8	32.9
<u>33</u>	53.3	0.4	↑	At ROUNDABOUT , take EXIT 1 onto Crieve Road	0.2	33.1
<u>34</u>	58.1	4.8	<i>i</i>	Enter Newmills	3.0	36.1
<u>35</u>	58.3	0.2	➔	RIGHT toward R250 signposted Glenties Letterkenny (crossing bridge)	0.1	36.2
<u>36</u>	58.4	0.1	←	LEFT at STOP sign onto R250 signposted Church Hill (R251) . 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 Fintown Glenties Dungloe	13	37.6
<u>38</u>	65.1	4.6	←	LEFT onto L1632 signposted Cloghan CAUTION: DO NOT MISS	2.9	40.5
<u>39</u>	68.1	3.0	▲	Summit of climb	19	42.3
<u>40</u>	68.3	0.2	←	LEFT, KEEPLEFT. 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 Cloghan	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	→	SHARPRIGHT onto R253 signposted an Coimin. Start of climb. CAUTION: BLIND corner. Marker- Church on right	3.8	52.6
<u>45</u>	88.5	3.9	↑	STRAIGHT, KEEPSTRAIGHT on R253 direction Glenties	2.4	55.0
<u>46</u>	91.2	2.7	←	LEFT, KEEPLEFT to continue on R253. Marker- Purple Bar.	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 Glenties	8.9	70.4
<u>49</u>	114.2	0.9	←	LEFT at STOP sign onto Mill Road N56 signposted Killybegs Ardara	0.6	71.0
<u>50</u>	122.9	8.6	<i>i</i>	Enter Ardara	5.4	76.3
<u>51</u>	123.7	0.8	←	LEFT, KEEPLEFT to stay on N56. CAUTION: Steep descent. Exit Ardara direction of Killibegs	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 Donegal Road R263. 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 Killybegs	0.4	86.7
<u>56</u>	140.2	0.7	←	LEFT, KEEPLEFT onto Shore Road signposted - Carrick	0.5	87.1
<u>57</u>	140.9	0.6	→	At ROUNDABOUT , take EXIT 2 signposted Carrick	0.4	87.5
<u>58</u>	141.2	0.4	←	LEFT on shore road R263 signposted Carrick, Wild Atlantic Way N	0.2	87.8

<u>59</u>	142.4	12	←	At ROUNDAABOUT , take EXIT 2 onto R263 . Direction - Kilcar Carrick	0.7	88.5
<u>60</u>	146.8	4.3	←	LEFT, KEEPLEFT to continue on R263 Marker: Kitty Kelly's restaurant	2.7	91.2
<u>61</u>	148.1	13	←	LEFT signposted Coast Road L1215 Muckross head . 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	Enter Kilcar	2.1	95.7
<u>64</u>	154.6	0.6	←	LEFT at STOP sign onto Lower Main Street signposted Coast Road Slieve League	0.4	96.0
<u>65</u>	154.8	0.2	↑	STRAIGHT , continue STRAIGHT at fork signposted Carrick	0.1	96.2
<u>66</u>	156.0	1.3	←	Next LEFT at yellow house . CAUTION: DO NOT MISS . Mileage 96.9. Marker: Yellow House	0.8	96.9
<u>67</u>	157.0	1.0	→	RIGHT, KEEP RIGHT on coast road . CAUTION: SHARP RIGHT immediately after white washed house with blue doors. Marker - Stone An Duinin sign immediately after	0.6	97.6
<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	13	→	STRAIGHT , continue STRAIGHT onto L1115	0.8	100.2
<u>72</u>	162.8	15	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	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	Timing Station 4 (TS4) Enter Glencolumbkille Fire Station on right.	1.9	110.2
<u>79</u>	178.0	0.8	→	RIGHT, KEEP RIGHT and continue up hill. Marker: Fire station	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	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 POTHOLES for a few miles. Marker - White washed cottage with red door	13	116.6
<u>88</u>	191.6	4.0	↑	STRAIGHT , continue STRAIGHT . Marker: Water treatment plant	2.5	119.0
<u>89</u>	192.9	13	<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	14	▲	Summit of Climb	0.9	120.8
<u>92</u>	198.9	4.5	→	RIGHT, KEEP RIGHT at Maghera caves direction Ardara	2.8	123.6
<u>93</u>	206.2	7.3	←	LEFT at STOP sign onto N56 signposted Ardara Glenties	4.5	128.1
<u>94</u>	207.2	1.0	<i>i</i>	Enter Ardara	0.6	128.7
<u>95</u>	208.2	1.0	←	LEFT onto R261 signposted Nairn Portnoo	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 Santa Anna Drive L7713 signposted Rossbeg	3.7	133.2
<u>98</u>	216.1	18	←	LEFT, KEEP LEFT onto Santa Anna Drive L7713 signposted Rossbeg	1.1	134.3
<u>99</u>	218.1	2.0	←	SHARP LEFT CAUTION: VERY SHARP. DO NOT MISS	12	135.5
<u>100</u>	221.2	3.1	<i>i</i>	Enter Rossbeg	19	137.5
<u>101</u>	221.7	0.5	↑	STRAIGHT continue STRAIGHT Direction - Portnoo	0.3	137.8

