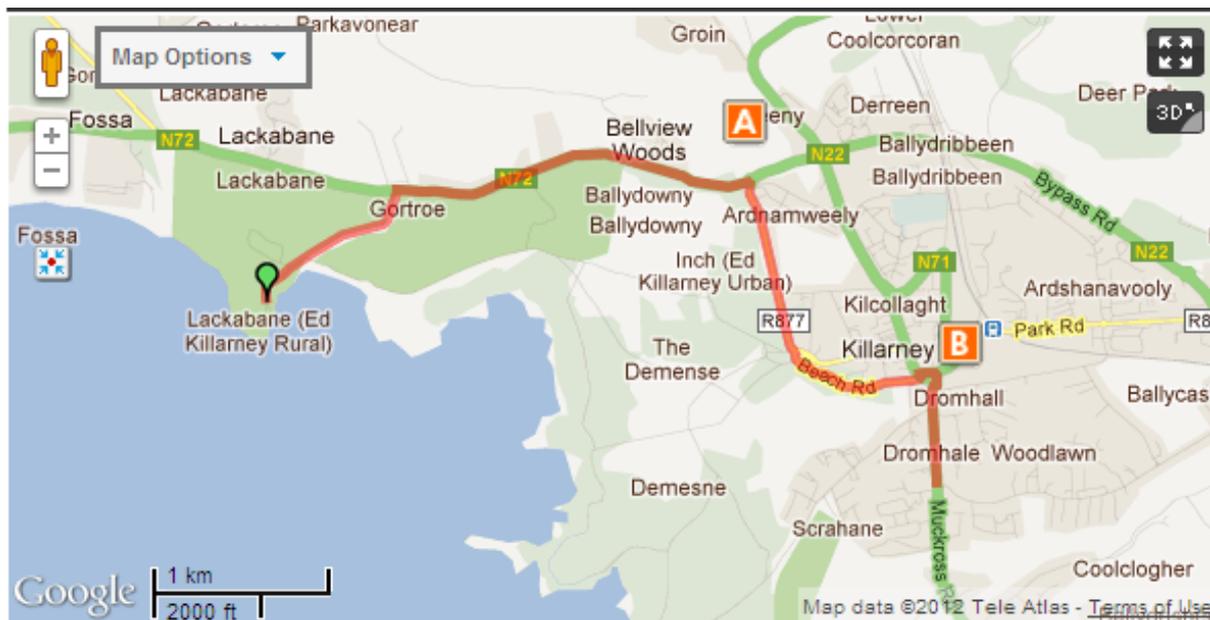
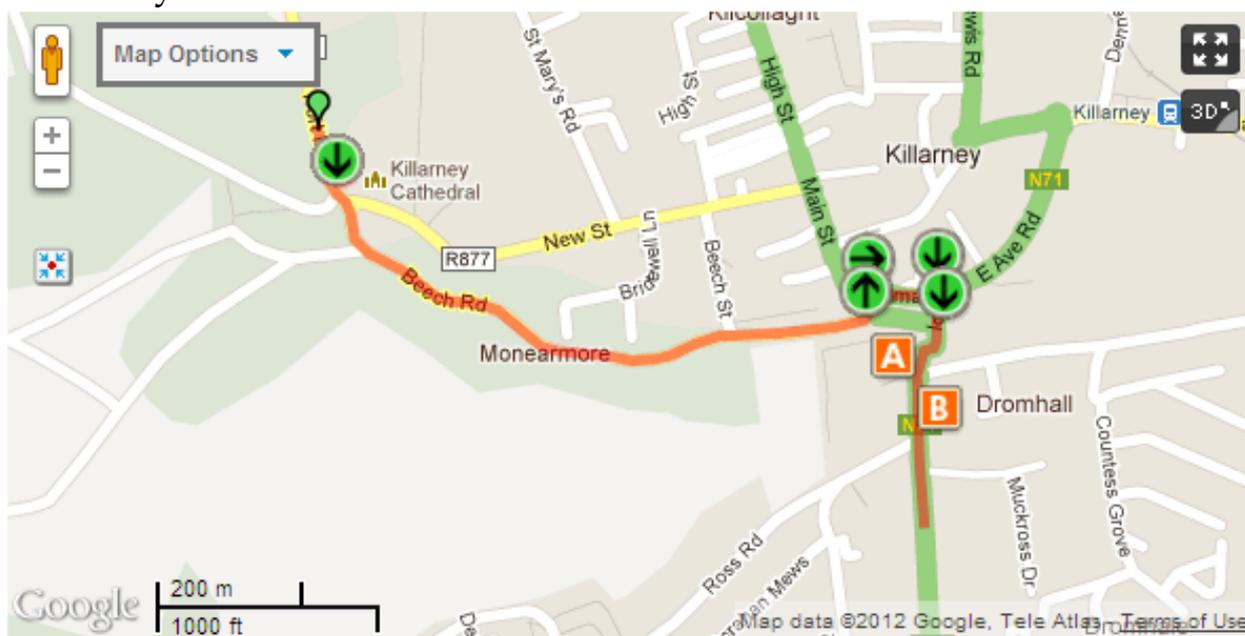


