**Rider Expression of Interest to be selected for the Cycling Ulster Team taking part in the Rás Tailteann**

**Venue** 1st Stage Tullamore, County Offaly

**Date**  22-26th May 2024

**Age categories**

**-U23**

**-Seniors**

**Stage details** **5 Stages**

* **Stage 1:Tullamore, County Offaly to Kilmallock, County Limerick**

**(Distance: 148KM)**

* **Stage 2: Kanturk, County Cork to Sneem, County Kerry**

**(Distance: 187KM)**

* **Stage 3: Kenmare, County Kerry to Cahir, County Tipperary**

**(Distance: 155KM)**

* **Stage 4: Horse and Jockey, County Tipperary to Kildare Town, County Kildare**

**(Distance: 139KM)**

* **Stage 5: Maynooth, County Kildare to Bective, County Meath**

**(Distance: 156KM including three laps of finishing circuit)**

**Please complete**

**Name**

**contact**

**Club**

**Age category**

**Please supply Race results you wish to be taken into consideration by the selection panel**

2023 Results

**Any other relevant information you feel may help your selection.**