

# Stage 4 • Omagh Sports Forum Tour of Ulster • 66.6 miles

## Monday 4th May 2009



### Itinerary

**Race Headquarters:**  
**Sign On:**







Changing in Omagh Leisure Centre, Old Mountfield Road, Omagh  
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, at traffic lights, turn left onto Mountjoy Road  
At lights turn right onto Sedan Avenue  
Straight through traffic lights onto Derry Road at roundabout  
Take third junction direction Derry 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
<b>Omagh De-restriction Sign, Derry Road A5 Dir Newtownstewart</b>	<b>Race</b>	<b>Rolling Start</b>	0.0	<b>66.6</b>		<b>11:00 AM</b>	<b>11:00 AM</b>	<b>11:00 AM</b>
Dir Newtownstewart Strabane Rd	T Junction	Turn Left	8.5	58.1		11:20 AM	11:18 AM	11:17 AM
<b>Newtownstewart, Dir drumquinn B84</b>	Y Junction	Turn Right	9.0	57.6		11:21 AM	11:20 AM	11:18 AM
Bungalow On Left at T Junction	Straight	<b>Start KOH</b>	10.8	55.8		11:25 AM	11:24 AM	11:21 AM
Entry to Forest on Left	 Top of Hill	<b>KOH</b>	11.9	54.7	<b>2nd CAT</b>	11:28 AM	11:26 AM	11:23 AM
Dir Castleberg B50	Y Junction	Turn Right	17.7	48.9		11:42 AM	11:39 AM	11:35 AM
Bus Shelter on Left B50	Straight	<b>Start KOH</b>	21.9	44.7		11:52 AM	11:48 AM	11:43 AM
Entry to House on left with Post Box	 Top of hill	<b>KOH</b>	23.2	43.4	<b>3rd CAT</b>	11:55 AM	11:51 AM	11:46 AM
Dir Castleberg A32	Roundabout	Second Exit	25.3	41.3		12:00 PM	11:56 AM	11:50 AM
Dir Castleberg A32	Ramps	<b>CAUTION</b>	25.4	41.2		12:00 PM	11:56 AM	11:50 AM
<b>Castleberg Dir Strabane B72</b>	Roundabout	Second Exit	25.5	41.1		12:01 PM	11:56 AM	11:51 AM
<b>Castleberg Dir Strabane B72</b>	Roundabout	Second Exit	25.9	40.7		12:02 PM	11:57 AM	11:51 AM
<b>Castleberg Dir Strabane B72</b>	Ramps	<b>CAUTION</b>	26.0	40.6		12:02 PM	11:57 AM	11:52 AM
<b>Victoria Bridge Dir Douglas Bridge</b>	Roundabout	Second Exit	32.5	34.1		12:18 PM	12:12 PM	12:05 PM
<b>Victoria Bridge Dir Douglas Bridge B165</b>	Bridge	<b>CAUTION</b>	32.6	34.0		12:18 PM	12:12 PM	12:05 PM
Sign on Left after Bridge B165	Bridge	<b>Start KOH</b>	32.6	34.0		12:18 PM	12:12 PM	12:05 PM
Farm Building on Left before junction B165	 T Junction	<b>KOH</b>	33.5	33.1	<b>2nd CAT</b>	12:20 PM	12:14 PM	12:07 PM
Dir Douglas Bridge B165	T Junction	Turn Right	33.5	33.1		12:20 PM	12:14 PM	12:07 PM
Douglas Bridge Dir Newtownstewart B165	Village	Straight	34.0	32.6		12:21 PM	12:15 PM	12:08 PM
Bridge on bend B165	Bridge	<b>CAUTION</b>	35.3	31.3		12:24 PM	12:18 PM	12:10 PM
Dir Gortin B46	T Junction	Turn Left	37.4	29.2		12:29 PM	12:23 PM	12:14 PM
Narrow Bridge	Bridge	<b>CAUTION</b>	39.7	26.9		12:35 PM	12:28 PM	12:19 PM
<b>Gortin dir Creggan Crossroads B46</b>	Village	Straight	43.5	23.1		12:44 PM	12:36 PM	12:27 PM
At Bus Shelter On left After bridge B46	Bridge	<b>Start KOH</b>	46.3	20.3		12:51 PM	12:42 PM	12:32 PM
Rouskey KOH At PUB on Left B46	 Village	<b>KOH</b>	47.3	19.3	<b>3rd CAT</b>	12:53 PM	12:45 PM	12:34 PM
Quarry yard on left B46	Straight	<b>Start KOH</b>	52.7	13.9		01:06 PM	12:57 PM	12:45 PM
Hall on left	 Top of hill	<b>KOH</b>	54.0	12.6	<b>3rd CAT</b>	01:09 PM	01:00 PM	12:48 PM
Creggan crossroads Dir Omagh A505	Cross Road	Turn Right	54.3	12.3		01:10 PM	01:00 PM	12:48 PM
Dir Omagh	Traffic Island	<b>CAUTION</b>	65.3	1.3		01:36 PM	01:25 PM	01:10 PM
<b>Omagh Arlston Rd Dir Leisure Centre</b>	Roundabout	Second Exit	66.0	0.6		01:38 PM	01:26 PM	01:12 PM
<b>Omagh Old Mountfield Road Dir Leisure Centre</b>	Roundabout	Second Exit	66.3	0.3		01:39 PM	01:27 PM	01:12 PM
At Lay bay at Leisure Centre		<b>Finish Line</b>	<b>66.6</b>	<b>0.0</b>		<b>01:39 PM</b>	<b>01:28 PM</b>	<b>01:13 PM</b>