



# Great Dublin Bike Ride - Sunday 24th September 2017

Route - 60.9km

Miles	KM		Route			Wave 3			Wave 4		
From Start	From Start	To Finish	Description	Feature	Instruction	19 km/h	24 km/h	29 km/h	19 km/h	24 km/h	29 km/h
0.0	0.0	60.9	Smithfield	Start	Rolling Start	8:35	8:35	8:35	8:48	8:48	8:48
0.0	0.0	60.9	Dir. City Centre, Arran Quay, R148	Traffic Lights	Straight	8:35	8:35	8:35	8:48	8:48	8:48
0.1	0.1	60.8	Dir. City Centre, Inns Quay, R148	Traffic Lights	Straight	8:35	8:35	8:35	8:48	8:48	8:48
0.3	0.5	60.4	Dir. City Centre, Ormond Quay Upper, R148	Traffic Lights	Straight	8:36	8:36	8:36	8:49	8:49	8:49
0.3	0.5	60.4	Dir. City Centre, Ormond Quay Lower, R148	Traffic Lights	Straight	8:36	8:36	8:36	8:49	8:49	8:49
0.5	0.8	60.1	Junction on left			8:37	8:37	8:36	8:50	8:50	8:49
0.7	1.1	59.8	Dir. Dublin Port, Eden Quay (O Connell Bridge), R105	Traffic Lights	Straight	8:38	8:37	8:37	8:51	8:50	8:50
0.7	1.2	59.7	Dir. Dublin Port, Eden Quay, R105	Traffic Lights	Straight	8:38	8:38	8:37	8:51	8:51	8:50
0.9	1.4	59.5	Dir. Dublin Port, Custom House Quay, R801	Traffic Lights	Straight	8:39	8:38	8:37	8:52	8:51	8:50
1.0	1.6	59.3	Dir. Dublin Port, Custom House Quay, R801	Traffic Lights	Straight	8:40	8:39	8:38	8:53	8:52	8:51
1.2	2.0	58.9	Dir. Dublin Port, North Wall Quay, R801	Traffic Lights	Straight	8:41	8:40	8:39	8:54	8:53	8:52
1.4	2.3	58.6	Dir. Dublin Port, North Wall Quay, R801	Traffic Lights	Straight	8:42	8:40	8:39	8:55	8:53	8:52
1.6	2.5	58.4	Dir. Dublin Port, North Wall Quay, R801	Traffic Lights	Straight	8:42	8:41	8:40	8:55	8:54	8:53
1.6	2.6	58.3	Dir. Dublin Port, North Wall Quay, R801	Traffic Lights	Straight	8:43	8:41	8:40	8:56	8:54	8:53
2.0	3.2	57.7	Dir. Dublin Port, East Wall Road, R131	Roundabout	1st exit	8:45	8:43	8:41	8:58	8:56	8:54
2.2	3.5	57.4	Dir. Dublin Port, East Wall Road, R131	Traffic Lights	Straight	8:46	8:43	8:42	8:59	8:56	8:55
2.3	3.7	57.2	Dir. Dublin Port, East Wall Road, R131	Traffic Lights	Straight	8:46	8:44	8:42	8:59	8:57	8:55
2.4	3.8	57.1	Dir. Clontarf, East Wall Road, R131	Traffic Lights	Left	8:47	8:44	8:42	9:00	8:57	8:55
2.7	4.3	56.6	Dir. Clontarf, East Wall Road, R131	Traffic Lights	Straight	8:48	8:45	8:43	9:01	8:58	8:56
3.0	4.8	56.1	Dir. Clontarf, Alfie Byrne Road, R834	Traffic Lights	Right	8:50	8:47	8:44	9:03	9:00	8:57
3.1	5.0	55.9	Dir. Clontarf, Alfie Byrne Road, R834	Traffic Lights	Straight	8:50	8:47	8:45	9:03	9:00	8:58
3.6	5.8	55.1	Dir. Clontarf, Clontarf Road, R807	Traffic Lights	Right	8:53	8:49	8:47	9:06	9:02	9:00
4.2	6.8	54.1	Dir. Clontarf, Clontarf Road, R807	Traffic Lights	Straight	8:56	8:52	8:49	9:09	9:05	9:02