First 5 km Hardman Iron Distance Triathlon



A Ballydowney Roundabout take third Exit **B** Town Centre – See map below

Killarney Town Centre



A Golden Gates Roundabout take 2nd Exit N71 dir Kenmare **B** Ross Road Traffic Lights

The remainder of the route follows the route of the Ring of Kerry with no deviations. The main milestones along this route from Killarney are:

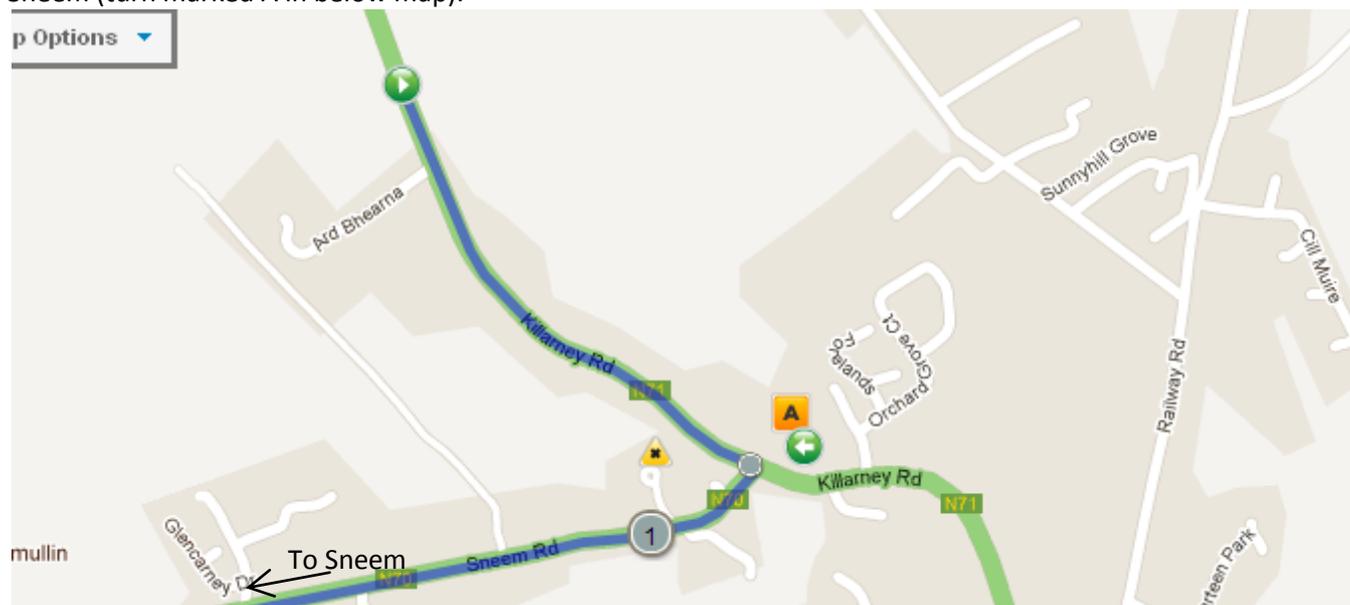
Moll's Gap (30k) - Kenmare (40k) - Sneem (66k) - Coom a Ciste (85k) - Waterville (102k) - Cahersiveen (120k) - Glenbeigh (145k) - Killorglin (158k).

