

Victus Tour of Ulster Stage 3 : Monday 1st May 2023 10.00am

Event HQ: St Aidan's Comprehensive School, Station Rd, Lisnasaran, Cootehill, Co. Cavan

Route Summary: 89.4 miles/143.9 Km. KOH: Cat x 6, Elevation 1365m

Sign On: 08:45 AM - 09:30AM

Depart: 09:45 AM



BICYCLECOFFEESHOP

KM		Miles		Route			Schedule		
From Start	From Start	To Finish	Description	Feature	Instruction	25 mph	27 mph	30 mph	
0.0	0.0		Dir. Town Centre, R191	Left	Left	09:50	09:50	09:50	
0.0	0.0		Dir. Ballybay, R190	Right	Right				
0.4	0.2		Race Start, 80km Speed Signs						
0.0	0.0	89.4	Race Start, 80km Speed Signs	RACE START	Rolling Start	10:00	10:00	10:00	
0.0	0.0	89.4	Dir. Ballybay, R190	Left	Left	10:00	10:00	10:00	
6.6	4.1	85.3	Dir. Rockcorry, R193	Left	Left	10:09	10:09	10:08	
9.8	6.1	83.3	Rockcorry			10:14	10:13	10:12	
10.1	6.3	83.1	Dir. Cootehill, R188	T Junction	Left	10:15	10:14	10:12	
17.2	10.7	78.7	Cootehill			10:25	10:23	10:21	
17.9	11.1	78.3	Lap 2			10:26	10:24	10:22	
18.3	11.4	78.0	Dir. Town Centre, R190	Crossroads	Left	10:27	10:25	10:22	
20.6	12.8	76.6	Dir. Ballybay, R190	Left	Left	10:30	10:28	10:25	
20.9	13.0	76.4	KOH Start - CastleBlayne Road Sign on left	KOH - Morris's Hill	Start	10:31	10:28	10:26	
21.4	13.3	76.1	200m to go			10:31	10:29	10:26	
21.6	13.4	76.0	KOH Finish - Morris's Garage Towing Service	Top of the Hill	KOH - Cat 3	10:32	10:29	10:26	
			Descent	Caution	Caution				
27.6	17.2	72.3	Dir. Rockcorry, R193	Left	Left	10:41	10:38	10:34	
30.0	18.7	70.8	Feeding Opens			10:44	10:41	10:37	
31.1	19.3	70.1	Rockcorry			10:46	10:42	10:38	
31.2	19.4	70.0	Dir. Cootehill, R188	T Junction	Left	10:46	10:43	10:38	
38.5	23.9	65.5	Cootehill			10:57	10:53	10:47	
38.6	24.0	65.4	Lap 3			10:57	10:53	10:48	
39.4	24.5	64.9	Dir. Town Centre, R190	Crossroads	Left	10:58	10:54	10:49	
41.8	26.0	63.4	Dir. Ballybay, R190	Left	Left	11:02	10:57	10:52	
42.0	26.1	63.3	KOH Start - CastleBlayne Road Sign on left	KOH - Morris's Hill	Start	11:02	10:58	10:52	
42.6	26.5	62.9	200m to go			11:03	10:58	10:53	
43.0	26.7	62.7	KOH Finish - Morris's Garage Towing Service	Top of the Hill	KOH - Cat 3	11:04	10:59	10:53	
			Descent	Caution	Caution				
48.8	30.3	59.1	Dir. Rockcorry, R193	Left	Left	11:12	11:07	11:00	
52.1	32.4	57.0	Rockcorry			11:17	11:12	11:04	
52.3	32.5	56.9	Dir. Cootehill, R188	T Junction	Left	11:18	11:12	11:05	
59.5	37.0	52.4	Cootehill			11:28	11:22	11:14	
59.7	37.1	52.3	Lap 4			11:29	11:22	11:14	
60.5	37.6	51.8	Dir. Town Centre, R190	Crossroads	Left	11:30	11:23	11:15	
62.9	39.1	50.3	Dir. Ballybay, R190	Left	Left	11:33	11:26	11:18	
63.1	39.2	50.2	KOH Start - CastleBlayne Road Sign on left	KOH - Morris's Hill	Start	11:34	11:27	11:18	
63.7	39.6	49.8	200m to go			11:35	11:28	11:19	
64.0	39.8	49.7	KOH Finish - Morris's Garage Towing Service	Top of the Hill	KOH - Cat 3	11:35	11:28	11:19	
			Descent	Caution	Caution				
69.8	43.4	46.1	Dir. Rockcorry, R193	Left	Left	11:44	11:36	11:26	
73.2	45.5	43.9	Rockcorry			11:49	11:41	11:31	
73.4	45.6	43.8	Dir. Cootehill, R188	T Junction	Left	11:49	11:41	11:31	
80.6	50.1	39.3	Cootehill			12:00	11:51	11:40	
80.8	50.2	39.2	Lap 5			12:00	11:51	11:40	
81.6	50.7	38.7	Dir. Town Centre, R190	Crossroads	Left	12:01	11:52	11:41	
84.0	52.2	37.2	Dir. Ballybay, R190	Left	Left	12:05	11:56	11:44	
84.2	52.3	37.1	KOH Start - CastleBlayne Road Sign on left	KOH - Morris's Hill	Start	12:05	11:56	11:44	
84.8	52.7	36.7	200m to go			12:06	11:57	11:45	
85.1	52.9	36.6	KOH Finish - Morris's Garage Towing Service	Top of the Hill	KOH - Cat 3	12:06	11:57	11:45	
			Descent	Caution	Caution				
90.8	56.5	33.0	Dir. Rockcorry, R193	Left	Left	12:15	12:05	11:52	