4.8	7.8	53.1	Dir. Clontarf, Clontarf Road, R807	Traffic Lights	Straight	8:59	8:54	8:51	9:12	9:07	9:04
5.1	8.2	52.7	Bus Depot			9:00	8:55	8:51	9:13	9:08	9:04
5.5	8.8	52.1	Dir. Clontarf, Clontarf Road, R807	Traffic Lights	Straight	9:02	8:57	8:53	9:15	9:10	9:06
6.0	9.7	51.2	Dir. Clontarf, Clontarf Road, R807	Traffic Lights	Straight	9:05	8:59	8:55	9:18	9:12	9:08
6.6	10.7	50.2	Dir. Clontarf, Clontarf Road, R807	Traffic Lights	Straight	9:08	9:01	8:57	9:21	9:14	9:10
7.5	12.1	48.8	Dir. Howth, Howth Road, R105	Traffic Lights	Straight	9:13	9:05	9:00	9:26	9:18	9:13
7.9	12.7	48.2	Dir. Howth, Howth Road, R105	Traffic Lights	Straight	9:15	9:06	9:01	9:28	9:19	9:14
8.1	13.0	47.9	Dir. Howth, Howth Road, R105	Traffic Lights	Straight	9:16	9:07	9:01	9:29	9:20	9:14
8.1	13.1	47.8	1km to Service Station			9:16	9:07	9:02	9:29	9:20	9:15
8.5	13.6	47.3	Dir. Howth, Howth Road, R105	Traffic Lights	Straight	9:17	9:09	9:03	9:30	9:22	9:16
8.5	13.6	47.3	500m to Service Station			9:17	9:09	9:03	9:30	9:22	9:16
8.7	14.0	46.9	Dir. Portmarnock, Baldoyle Road, R106	Traffic Lights	Left	9:19	9:10	9:03	9:32	9:23	9:16
8.8	14.1	46.8	Service Station - The Elphin	Service Station		9:19	9:10	9:04	9:32	9:23	9:17
8.9	14.3	46.6	Level Crossing	Caution	Caution	9:20	9:10	9:04	9:33	9:23	9:17
9.3	14.9	46.0	Baldoyle			9:22	9:12	9:05	9:35	9:25	9:18
9.3	14.9	46.0	Dir. Portmarnock, Strand Road, R106	Traffic Lights	Straight	9:22	9:12	9:05	9:35	9:25	9:18
9.4	15.2	45.7	Dir. Portmarnock, Coast Road, R106	Traffic Lights	Straight	9:23	9:13	9:06	9:36	9:26	9:19
9.7	15.6	45.3	Dir. Portmarnock, Coast Road, R106	Roundabout	2nd exit	9:24	9:14	9:07	9:37	9:27	9:20
10.3	16.5	44.4	Junction Left Airport			9:27	9:16	9:09	9:40	9:29	9:22
10.7	17.3	43.6	Portmarnock			9:29	9:18	9:10	9:42	9:31	9:23
10.9	17.6	43.3	Dir. Portmarnock, Strand Road, R106	Roundabout	2nd exit	9:30	9:19	9:11	9:43	9:32	9:24
10.9	17.6	43.3	Ramps x 4	Caution	Caution	9:30	9:19	9:11	9:43	9:32	9:24
11.5	18.5	42.4	Dir. Portmarnock, Strand Road, R106	Traffic Lights	Straight	9:33	9:21	9:13	9:46	9:34	9:26
13.8	22.2	38.7	Malahide			9:45	9:30	9:20	9:58	9:43	9:33
14.5	23.3	37.6	Dir. Town Centre, New Street	Traffic Lights	Right	9:48	9:33	9:23	10:01	9:46	9:36
14.5	23.3	37.6	Dir. Town Centre, Strand Street, R106	Traffic Lights	Left	9:48	9:33	9:23	10:01	9:46	9:36
15.3	24.6	36.3	Ramps x 9	Caution	Caution	9:52	9:36	9:25	10:05	9:49	9:38
15.5	24.9	36.0	Dir. Swords, Old Yellow Wall Road, R106	Traffic Lights	Right	9:53	9:37	9:26	10:06	9:50	9:39
15.9	25.6	35.3	Dir. Swords, Estuary Road, L6310	T Junction/Traffic Lights	Right	9:55	9:39	9:27	10:08	9:52	9:40
17.0	27.4	33.5	Dir. Swords, Mantua Road, L6310	Roundabout	1st exit	10:01	9:43	9:31	10:14	9:56	9:44