Moll's Gap

Past Muckcross House the road begins to undulate before rearing up as you take on the spectacular winding 8km climb to Moll's Gap. This climb takes you through Killarney National Park with stunning vistas over the Lakes of Killarney. You will climb approx 250m over the course of the 8km. There will be a water station at the top of the climb (30k).

Kenmare

The 10km descent from Molls Gap is a little winding at first but soon opens up to become fast and relatively wide and safe. At the end of the descent just before entering Kenmare town you must turn right on to the N70 towards Sneem (turn marked A in below map):



While race marshals will do all they can to get you a free turn across the road please remember that the roads are not closed for this event and the usual rules of the road apply. YOU are responsible for your own safety.

The long way out: Sneem – Coom a Ciste – Waterville.

After a long (26km) flat section that hugs the shoreline you will pass through Sneem (66km). Coming out of Sneem there is a shorter 4km climb before the road flattens out again

Sneem Village

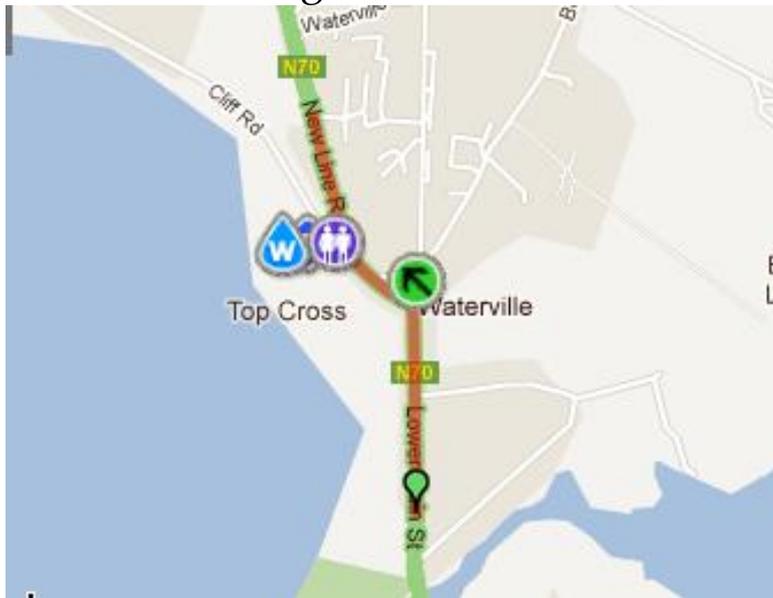


A Caution Narrow Bridge

At approx 85km the final major climb of the day - Coom a Ciste – begins. Here you will climb 190m over 10km on a good smooth road surface. If the day is clear you will be treated to one of the finest panoramas anywhere in the world as you reach the summit. Derrynane Harbour and the broad Atlantic are spread out before you in all their magnificence. Take a moment and enjoy the view!

Concentration is required on the 7km descent to Waterville (102km) as it is narrow and winding. There will be a feed station in Waterville. While you keep on the main road at all times, note that the road veers to the left as you leave the town (junction marked with an arrow in map below).