<u>102</u>	223.7	2.0	←	LEFT to continue towards Portnoo CAUTION : Steep ascents and descents with loose gravel	12	139.0
<u>103</u>	225.5	1.8	→	RIGHT, KEEP RIGHT signposted Portnoo	1.1	140.1
<u>104</u>	226.0	0.5	<i>i</i>	Enter Portnoo	0.3	140.5
<u>105</u>	226.7	0.7	<i>i</i>	Enter Narin	0.4	140.9
<u>106</u>	227.9	1.2	→	RIGHT, KEEP RIGHT onto Lakeview Estate	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 R261	0.3	142.1
<u>109</u>	228.7	0.1	←	LEFT at STOP sign onto R261 Wild Atlantic Way North signposted Glenties	0.1	142.1
<u>110</u>	230.0	1.3	<i>i</i>	Enter Clooney	0.8	142.9
<u>111</u>	231.6	1.6	<i>i</i>	Enter Ballyerlston	1.0	143.9
<u>112</u>	233.3	1.7	←	LEFT onto N56, Wild Atlantic Way North signposted Dungloe CAUTION : Busy main road	1.1	145.0
<u>113</u>	236.3	3.0	<i>i</i>	Marker: Statue of Liberty on right	1.8	146.8
<u>114</u>	237.7	1.5	↑	STRAIGHT , continue STRAIGHT over Gweebarra Bridge	0.9	147.7
<u>115</u>	238.0	0.3	←	LEFT IMMEDIATELY after bridge signposted cycle route . CAUTION : Narrow road with debris	0.2	147.9
<u>116</u>	240.0	1.9	←	LEFT	12	149.1
<u>117</u>	240.1	0.2	<i>i</i>	Marker: Packie's Bar	0.1	149.2
<u>118</u>	242.6	2.5	→	RIGHT on cycle route 1 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 at STOP sign onto <i>N56</i> signposted <i>An Clochan Liath</i> . CAUTION : Busy main road	0.7	155.1
<u>123</u>	251.2	1.6	<i>i</i>	Enter <i>Cloughwally</i>	1.0	156.1
<u>124</u>	258.9	7.7	<i>i</i>	Enter <i>Dungloe</i>	4.8	160.9
<u>125</u>	259.9	1.0	↑	At mini ROUNDAABOUT take EXIT 1 (straight) onto <i>R259</i> signposted <i>Ailt an Chorrain</i>	0.6	161.5
<u>126</u>	260.1	0.2	→	RIGHT at STOP sign onto <i>Main Street</i> . CAUTION : Built up area	0.1	161.6
<u>127</u>	260.4	0.3	↑	STRAIGHT, KEEPSTRAIGHT to stay on <i>R259 Wild Atlantic Way North</i>	0.2	161.8
<u>128</u>	266.0	5.6	↑	STRAIGHT ,continue STRAIGHT onto <i>R259</i> signposted <i>Aeroport</i>	3.5	165.3
<u>129</u>	266.6	0.6	↑	STRAIGHT ,continue STRAIGHT on <i>R259</i> signposted <i>Aeroport</i>	0.4	165.7
<u>130</u>	270.4	3.8	←	LEFT to stay on <i>R259</i> signposted <i>Crothli R259</i>	2.4	168.0
<u>131</u>	273.5	3.1	→	RIGHT, KEEPRIGHT and stay on <i>R259</i> . Enter <i>Kincasslagh</i>	1.9	169.9
<u>132</u>	276.2	2.7	<i>i</i>	TIMING STATION 6 (TS6) Enter <i>Mullaghduff</i> . Remain on <i>R259</i>	1.7	171.6
<u>133</u>	278.1	2.0	<i>i</i>	Marker: Bridge crossing. Remain on <i>R259</i>	1.2	172.8
<u>134</u>	279.3	1.2	<i>i</i>	Marker: Bridge crossing Remain on <i>R259</i>	0.7	173.5
<u>135</u>	280.2	0.9	↑	Enter <i>Annagry</i> . Remain on <i>R259</i> . Marker: Church	0.6	174.1