17.3	27.9	33.0	Dir. Swords, Seatown Road, L2143	Roundabout	2nd exit	10:03	9:44	9:32	10:16	9:57	9:45
17.3	27.9	33.0	1km to Food/Service Station			10:03	9:44	9:32	10:16	9:57	9:45
17.6	28.3	32.6	Dir. Swords, Seatown Road (Swords By pass), L2143	Roundabout	2nd exit	10:04	9:45	9:33	10:17	9:58	9:46
17.6	28.4	32.5	Swords			10:04	9:46	9:33	10:17	9:59	9:46
17.6	28.4	32.5	500m to Food/Service Station			10:04	9:46	9:33	10:17	9:59	9:46
17.9	28.8	32.1	Dir. Town Centre, North Street, L20136	T Junction	Right	10:05	9:47	9:34	10:18	10:00	9:47
18.0	28.9	32.0	Enter Swords Town Park	Left	Left	10:06	9:47	9:34	10:19	10:00	9:47
18.2	28.9	32.0	Swords Town Park - Feeding Station	Feeding Station		10:06	9:47	9:34	10:19	10:00	9:47
	29.1	31.8	Exit Swords Town Park	Right	Right	10:26	10:07	9:55	10:39	10:20	10:08
18.3	29.4	31.5	Dir. Ashbourne, Rathbeale Road, R125	Traffic Lights	Straight	10:27	10:08	9:55	10:40	10:21	10:08

Miles	KM		Route			Wave 3			Wave 4		
From Start	From Start	To Finish	Description	Feature	Instruction	19 km/h	24 km/h	29 km/h	19 km/h	24 km/h	29 km/h
19.3	31.0	29.9	Dir. Ashbourne, Rathbeale Road, R125	Traffic Lights	Straight	10:32	10:12	9:59	10:45	10:25	10:12
20.5	33.0	27.9	Dir. Knocksedan, Ashbourne Road R125 onto R108 (Knocksedan road )	Left	Left	10:39	10:17	10:03	10:52	10:30	10:16
21.9	35.3	25.6	Dir. Airport, Knocksedan Crossroads, R108	Crossroads	Straight	10:46	10:23	10:08	10:59	10:36	10:21
23.4	37.6	23.3	Dir. St Margarets, St Margarets Roundabout, R108	Roundabout	2nd exit	10:53	10:29	10:12	11:06	10:42	10:25
25.4	40.9	20.0	20km to go			11:04	10:37	10:19	11:17	10:50	10:32
25.7	41.4	19.5	Dir. Ashbourne, Kilshane Cross Roundabout, R122	Roundabout	3rd exit	11:05	10:38	10:20	11:18	10:51	10:33
26.7	42.9	18.0	Dir. Blanchardstown, Kilshane Cross, R135	Crossroads	Straight	11:10	10:42	10:23	11:23	10:55	10:36
28.0	45.0	15.9	Dir. Blanchardstown, Kilshane Rd. roundabout onto Kilshane Way	Roundabout	3rd exit	11:17	10:47	10:28	11:30	11:00	10:41
28.6	46.1	14.8	Dir. Blanchardstown, Corduff Road	Roundabout	1st exit	11:20	10:50	10:30	11:33	11:03	10:43
29.1	46.8	14.1	Dir. Ballycoolin, Corduff Road, L3095	Roundabout	2nd exit	11:22	10:52	10:31	11:35	11:05	10:44
29.6	47.6	13.3	Dir. Ballycoolin, Ballycoolin Road, R843	Roundabout	1st exit	11:25	10:54	10:33	11:38	11:07	10:46
30.0	48.3	12.6	Dir. Blanchardstown, Snugborough, R843	Roundabout	3rd exit	11:27	10:55	10:34	11:40	11:08	10:47
30.0	48.3	12.6	1km to Food/Service Station			11:27	10:55	10:34	11:40	11:08	10:47
30.3	48.8	12.1	500m to Food/Service Station			11:29	10:57	10:35	11:42	11:10	10:48
