

Stage 2 • Omagh Sports Forum Tour of Ulster • 67.4 miles

Sunday 3rd May 2009



Itinerary

Race Headquarters: Changing in Omagh Leisure Centre, Old Mountfield Road, Omagh
Sign On: 09:00 AM 10:30 AM
Depart: 10:45 AM

Race HQ – Omagh Leisure Centre, Old Mountfield Road, Omagh, race to finish at approx. 1.30pm
 Changing and showers will be available.

Neutralised

Old Mountfield Road, turn right onto Arleston Road
 At Roundabout, take 1st junction onto Cookstown Road to De-restriction Sign
End of Neutralised Section



Route			Miles		Prime	Schedule		
Description	Feature	Instruction	From Start	To Finish		25 mph	27 mph	30 mph
Omagh De-restriction Sign Dir. Cookstown, A505	Race	Rolling Start	0.0	67.4		11:00 AM	11:00 AM	11:00 AM
Sign Baroney Road	Straight	Start KOH	4.3	63.1		11:10 AM	11:09 AM	11:08 AM
Top of hill Mountfield A505	 Straight	KOH	5.4	62.0	3rd CAT	11:12 AM	11:12 AM	11:10 AM
Dir. Cookstown	Roundabout	1st Junction	22.7	44.7		11:54 AM	11:50 AM	11:45 AM
Dir. Cookstown, Westland Road	Roundabout	1st Junction	22.8	44.6		11:54 AM	11:50 AM	11:45 AM
Cookstown	Traffic Island	CAUTION	23.5	43.9		11:56 AM	11:52 AM	11:47 AM
Cookstown	Traffic Lights	Straight	23.8	43.6		11:57 AM	11:52 AM	11:47 AM
Cookstown	Traffic Island	CAUTION	24.0	43.4		11:57 AM	11:53 AM	11:48 AM
B162, Lough Fee	Roundabout	1st Junction	24.3	43.1		11:58 AM	11:54 AM	11:48 AM
House Round Pillars	Straight	Start KOH	28.1	39.3		12:07 PM	12:02 PM	11:56 AM
Top of Hill, Lough Fea	 Straight	KOH	30.1	37.3	2nd CAT	12:12 PM	12:06 PM	12:00 PM
Bridge	Bends	CAUTION	32.2	35.2		12:17 PM	12:11 PM	12:04 PM
B47, Dir. Gortin	T Junction	Turn Left	34.9	32.5		12:23 PM	12:17 PM	12:09 PM
B47, Dir. Plumbridge, (Owenreagh Rd.)	T Junction	Turn Right	36.0	31.4		12:26 PM	12:20 PM	12:12 PM
Dir. Plumbridge	T Junction	Turn Right	36.8	30.6		12:28 PM	12:21 PM	12:13 PM
Sign on Left	Straight	Start KOH	37.1	30.3		12:29 PM	12:22 PM	12:14 PM
Top of Hill, (Magherfelt Council Sign)	 Straight	KOH	39.5	27.9	1st CAT	12:34 PM	12:27 PM	12:19 PM
Cranagh, Dir. Plumbridge B47	Straight	CAUTION	47.0	20.4		12:52 PM	12:44 PM	12:34 PM
Bridge	Bends	CAUTION	47.4	20.0		12:53 PM	12:45 PM	12:34 PM
Bridge	Bends	CAUTION	51.9	15.5		01:04 PM	12:55 PM	12:43 PM
Plumbridge, Dir. Gortin B48	T Junction	Turn Left	54.0	13.4		01:09 PM	01:00 PM	12:48 PM
Plumbridge Credit Union	Bend	Start KOH	54.1	13.3		01:09 PM	01:00 PM	12:48 PM
Top of Hill, (Gate on Left)	 Straight	KOH	55.0	12.4	3rd CAT	01:12 PM	01:02 PM	12:50 PM
Descend, Bridge	Bends	CAUTION	57.2	10.2		01:17 PM	01:07 PM	12:54 PM
Gortin, Dir. Omagh, B48	Crossroads	Straight	57.9	9.5		01:18 PM	01:08 PM	12:55 PM
Youth Hostel on Right	Crossroads	Start KOH	57.9	9.5		01:18 PM	01:08 PM	12:55 PM
Top of Hill, Gortin Glen,	 Straight	KOH	59.8	7.6	1st CAT	01:23 PM	01:12 PM	12:59 PM
Dir. Omagh	Bends	CAUTION	64.2	3.2		01:34 PM	01:22 PM	01:08 PM
Dir. Omagh	Traffic Island	CAUTION	66.7	0.7		01:40 PM	01:28 PM	01:13 PM
Omagh	Roundabout	1st Junction	66.8	0.6		01:40 PM	01:28 PM	01:13 PM
Omagh, Old Mountfield Road	Traffic Lights	Turn Left	67.2	0.2		01:41 PM	01:29 PM	01:14 PM
Omagh, Leisure Centre	 Finish Line	FINISH	67.4	0.0		01:41 PM	01:29 PM	01:14 PM