on right

<u>136</u>	284.3	4.0	←	LEFT at STOP sign onto N56 signposted Dunfanaghy and Wild Atlantic way N N56 CAUTION: Busy main road	2.5	176.6
<u>137</u>	286.0	1.7	←	LEFT onto R257 signposted An Bun Beag Wild Atlantic Way	1.1	177.7
<u>138</u>	290.1	4.1	<i>i</i>	Enter Bunbeg	2.5	180.2
<u>139</u>	294.3	4.3	←	LEFT onto R257	2.6	182.9
<u>140</u>	296.8	2.5	<i>i</i>	Enter Glassagh . Start of climb	1.6	184.4
<u>141</u>	299.4	2.6	▲	Summit of climb	1.6	186.1
<u>142</u>	305.1	5.6	→	RIGHT to stay on R257	3.5	189.6
<u>143</u>	305.6	0.5	←	LEFT to stay on R257	0.3	189.9
<u>144</u>	306.6	1.0	↑	STRAIGHT , continue STRAIGHT at crossroads to stay on R257	0.6	190.5
<u>145</u>	310.2	3.6	→	RIGHT, KEEP RIGHT to stay on R257	2.2	192.8
<u>146</u>	312.0	1.7	←	LEFT to stay on R257	1.1	193.8
<u>147</u>	313.5	1.5	←	LEFT at STOP sign onto N56 signposted Gort an Choirse Dunfanaghy Enter Gortahork	0.9	194.8
<u>148</u>	317.5	4.0	<i>i</i>	Enter Falcarragh . Start of climb	2.5	197.3
<u>149</u>	318.1	0.6	→	RIGHT onto Station Road L1073 R256 signposted Glenveagh National Park Muckish Mountain Marker: Bidy Jack's Bar	0.4	197.6
<u>150</u>	321.2	3.1	↑	STRAIGHT , continue STRAIGHT and stay on R256 . Direction: Kilmacrennan	2.0	199.6
<u>151</u>	327.9	6.7	▲	Summit of Climb. Marker: Shrine	4.2	203.8

<u>152</u>	331.0	3.0	←	LEFT at STOP sign onto R251 signposted Letterkenny (N56) Kilmacrenan	19	205.7
<u>153</u>	332.1	12	<i>i</i>	TIMING STATION 7 (TS7) Enter Glenveagh National Park . Marker: National Park on right	0.7	206.4
<u>154</u>	333.6	1.5	←	LEFT, KEEPLEFT to stay on R251	0.9	207.3
<u>155</u>	337.8	4.2	↑	LEFT, KEEPLEFT onto R255	2.6	209.9
<u>156</u>	343.7	5.8	←	LEFT at STOP sign onto N56 signposted Dunfanaghy Creeslough . Enter Termon	3.6	213.5
<u>157</u>	350.0	6.4	→	RIGHT onto L1212 signposted Glen	4.0	217.5
<u>158</u>	356.5	6.5	←	LEFT, KEEPLEFT to continue onto L1192 . Enter Glen Village	4.0	221.5
<u>159</u>	360.4	3.9	→	RIGHT at STOP sign onto R245 signposted Carrigart . CAUTION : Main Road	2.4	223.9
<u>160</u>	362.4	2.0	<i>i</i>	Enter Carrigart	13	225.2
<u>161</u>	362.7	0.3	→	RIGHT , keep RIGHT and continue on R940	0.2	225.4
<u>162</u>	377.5	14.8	<i>i</i>	Enter Milford	9.2	234.5
<u>163</u>	378.0	0.6	←	LEFT onto L1242 signposted Kerrykeel	0.4	234.9
<u>164</u>	379.6	1.5	←	LEFT onto R246 signposted Fanad Head Kerrykeel	1.0	235.9
<u>165</u>	383.6	4.1	<i>i</i>	Enter Kerrykeel	2.5	238.4
<u>166</u>	384.1	0.5	←	LEFT at STOP sign to stay on R246 signposted Portsalon Knockalla Caravan Park	0.3	238.7
<u>167</u>	387.3	3.2	←	LEFT onto L1092 signposted Rosnakill/Tawney / Fanad Head	2.0	240.7
<u>168</u>	391.4	4.1	<i>i</i>	Enter Rosnakill	2.5	243.2
<u>169</u>	392.5	1.1	←	LEFT onto R247 signposted Ciann Fhanada signposted Harry Blaney Bridge/ Fanad Head	0.7	243.9
<u>170</u>	396.3	3.8	↑	STRAIGHT , continue STRAIGHT on R247 direction	2.4	246.3

