**Midlands Meander 200km – Saturday 22rd April, 2017**

**Start Time: 8.00am**

Venue: Hoping to get the facilities in the local GAA Centre (100 metres through the village) for the start but if not it will be Multyfarnham Village itself.

Sign-On:- You are required to sign in and then collect your Pack (Brevet Card, Route Sheet and Ziplock Bag). If you have not filled in an entry form you should have been notified. One will have to be filled in before the start and if you have pre-filled in the form things will run smoother. Those who require 1-day Licences MUST also sign the 1-day Licence Form, which has to be completed and returned to Cycling Ireland.

**Control Points:** There are two Control Points plus a Secret Control.

Please ensure that your Brevet Card is signed by the Organiser at the Controls who will note the time you arrived. If you don’t, you can’t qualify as having finished the event. You will then be ticked off the list as having passed through. It allows the organisers establish who is left out on the road at any one point.

A secret control will be in operation early in the ride to stop the possibility of shortcuts being taken to Ballinagh and maybe to regroup.

Control One is at Ballinagh at 75.6km. Bernard Flynn will be there to sign the cards. It is situated in the café section of the Centra/Londis Supermarket located 200 metres after turning left at the crossroads in Ballinagh. There are toilet facilities available together with seating for about 25 people. Water will be provided at the Control Point by us however please bring a few quid to buy the tea/coffee and re-supply in the supermarket – pots of Ambrosia Creamed rice are highly recommended!

The second Control is at Carrickboy (134.3km) at the Petrol Station just after the crossroads. Again toilet facilities, sit down and food are available. I will be there to sign cards and provide water. The second leg from Ballinagh to Carrickboy is by far the hardest section and you will have earned the rest here. More or less all the climbing has been done by this point and a nice scenic 65km home awaits.

While not an official Control, there is a possible further re-fueling point in Ballymore at 155.1km at the Daybreak Convenience Store. This is the last chance to re-fuel before the end.

**At the End**

Hand your card to the Organiser who will fill in the time that you finished in. He will check the entries, get you to sign it and countersign with his signature. He will ask you do you want a medal. The cost of this medal is an additional €5.00 which must be paid there and then, unless paid in advance to Audax Ireland. These medals come from Paris and there are specific ones for 200km, 300km, 400km etc.. A photo of what they look like is on [www.audaxireland.org](http://www.audaxireland.org) under Audax and then Awards and Medals. If it is your first 200km I always recommend you go for the medal. The Cards are then sent off to France for recording and come back validated at which point they will be sent out to you.

Any questions just phone me, Conor Isdell, on 087-2846224.