Waterville Village

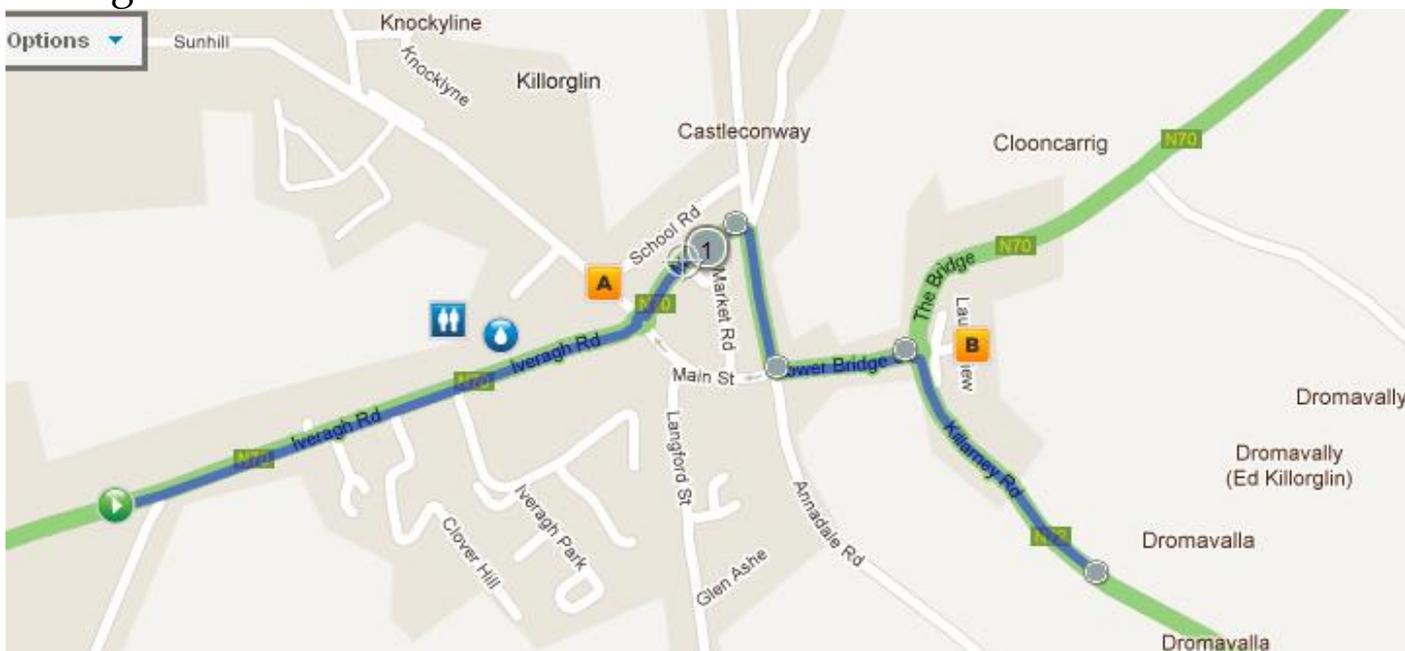


The ride home: Cahersiveen – Kells – Glenbeigh – Killorglin – Killarney.

The ride from Waterville to Cahersiveen (120km) is a gently rolling run and it continues like that for some time after leaving the town. There is a climb to Kells (130km), but the reward for reaching the top is a pleasant run with a nice gentle slope all the way to Glenbeigh (145km) and then on to the final water station in Killorglin (158 km).

Nearing the town centre in Killorglin you will come to a roundabout (marked A on below map). Bearing in mind again that the rules of the road apply, take the second exit (straight ahead). The road descends and takes a tight right hand turn (marked 1 on below map) – concentration will again be required to negotiate this safely. After another 150m there is a busy junction where the main road (which you will follow) takes a blind 90 degree left hand turn. Even though you will be following the main road around this turn, be aware that traffic can be held up here. Once around the turn you will cross a bridge and come to another roundabout (marked B below). Take the third exit (right) towards Killarney.

Killorglin



The last 4km:

As you go through Fossa and on towards Killarney you will pass the Killarney Golf and Fishing Club and the CastleRosse Hotel (the eventual finish) on your right. Continuing on straight, after approximately 2km you will reach a roundabout (Ballydowney roundabout). Turnaround at the roundabout (3rd exit) and head back towards Killorglin.

T2 is located within the grounds of the Castlerosse Hotel. There is a sharp left hand turn into the driveway of the hotel, and the dismount line is approx 20m after this turn. Riders must carry their bike to the rack in Transition 2 and are reminded not to un-strap their helmet until their bike is racked.



List of Hydration Stations

Molls Gap - 28.5km – on the left hand side of the road in the corner of the carpark nearest the top of the climb. Water, energy drink, gels and energy bars are available here.

Sneem – 64km – on the left hand side of the road in front of the Blue Bull Pub/restaurant. Toilets, Water, energy drink, gels and energy bars are available here.

Waterville – 99km - on the left hand side of the road just after the carpark. Toilets, Water, energy drink, gels and energy bars are available here. Special needs bags will be available here

Kells – 126km - on the left hand side of the road at the exit from the lay-by just over the top of the climb. Water, energy drink, gels and energy bars are available here.

Killorglin – 157km - on the left hand side of the road in front of Library Place. Toilets, Water, energy drink, gels and energy bars are available here.