Fanad Head. Enter Kindrum						
<u>171</u>	398.2	18	➔	RIGHT, KEEPRIGHT to continue on R247 direction Fanad Head	1.1	247.4
<u>172</u>	399.0	0.9	<i>i</i>	Marker: Playing fields on right	0.5	247.9
<u>173</u>	403.0	4.0	➔	RIGHT onto L1072 signposted L1072 CAUTION: DO NOT MISS	2.5	250.4
<u>174</u>	405.5	2.5	←	LEFT on L1072 signposted Portsalon Kerrykeel	15	252.0
<u>175</u>	406.2	0.7	➔	RIGHT, KEEPRIGHT and follow signs for Wild Atlantic Way	0.5	252.4
<u>176</u>	406.8	0.6	➔	RIGHT, KEEPRIGHT	0.4	252.8
<u>177</u>	411.9	5.1	<i>i</i>	TIMING STATION 8 (TS8) Enter Portsalon	3.2	255.9
<u>178</u>	413.6	1.7	←	LEFT at STOP sign to stay on R246 Wild Atlantic Way N	1.1	257.0
<u>179</u>	414.9	12	←	LEFT onto R268 signposted Rathmullan Wild Atlantic Way N	0.8	257.8
<u>180</u>	416.5	1.7	←	LEFT, KEEPLEFT , direction Rathmullan	1.0	258.8
<u>181</u>	417.4	0.8	<i>i</i>	Start of Climb	0.5	259.4
<u>182</u>	418.6	12	▲	Summit of Climb. CAUTION: Steep descent	0.8	260.1
<u>183</u>	421.7	3.1	←	LEFT, KEEPLEFT on R268 Direction Rathmullan	19	262.1
<u>184</u>	427.3	5.5	↑	STRAIGHT , continue STRAIGHT onto R247 direction Rathmullan	3.4	265.5
<u>185</u>	430.9	3.6	<i>i</i>	Enter Rathmullan	2.2	267.7
<u>186</u>	432.0	12	➔	RIGHT onto R247 signposted Ramelton	0.7	268.4
<u>187</u>	441.9	9.9	<i>i</i>	Enter Ramelton	6.1	274.6
<u>188</u>	442.6	0.7	←	LEFT over bridge onto R940 signposted Letterkenny and Wild Atlantic Way (N) R245	0.4	275.0
<u>189</u>	442.8	0.2	➔	RIGHT up steep hill on R940 signposted Letterkenny Wild Atlantic Way (N) R245 CAUTION: DO NOT MISS	0.1	275.1
<u>190</u>	443.0	0.2	<i>i</i>	Marker: St Mary's church	0.1	275.3

