From : Refue To:A Parc		Road Section	
Total Distance 16.1km		Time Allowed see Time Card	Bogey Time
Total	Interval	Tulip	Information
0.00	0.00		REFUEL OUT
0.08KM	0.08	•	SIGNPOST GALWAY
2.50KM	2.42	Derrydonnell S/Stn	LEAVE ROAD TO RIGHT FOR ATHENRY
4.78KM	2.36		80 km/h
5.60K M	0.82		60
6.76KM	1.16		ENTER ROUNDABOUT & TAKE 3RD EXIT SIGNPOST DUBLIN

From : Refue Parc Ferme In	l Out	Road Section	
Total Distance 16.1km		Time Allowed see Time Card	Bogey Time
Total	Interval	Tulip	Information
7.66KM	0.90		ENTER ROUNDABOUT & TAKE 3RD EXIT SIGNPOST DUBLIN
8.05KM	0.39		RAILWAY CROSSING
9.70KM	1.65		ENTER ROUNDABOUT & TAKE 1ST EXIT SIGNPOST GALWAY
13.6KM	3.9		IGNORE SLIP ROAD TO LEFT ENTER ROUNDABOUT & TAKE 2ND EXIT SIGNPOST GALWAY CITYWEST KEEP IN RIGHT LANE ON EXIT
14.58KM	00.98		AT CROSSROADS TURN RIGHT KEEP IN LEFT LANE ON EXIT
14.67KM	0.09		TAKE SLIP ROAD LEFT AT LIGHTS SIGNPOST PARKMORE
14.86KM #	0.19		LEAVE BRIARHILL BUSINESS PARK & WESTERN MOTORS ON LEFT
15.3KM	0.44		SIGN FOR GALWAY RACECOURSE
16.1KM	0.8		PARC FERME IN