Cycle Course: The Ring of Kerry

Estimated time of arrival at:

Km	Miles	Location	Instruction	15mph	15mph	18mph	18mph	20mph	20mph	24mph	24mph
				07:15	09:00	07:15	09:00	07:15	09:00	07:15	09:00
0.00	0.00	Transition 1 Killarney Golf and Fishing Club	Cycle Course start	07:15	09:00	07:15	09:00	07:15	09:00	07:15	09:00
0.16	0.10	Traffic Island	Keep Left	07:15	09:00	07:15	09:00	07:15	09:00	07:15	09:00
0.98	0.60	Golf Club driveway	Caution Speed ramps	07:17	09:02	07:17	09:02	07:16	09:01	07:16	09:01
0.98	0.60	Golf Club Gate	Caution Cattle grid	07:17	09:02	07:17	09:02	07:16	09:01	07:16	09:01
0.98	0.60	T Junction	Caution Turn Right Yield Right of Way Crossing the line of traffic	07:17	09:02	07:17	09:02	07:16	09:01	07:16	09:01
3.25	2.00	Ballydowney R'about	Caution take 3rd exit on R877 dir Killarney Town Centre	07:23	09:08	07:21	09:06	07:21	09:06	07:20	09:05
3.97	2.44	Pedestrian operated traffic lights		07:24	09:09	07:23	09:08	07:22	09:07	07:21	09:06
4.20	2.58	Cathedral New St. Junction Pedestrian (Zebra) crossing		07:25	09:10	07:23	09:08	07:22	09:07	07:21	09:06
4.80	2.95	Entrance to New St. carpark		07:26	09:11	07:24	09:09	07:23	09:08	07:22	09:07
5.03	3.10	Plaza Hotel Junction	Yield Right of Way Turn Left	07:27	09:12	07:25	09:10	07:24	09:09	07:22	09:07
5.07	3.12	Cinema Corner Pedestrian operated traffic lights		07:27	09:12	07:25	09:10	07:24	09:09	07:22	09:07
5.13	3.16	East Avenue Hotel entrance	Straight ahead on N71 dir Kenmare	07:27	09:12	07:25	09:10	07:24	09:09	07:22	09:07
5.25	3.23	R'about Golden Gates	Take 2nd Exit on N71 dir Kenmare	07:27	09:12	07:25	09:10	07:24	09:09	07:23	09:08
5.53	3.40	Traffic Lights at Ross Road	Straight ahead on N71 dir Kenmare	07:28	09:13	07:26	09:11	07:25	09:10	07:23	09:08

5.85	3.60	Traffic Lights at Woodlawn X	Straight ahead on N71 dir Kenmare Note you should be in the outer of the two lanes at this Junction.	07:29	09:14	07:27	09:12	07:25	09:10	07:24	09:09
6.83	4.20	Traffic Island at the Hotel Gleneagle	Straight Ahead	07:31	09:16	07:29	09:14	07:27	09:12	07:25	09:10
7.48	4.60	100km speed limit sign	Straight Ahead	07:33	09:18	07:30	09:15	07:28	09:13	07:26	09:11
10.40	6.40	Entrance to Muckcross House	Straight Ahead	07:40	09:25	07:36	09:21	07:34	09:19	07:31	09:16
12.03	7.40	Torc Waterfall car park	Straight Ahead	07:44	09:29	07:39	09:24	07:37	09:22	07:33	09:18
13.81	8.50	Dinis Car park	Straight Ahead	07:49	09:34	07:43	09:28	07:40	09:25	07:36	09:21
15.93	9.80	Five Mile Bridge	Caution Skew Bridge Car park on LHS	07:54	09:39	07:47	09:32	07:44	09:29	07:39	09:24
18.72	11.52	Tunnell	Caution road narrows watch out for oncoming vehicles	08:01	09:46	07:53	09:38	07:49	09:34	07:43	09:28
20.96	12.90	Derrycunihy Bridge	Caution Skew Bridge road narrows watch out for oncoming vehicles	08:06	09:51	07:58	09:43	07:53	09:38	07:47	09:32
22.10	13.60	Ladies View	Caution Beware of wandering tourists	08:09	09:54	08:00	09:45	07:55	09:40	07:49	09:34
28.44	17.50	Molls Gap	Keep left on N71 Hydration Station Toilets?	08:25	10:10	08:13	09:58	08:07	09:52	07:58	09:43
0.00		Molls Gap	Start of descent Straight Ahead	07:15	09:00	07:15	09:00	07:15	09:00	07:15	09:00
37.21	22.90	60km speed signs Kenmare		08:46	10:31	08:31	10:16	08:23	10:08	08:12	09:57
37.70	23.20	Junction	Caution Turn Right on to N70 dir Sneem Yield Right of Way Crossing the line of traffic	08:47	10:32	08:32	10:17	08:24	10:09	08:13	09:58
44.53	27.40	Templenoe Village	Straight Ahead	09:04	10:49	08:46	10:31	08:37	10:22	08:23	10:08