KM	Miles		Route			Schedule			
	From Start	From Start	To Finish	Description	Feature	Instruction	25 mph	27 mph	30 mph
94.3	58.6	30.8		Rockcorry			12:20	12:10	11:57
94.5	58.7	30.7		Dir. Cootehill, R188	T Junction	Left	12:20	12:10	11:57
101.7	63.2	26.2		Cootehill			12:31	12:20	12:06
101.9	63.3	26.1		Lap 6			12:31	12:20	12:06
102.7	63.8	25.6		Dir. Town Centre, R190	Crossroads	Left	12:33	12:21	12:07
105.1	65.3	24.1		Dir. Ballybay, R190	Left	Left	12:36	12:25	12:10
105.3	65.4	24.0		KOH Start - CastleBlayne Road Sign on left	KOH - Morris's Hill	Start	12:36	12:25	12:10
105.9	65.8	23.6		200m to go			12:37	12:26	12:11
106.1	66.0	23.5		KOH Finish - Morris's Garage Towing Service	Top of the Hill	KOH - Cat 3	12:38	12:26	12:11
				Descent	Caution	Caution			
111.9	69.6	19.9		Dir. Rockcorry, R193	Left	Left	12:46	12:34	12:19
115.4	71.7	17.7		Rockcorry			12:52	12:39	12:23
115.6	71.8	17.6		Dir. Cootehill, R188	T Junction	Left	12:52	12:39	12:23
122.8	76.3	13.1		Cootehill			13:03	12:49	12:32
123.0	76.4	13.0		Lap 7			13:03	12:49	12:32
123.8	76.9	12.5		Dir. Town Centre, R190	Crossroads	Left	13:04	12:50	12:33
123.9	77.0	12.4		Feeding Closes			13:04	12:51	12:34
126.2	78.4	11.0		Dir. Ballybay, R190	Left	Left	13:08	12:54	12:36
126.3	78.5	10.9		KOH Start - CastleBlayne Road Sign on left	KOH - Morris's Hill	Start	13:08	12:54	12:37
127.0	78.9	10.5		200m to go			13:09	12:55	12:37
127.2	79.1	10.4		KOH Finish - Morris's Garage Towing Service	Top of the Hill	KOH - Cat 3	13:09	12:55	12:38
				Descent	Caution	Caution			
133.0	82.7	6.8		Dir. Rockcorry, R193	Left	Left	13:18	13:03	12:45
136.5	84.8	4.6		Rockcorry			13:23	13:08	12:49
136.6	84.9	4.5		Dir. Cootehill, R188	T Junction	Left	13:23	13:08	12:49
142.9	88.8	0.6		1km to go			13:33	13:17	12:57
143.9	89.4	0.0		Cootehill			13:34	13:18	12:58
143.9	89.4	0.0		Darley National School, Cootehill	Finish Line	Finish	13:34	13:18	12:58