<u>191</u>	450.5	7.5	<i>i</i>	Enter Letterkenny	4.6	279.9
<u>192</u>	453.4	2.9	↑	At ROUNDABOUT take EXIT 1 onto Ramelton Road N56 signposted All other routes	18	281.7
<u>193</u>	453.9	0.5	↑	At ROUNDABOUT take EXIT 2 onto N56 signposted All other routes	0.3	282.0
<u>194</u>	454.3	0.9	←	At ROUNDABOUT take EXIT 1 onto N14 sign posted All other routes N56	0.3	282.3
<u>195</u>	455.7	14	↑	At ROUNDABOUT take EXIT 2 onto N13 signposted Derry Dublin Lifford	0.9	283.2
<u>196</u>	460.1	4.4	←	At ROUNDABOUT take EXIT 1 onto N13 sign posted Derry Buncrana	2.7	285.9
<u>197</u>	461.4	13	<i>i</i>	STRAIGHT , continue STRAIGHT on N13 . Enter Mannorcunningham	0.8	286.7
<u>198</u>	469.8	8.4	<i>i</i>	Timing Station 9 (TS9) STRAIGHT , continue STRAIGHT on N13 . Enter Newtoncunningham	5.2	291.9
<u>199</u>	478.3	8.5	←	LEFT onto R239 sig posted Burnfoot Inch Wildlife Reserve	5.3	297.2
<u>200</u>	478.9	0.6	!	CAUTION: SHARP RIGHT	0.4	297.6
<u>201</u>	481.0	2.1	←	LEFT at STOP sign onto R238 signposted Burnfoot Buncrana	13	298.9
<u>202</u>	481.2	0.2	<i>i</i>	Enter Burnfoot Marker: Applegreen Services	0.1	299.0
<u>203</u>	481.3	0.1	→	RIGHT onto R239 signposted Moville	0.1	299.1
<u>204</u>	489.7	8.4	<i>i</i>	Enter Muff	5.2	304.3
<u>205</u>	490.2	0.5	→	RIGHT onto Main Street R238 sign posted Derry	0.3	304.6
<u>206</u>	490.5	0.3	<i>i</i>	CAUTION: Border crossing into Northern Ireland. Signage in Miles. Currency: Pounds Sterling	0.2	304.8
<u>207</u>	491.8	13	<i>i</i>	Enter Derry ~ Londonderry	0.8	305.6
<u>208</u>	495.8	4.0	←	LEFT onto SLIP ROAD to AVOID ROUNDABOUT . Signposted Belfast Coleraine Foyle Bridge Airport . CAUTION: Bridge crossing. Fast traffic. If bridge is CLOSED follow ALTERNATE DIRECTIONS #2	2.5	308.1
<u>209</u>	496.1	0.3	←	LEFT to merge onto A515 Foyle Bridge CAUTION: Fast Traffic approaching	0.2	308.2
<u>210</u>	498.3	2.2	←	At ROUNDABOUT take EXIT 1 onto Clooney Road A2 sign posted Coleraine Limavady Airport	14	309.6

<u>211</u>	498.7	0.4	↑	At ROUNDABOUT take EXIT 2 onto Clooney Road A2 signposted Coleraine Limavady Airport Maydown	0.3	309.9
<u>212</u>	500.7	2.0	↑	At ROUNDABOUT take EXIT 2 onto Clooney Road A2 signposted Coleraine Limavady Airport Maydown	12	311.1
<u>213</u>	503.1	2.4	↑	At ROUNDABOUT take EXIT 2 onto A2 signposted Coleraine Limavady Eglinton	15	312.6
<u>214</u>	504.9	18	↑	At ROUNDABOUT take EXIT 2 onto A2 signposted Coleraine Limavady Greysteel	1.1	313.8
<u>215</u>	507.2	2.3	←	At ROUNDABOUT take EXIT 1 signposted Airport Longfield Industrial Estate	14	315.2
<u>216</u>	507.4	0.2	←	At ROUNDABOUT take EXIT 1 signposted Longfield Industrial Estate W	0.1	315.3
<u>217</u>	509.4	2.0	→	RIGHT onto Station Road signposted Donnybrewer	1.3	316.5
<u>218</u>	510.2	0.8	←	LEFT onto Donnybrewer Road	0.5	317
<u>219</u>	512.8	2.6	→	RIGHT to Enter Best Western White Horse Hotel . Then Turn LEFT into Carpark and Enter Hotel to RACE FINISH .	16	318.6
<u>200</u>	512.9	0.1	📍	End of route	0.1	318.7



**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

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

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