50.05	30.80	Blackwater Bridge	Caution Skew Bridge road narrows watch out for oncoming vehicles	09:18	11:03	08:57	10:42	08:47	10:32	08:32	10:17
60.94	37.50	Parknasilla holiday resort	One of the entrances to the resort is on a sharp right hand bend	09:45	11:30	09:20	11:05	09:07	10:52	08:48	10:33
63.54	39.10	50km speed sign Sneem	Straight Ahead	09:51	11:36	09:25	11:10	09:12	10:57	08:52	10:37
64.03	39.40	South Square Sneem	Hydration Station Toilets	09:52	11:37	09:26	11:11	09:13	10:58	08:53	10:38
64.19	39.50	Sneem Bridge	Caution Narrow Bridge. You must yield to traffic on the bridge	09:53	11:38	09:26	11:11	09:13	10:58	08:53	10:38
64.35	39.60	North Square Sneem	Straight Ahead	09:53	11:38	09:27	11:12	09:13	10:58	08:54	10:39
64.84	39.90	100km speed limit sign	Straight Ahead	09:54	11:39	09:28	11:13	09:14	10:59	08:54	10:39
65.49	40.30	Narrow Bridge on a bend	Caution	09:56	11:41	09:29	11:14	09:15	11:00	08:55	10:40
70.85	43.60	Start of descent	Straight Ahead	10:09	11:54	09:40	11:25	09:25	11:10	09:04	10:49
78.98	48.60	50km speed sign Castlecove (The Black Shop)	Straight Ahead	10:29	12:14	09:57	11:42	09:40	11:25	09:16	11:01
83.20	51.20	O Carrol's Cove	Straight Ahead	10:39	12:24	10:05	11:50	09:48	11:33	09:23	11:08
85.15	52.40	50km speed sign Caherdaniel	Straight Ahead	10:44	12:29	10:09	11:54	09:52	11:37	09:26	11:11
85.64	52.70	Junction village centre	Caution 4 way Junction . Straight Ahead The road on the left is slightly hidden and you are on a descent	10:45	12:30	10:10	11:55	09:53	11:38	09:26	11:11
90.84	55.90	The Scariff inn	Caution Beware of wandering tourists	10:58	12:43	10:21	12:06	10:02	11:47	09:34	11:19
91.81	56.50	Top of Coomaciste - start of descent	This is a pedaling descent but be aware that some of the turns towards the bottom are not very forgiving	11:01	12:46	10:23	12:08	10:04	11:49	09:36	11:21