30.6	49.3	11.6	National Sports Campus	Traffic Lights	Left	11:30	10:58	10:37	11:43	11:11	10:50
30.6	49.3	11.6	National Sports Campus - Feeding Station 	Feeding Station		11:30	10:58	10:37	11:43	11:11	10:50
30.8	49.6	11.3	National Sports Campus	Roundabout	3rd exit	11:51	11:19	10:57	12:04	11:32	11:10
31.1	50.1	10.8	National Sports Campus	T Junction	Right	11:53	11:20	10:58	12:06	11:33	11:11
31.4	50.6	10.3	National Sports Campus	Left	Left	11:54	11:21	10:59	12:07	11:34	11:12
31.6	50.9	10.0	10km to go								
32.1	51.6	9.3	Exit - National Sports Campus, Caution Cattle Grid	T Junction	Right	11:57	11:24	11:01	12:10	11:37	11:14
32.1	51.6	9.3	Dir. Finglas, Ballycoolin Road, L3090	Traffic Lights	Straight	11:57	11:24	11:01	12:10	11:37	11:14
32.6	52.4	8.5	Dir. Finglas, Ballycoolin Road, L3090	Traffic Lights	Straight	12:00	11:26	11:03	12:13	11:39	11:16
32.7	52.6	8.3	Dir. Finglas, Rathoath Road, L3090	Roundabout	2nd exit	12:01	11:26	11:03	12:14	11:39	11:16
33.7	54.2	6.7	Dir. Finglas, Rathoath Road, L3090	Traffic Lights	Straight	12:06	11:30	11:07	12:19	11:43	11:20
34.1	54.8	6.1	Dir. Finglas, Rathoath Road, L3090	Traffic Lights	Straight	12:08	11:32	11:08	12:21	11:45	11:21
34.7	55.8	5.1	Dir. Cabra, Rathoath Road, L3090	Traffic Lights	Straight	12:11	11:34	11:10	12:24	11:47	11:23
35.1	56.5	4.4	Ramps x 2	Caution	Caution	12:13	11:36	11:11	12:26	11:49	11:24
34.7	55.9	5.0	5km to go			12:11	11:34	11:10	12:24	11:47	11:23
34.8	56.0	4.9	Dir. Cabra, Rathoath Road, L3090	Roundabout	2nd exit	12:11	11:35	11:10	12:24	11:48	11:23
34.8	56.0	4.9	Ramps x 3	Caution	Caution	12:11	11:35	11:10	12:24	11:48	11:23
35.7	57.4	3.5	Dir. Cabra, Rathoath Road, L3090	Roundabout	2nd exit	12:16	11:38	11:13	12:29	11:51	11:26
35.8	57.6	3.3	Dir. Cabra, Rathoath Road, L3090	Roundabout	2nd exit	12:16	11:39	11:14	12:29	11:52	11:27
35.9	57.7	3.2	Dir. City Centre, Old Cabra Road, R805	Traffic Lights	Straight	12:17	11:39	11:14	12:30	11:52	11:27
35.9	57.7	3.2	Ramps x 6	Caution	Caution	12:17	11:39	11:14	12:30	11:52	11:27
36.4	58.5	2.4	Dir. City Centre, Prussia Street, R805	Traffic Lights	Straight	12:19	11:41	11:16	12:32	11:54	11:29
36.9	59.4	1.5	Dir. City Centre, North King Street	Traffic Lights	Left	12:22	11:43	11:17	12:35	11:56	11:30
37.7	60.6	0.3	Dir. City Centre, Queen Street, R804	Traffic Lights	Right	12:26	11:46	11:20	12:39	11:59	11:33
37.7	60.6	0.3	Dir. City Centre, Queen Street, R804	Yield Sign	Right	12:26	11:46	11:20	12:39	11:59	11:33
37.8	60.8	0.1	Dir. Generator Hostel, Haymarket	Left	Left	12:27	11:47	11:20	12:40	12:00	11:33
37.8	60.9	0.0	Generator Hostel, Smithfield 	Finish Line	Finish	12:27	11:47	11:21	12:40	12:00	11:34