

Point	Location	Dist. (km)	Tot. dist.	Moving Avg. Speed (km/h)	time (hrs)	approx. time	Climb / 100km	Climbing	Descent	Rem. Dist.
PCR Campsite // Start Line	Wales, St Davids	0	0		00:00	10/07/2022 08:00		0	0	2600
Ferry Dock to Ireland	Pembroke Dock	42	42	24	01:45	10/07/2022 09:45	833.33	350	420	2558
Ferry Crossing - Wales to Ireland	Roslare	126	168		04:00	10/07/2022 18:00		0	0	2432
customs - waiting time	Roslare	1	169		00:30	10/07/2022 18:30		0	0	2431
Day 1 evening Ride - warm up	Waterford	88	257	24	03:45	10/07/2022 22:15	784.09	690	690	2343
Night meal - Mandarin Chinese - closes 11pm	Waterford	0	257		00:30	10/07/2022 22:45		0	0	2343
Day 1 Night Shift - Main Stretch	Carragaline	173	430	24	07:30	11/07/2022 06:15	676.30	1170	1160	2170
Coffee and Rest - Service Station opens 6:30am	Carragaline	0	430		00:30	11/07/2022 06:45		0	0	2170
Day 2 - Morning Stint	Clonakilty	103	533	22	04:45	11/07/2022 11:00	1184.47	1220	1240	2067
Lunch, caffiene & Lidl	Clonakilty	0	533		00:45	11/07/2022 11:45		0	0	2067
Day 2 - Afternoon ride	kilcrohane	134	667	22	06:00	11/07/2022 17:45	1320.90	1770	1730	1933
Day 2 - evening meal	kilcrohane	0	667		00:45	11/07/2022 18:30				1933
Day 2 - Night Ride	Glengarriff	65	732	17.5	03:45	11/07/2022 22:15	1692.31	1100	1120	1868
Rest Point 1	Glengarriff	0	732		07:00	12/07/2022 05:15				1868
Day 3 - Morning ride	kenmare	59	791	20	03:00	12/07/2022 08:15	1355.93	800	790	1809
Breakfast. Maison Gourmet opens 08:00.	kenmare	0	791		00:45	12/07/2022 09:00				1809
Day 3 - Morning Ride part 2	Sneem	87	878	22	04:00	12/07/2022 13:00	1264.37	1100	1100	1722
Lunch snack	Sneem	0	878		00:45	12/07/2022 13:45				1722
Day 3 - Afternoon Ride	cahersiveen	81	959	18	04:30	12/07/2022 18:15	1234.57	1000	990	1641
Day 3 - Evening Ride	Dingle	119	1078	19	06:15	13/07/2022 00:30	974.79	1160	1180	1522
Rest Point 2 - Checkpoint refuel point - Hostel	Dingle	0	1078		05:00	13/07/2022 05:30				1522
Day 4 - morning ride	Tralee	100	1178	20	05:00	13/07/2022 10:30	1130.00	1130	1120	1422
Day 4 - Lunch	Tralee	0	1178		00:30	13/07/2022 11:00		0	0	1422
Day 4 - Afternoon Ride	tarbet	87	1265	23	03:45	13/07/2022 14:15	425.29	370	370	1335
ferry crossing - 07:30 and 21:00, half past the hour	killimer	4	1269		01:00	13/07/2022 15:15		0	0	1331
Day 4 - Evening Ride	Doolin	148	1417	25.5	06:00	13/07/2022 21:15	628.38	930	910	1183
Rest Point 3 - Aille Hostel. re-charge +7 hour sleep	Doolin	0	1417		08:30	14/07/2022 05:45				1183
day 5 - Morning Ride	Galway	90	1507	24	03:45	14/07/2022 09:30	566.67	510	540	1093
day 5 - brunch & guinness	Galway	0	1507		00:45	14/07/2022 10:15		0	0	1093
Day 5 - Day Ride	Clifden	141	1648	25	05:45	14/07/2022 16:00	489.36	690	0	952
day 5 - Evening Meal - Stockup real food for tea	Clifden	0	1648		01:00	14/07/2022 17:00		0	0	952
day 5 - Evening Ride	westport	130	1778	23	05:45	14/07/2022 22:45	723.08	940	920	822
day 5 - Supper	westport	0	1778		00:30	14/07/2022 23:15				822
Day 5 - Night Ride	Achill Island	78	1856	18.5	04:30	15/07/2022 03:45	1064.10	830	830	744
Rest Point 4 - Barns, abandoned shelters	Achill Island	0	1856		03:00	15/07/2022 06:45				744
day 6 - morning ride	bangor erris	60	1916	25	02:30	15/07/2022 09:15	550.00	330	330	684
Day 6 - Food Stop / Cafe / Convenience store	bangor erris	0	1916		00:30	15/07/2022 09:45				684
Day 6 - Day Ride	Sligo	196	2112	24	08:00	15/07/2022 17:45	632.65	1240	1260	488
Day 6 - Evening re-fuel	Sligo	0	2112		01:00	15/07/2022 18:45		0	0	488
Day 6 - Night Ride	Garrison	80	2192	22.5	03:30	15/07/2022 22:15	775.00	620	590	408
Rest Point 5 - Melvin Country House BnB	Garrison	0	2192		05:00	16/07/2022 03:15				408
Day 7 - Morning Ride	Arvagh	85	2277	21	04:00	16/07/2022 07:15	964.71	820	780	323
Day 7 - Lunch	Arvagh	0	2277		00:30	16/07/2022 07:45				323
Day 7 - Afternoon Ride	Dublin	128	2405	25	05:15	16/07/2022 13:00	406.25	520	590	195
Ferry Crossing - Ireland to Wales; 13:50 or 20:55	Dublin	108	2513		03:05	16/07/2022 16:05		0	0	87
Rest Point 6 - Ferry	Holyhead		2513		00:00	16/07/2022 16:05				
Victory Cruise home	Conwy	89	2602	21	04:15	16/07/2022 20:20		760	740	