

AMBERGREEN TOUR OF ULSTER STAGE 1: Saturday 29th April 2017, 12:00pm

Event HQ: Moy GAA Clubrooms, Moy

Route Summary: 92.9 Miles/149.6 Km. KOH 2x Cat 3, 3x Cat 2 & 1x Cat 1

Sign On: 9:30-10:45am

Depart: 11:50am



KM		Miles		Route			Schedule		
From Start	From Start	To Finish	Description	Feature	Instruction	25mph	27mph	30mph	
0.5	0.3	94.7	Dir. Armagh The Square, Moy A29	T Junction	Right	11:50	11:50	11:50	
0.6	0.4	94.4	Dir. Coalisland/Belfast (M1) B106	Cross Roads	Left				
1.8	1.1	94	Race start at de-restriction signs, Moy	Neutralised Section	Ends				
0.0	0.0	92.9	De-restriction signs, Continue on B106	Race Start	Rolling Start	12:00	12:00	12:00	
2.3	1.4	91.5	Dir. Belfast (M1), Derrygally Road B106	T Junction	Right	12:03	12:03	12:02	
2.4	1.5	91.4	Dir. Belfast (M1), Bovean Road B106	Left	Left	12:03	12:03	12:03	
4.7	2.9	90.0	Dir. Belfast (M1), Tamnamore Road B34	T Junction	Right	12:06	12:06	12:05	
5.3	3.3	89.6	Dir. Coalisland A45	Left	Left	12:07	12:07	12:06	
5.3	3.3	89.6	Dir. Coalisland, Ballynakilly Road A45	Major Roundabout	2nd Exit	12:07	12:07	12:06	
8.2	5.1	87.8	Dir. Stewartstown, Moor Road B520	Right	Right	12:12	12:11	12:10	
11.9	7.4	85.5	Dir. Stewartstown, Moor Road B520	Roundabout	2nd Exit	12:17	12:16	12:14	
14.7	9.1	83.8	Stewartstown	Speed Bumps		12:21	12:20	12:18	
15.3	9.5	83.4	Dir. Cookstown, West Street B520	Left	Left	12:22	12:21	12:19	
15.9	9.9	83.0	Bear right onto Donaghendry Road/B520			12:23	12:22	12:19	
20.0	12.4	80.5	Tullyhogue			12:29	12:27	12:24	
20.4	12.7	80.2	Continue to Cookstown, Tullywigan Road		Bear Right	12:30	12:28	12:25	
21.6	13.4	79.5		Narrow bridge	Caution	12:32	12:29	12:26	
23.5	14.6	78.3	Cookstown			12:35	12:32	12:29	
23.5	14.6	78.3	Dir. Sandholes, Sandholes Road	Major Roundabout	2nd Exit	12:35	12:32	12:29	
24.5	15.2	77.7	Dir. Derryloran Ind. Estate, Sandholes Road opposite Keystone Factory	Right	Right	12:36	12:33	12:30	
25.3	15.7	77.2	Dir. Omagh, Drum Road A505	Left	Left	12:37	12:34	12:31	
25.3	15.7	77.2	Dir. Omagh, Drum Road A505	Junction	Left	12:37	12:34	12:31	
25.9	16.1	76.8	Dir. Pomeroy, Pomeroy Road B4	Left	Left	12:38	12:35	12:32	
30.8	19.1	73.8	Tullyreavey Road B4		Bear Right	12:45	12:42	12:38	
34.3	21.3	71.6	Bear right to Edendoit Road/B4		Bear Right	12:51	12:47	12:42	
35.7	22.2	70.7			Tight bends	12:53	12:49	12:44	
38.2	23.7	69.2	Pomeroy	Speed Bumps	Caution	12:56	12:52	12:47	
38.5	23.9	69.0	Dir. Carrickmore/Omagh, Main Street B4	T Junction	Right	12:57	12:53	12:47	
38.5	23.9	69.0	Road on Left	KOH Pomeroy	Start	12:57	12:53	12:47	
38.5	23.9	69.0	200m to KOH Finish			12:57	12:53	12:47	
38.8	24.1	68.8	Finish NISA Local Shop on left	▲ Top of Hill	KOH - 3rd CAT	12:57	12:53	12:48	
45.9	28.5	64.4	Dir. Ballygawley, Tiroony Road	Left	Left	13:08	13:03	12:57	
45.9	28.5	64.4	Dir. Ballygawley, Tiroony Road	Junction	Left	13:08	13:03	12:57	
46.4	28.8	64.1	Dir. Ballygawley, Whitebridge Road	Left	Left	13:09	13:04	12:57	
46.4	28.8	64.1	Start at Junction	KOH Whitebridge	Start	13:09	13:04	12:57	
47.2	29.3	63.6	Sharp bends		Caution	13:10	13:05	12:58	
49.7	30.9	62.0	200m to KOH Finish			13:14	13:08	13:01	
49.9	31.0	61.9	Finish Red Farm Buildings on left	▲ Top of Hill	KOH - 2nd CAT	13:14	13:08	13:02	
49.9	31.0	61.9	Feeding Starts			13:14	13:08	13:02	
54.9	34.1	58.8	Dir. Ballygawley, Whitebridge Road	T Junction	Left	13:21	13:15	13:08	
59.6	37.0	55.9	Dir. Omagh, Omagh Road A5	T Junction	Right	13:28	13:22	13:14	
60.9	37.8	55.1	Start at School on right	KOH Ballymackleroy	Start	13:30	13:24	13:15	
62.5	38.8	54.1	200m to KOH Finish			13:33	13:26	13:17	
62.8	39.0	53.9	Finish at end of slow lane 200yds sign	▲ Top of Hill	KOH - 3rd CAT	13:33	13:26	13:18	
71.8	44.6	48.3	Dir. Seskinore, Moylagh Road B46	Left	Left	13:47	13:39	13:29	
74.1	46.0	46.9	Sharp Left Turn		Caution	13:50	13:42	13:32	
75.0	46.6	46.3	Seskinore			13:51	13:43	13:33	
75.0	46.6	46.3	Dir. Fintona, Main Street B46	T Junction	Left	13:51	13:43	13:33	
75.3	46.8	46.1	Dir. Fintona, Carnalea Road B46	Right	Right	13:52	13:44	13:33	
78.9	49.0	43.9	Dir. Fintona B122	Cross Roads	Left	13:57	13:48	13:38	
80.0	49.7	43.2	Fintona			13:59	13:50	13:39	
80.2	49.8	43.1	Dir. Fivemiletown, Ecclesville Road B122	T Junction	Left	13:59	13:50	13:39	
81.3	50.5	42.4	Start at JJ Donnelly on left	KOH Sion Finn	Start	14:01	13:52	13:41	
81.6	50.7	42.2			Bear Right	14:01	13:52	13:41	
87.1	54.1	38.8	200m to KOH Finish			14:09	14:00	13:48	
87.6	54.4	38.5	Finish at small layby on right	▲ Top of Hill	KOH - 1st CAT	14:10	14:00	13:48	
94.2	58.5	34.4	Fivemiletown			14:20	14:10	13:57	
94.3	58.6	34.3	Dir. Belfast, A4	T Junction	Left	14:20	14:10	13:57	
94.5	58.7	34.2	Dir. Belfast, Ballagh Road A4	Roundabout	1st Exit	14:20	14:10	13:57	