			Caution Skew Bridge road narrows watch out for oncoming vehicles								
96.85	59.60	Baslicon Bridge		11:13	12:58	10:33	12:18	10:13	11:58	09:44	11:29
98.96	60.90	50km sign Waterville	Straight Ahead	11:18	13:03	10:38	12:23	10:17	12:02	09:47	11:32
99.61	61.30	Junction at the Butler Arms Hotel	Keep Left	11:20	13:05	10:39	12:24	10:18	12:03	09:48	11:33
99.78	61.40	Car Park on LHS	Hydration Station Toilets	11:20	13:05	10:39	12:24	10:19	12:04	09:48	11:33
102.54	63.10	New Chapel X	Keep left on N70	11:27	13:12	10:45	12:30	10:24	12:09	09:52	11:37
111.64	68.70	Creamery X	Caution the road descends to a junction on the LHS	11:49	13:34	11:04	12:49	10:41	12:26	10:06	11:51
114.89	70.70	50km speed sign Cahersiveen		11:57	13:42	11:10	12:55	10:47	12:32	10:11	11:56
118.79	73.10	Barry's X	Keep left on N70	12:07	13:52	11:18	13:03	10:54	12:39	10:17	12:02
121.23	74.60	Deelis Bridge	Caution Skew Bridge road narrows watch out for oncoming vehicles	12:13	13:58	11:23	13:08	10:58	12:43	10:21	12:06
126.91	78.10	Exit from the lay-by across the road from Kells Station	Hydration Station	12:27	14:12	11:35	13:20	11:09	12:54	10:30	12:15
132.60	81.60	Caitín Beaters Pub		12:41	14:26	11:47	13:32	11:19	13:04	10:39	12:24
133.25	82.00	Gleesk Viaduct/Bridge	Caution Skew Bridge after a descent road narrows watch out for oncoming vehicles	12:43	14:28	11:48	13:33	11:21	13:06	10:40	12:25
139.10	85.60	Mountain Stage	Start of Descent	12:57	14:42	12:00	13:45	11:31	13:16	10:49	12:34
141.70	87.20	Glanbehy Bridge	Caution Skew Bridge road narrows watch out for oncoming vehicles	13:03	14:48	12:05	13:50	11:36	13:21	10:53	12:38
144.14	88.70	Caragh Bridge	Caution Narrow Bridge. You must Yield to traffic on the bridge	13:09	14:54	12:10	13:55	11:41	13:26	10:56	12:41
149.34	91.90	Quaybawn X	Keep Left on	13:22	15:07	12:21	14:06	11:50	13:35	11:04	12:49

			N70								
149.50	92.00	The Red Fox Inn	Beware of wandering tourists	13:23	15:08	12:21	14:06	11:51	13:36	11:05	12:50
156.81	96.50	50km sign Killorglin		13:41	15:26	12:36	14:21	12:04	13:49	11:16	13:01
157.46	96.90	Pedestrian operated traffic lights		13:42	15:27	12:38	14:23	12:05	13:50	11:17	13:02
157.63	97.00	Library Place	Hydration Station Toilets	13:43	15:28	12:38	14:23	12:06	13:51	11:17	13:02
157.63	97.00	R'about	Take 2nd Exit on N70	13:43	15:28	12:38	14:23	12:06	13:51	11:17	13:02
157.79	97.10	Pedestrian operated traffic lights		13:43	15:28	12:38	14:23	12:06	13:51	11:17	13:02
157.95	97.20	Killorglin R.C. Church	Sharp Right hand bend on a descent	13:43	15:28	12:39	14:24	12:06	13:51	11:18	13:03
158.11	97.30	Bianconi Corner	Caution busy 4 way junction keep left on N70	13:44	15:29	12:39	14:24	12:06	13:51	11:18	13:03
158.44	97.50	R'about	Caution take 3rd exit on N72 dir Killarney	13:45	15:30	12:40	14:25	12:07	13:52	11:18	13:03
170.46	104.90	Beaufort Bridge	Straight Ahead	14:14	15:59	13:04	14:49	12:29	14:14	11:37	13:22
173.55	106.80	50km speed sign Fossa	Caution Traffic calming measures make a pinch point on the road	14:22	16:07	13:11	14:56	12:35	14:20	11:42	13:27
174.04	107.10	Traffic Island	Caution Traffic calming measures make a pinch point on the road	14:23	16:08	13:12	14:57	12:36	14:21	11:42	13:27
176.15	108.40	Golf Club entrance	Straight Ahead	14:28	16:13	13:16	15:01	12:40	14:25	11:46	13:31
178.26	109.70	Ballydowney R'about	Caution take 4th exit on N72 dir Killorglin	14:33	16:18	13:20	15:05	12:44	14:29	11:49	13:34
179.73	110.60	Castlerosse Hotel	Turn Left into the Hotel	14:37	16:22	13:23	15:08	12:46	14:31	11:51	13:36
179.73	110.60	Finish Line		14:37	16:22	13:23	15:08	12:46	14:31	11:51	13:36
179.89	110.70	Dismount Line	Dismount. Cross the road and walk/run to Transition 2	14:37	16:22	13:24	15:09	12:47	14:32	11:51	13:36