104.2	64.7	28.2	Clogher	Straight through			14:35	14:23	14:09
107.4	66.7	26.2	Augher				14:40	14:28	14:13
107.7	66.9	26.0	Dir. Aughnacloy/Armagh, Main Street A28	Roundabout	3rd Exit		14:40	14:28	14:13
119.0	73.9	19.0	Aughnacloy				14:57	14:44	14:27
119.1	74.0	18.9	Dir. Armagh/Monaghan, Tullyvar Road A5	T Junction	Right		14:57	14:44	14:28
119.9	74.5	18.4	Dir. Dungannon B35 (at Ulster Bank) Dir. Benburb, @ Aughnacloy P.S Rehaghy Road B128	Left	Left		14:58	14:45	14:29
120.3	74.7	18.2		Right	Right		14:59	14:46	14:29
120.3	74.7	18.2	Start at Junction	KOH Rehargy	Start		14:59	14:46	14:29
124.8	77.5	15.4	200m to KOH Finish				15:06	14:52	14:35
125.1	77.7	15.2	Finish at Rehaghy Orange Hall on right	 Top of Hill	KOH - 2nd CAT		15:06	14:52	14:35
128.8	80.0	12.9	Feeding Ends				15:12	14:57	14:40
128.8	80.0	12.9	20k to go				15:12	14:57	14:40
132.7	82.4	10.5	Dir. Dungannon, Eglis Road B45	T Junction	Left		15:17	15:03	14:44
135.6	84.2	8.7	Eglis				15:22	15:07	14:48
136.4	84.7	8.2	Dir. Benburb onto Stiloga Road (right) B130	Right	Right		15:23	15:08	14:49
136.4	84.7	8.2	Start at Junction	KOH Stiloga	Start		15:23	15:08	14:49
136.9	85.0	7.9	200m to KOH Finish				15:24	15:08	14:50
137.2	85.2	7.7	Finish adjacent Stiloga Road on right	 Top of Hill	KOH - 2nd CAT		15:24	15:09	14:50
139.4	86.6	6.3	10k to go				15:27	15:12	14:53
139.4	86.6	6.3	Dir. Benburb, Derryfubble B130	T Junction	Right		15:27	15:12	14:53
141.7	88.0	4.9	Benburb	Speed Bumps	Caution		15:31	15:15	14:56
142.0	88.2	4.7	Dir. Blackwatertown, Main Street B128	T Junction	Left		15:31	15:16	14:56
143.1	88.9	4.0	Crossroads keep straight		Straight		15:33	15:17	14:57
144.6	89.8	3.1	5k to go				15:35	15:19	14:59
144.7	89.9	3.0	Blackwatertown	Traffic Islands	Caution		15:35	15:19	14:59
145.4	90.3	2.6	Dir. Moy, Charlemont Road	Roundabout	1st Exit		15:36	15:20	15:00
148.1	92.0	0.9	Dir. Moy, Armagh Road A29	T Junction	Left		15:40	15:24	15:04
148.4	92.2	0.7	Charlemont	Traffic Islands	Caution		15:41	15:24	15:04
148.4	92.2	0.7	1k to go				15:41	15:24	15:04
148.8	92.4	0.5	Dir. Moy	Roundabout	1st Exit		15:41	15:25	15:04
148.9	92.5	0.4	500m to go				15:42	15:25	15:05
149.2	92.7	0.2	200m to go				15:42	15:26	15:05
149.4	92.8	0.1	100m to go				15:42	15:26	15:05
149.6	92.9	0.0	The Square, Moy	 Finish Line	Finish		15:42	15:26	15:05