



Athlone Sub Aqua Club Emergency Plan

Location:	
Mullingar Lough Owel, (Tullaghan)	Lat. 53° 33' 16'' N; Long. 07° 22' 41'' W

In the event of an Emergency:	
For a Diving/Marine Emergency	Contact Coast Guard <ul style="list-style-type: none"> • If in-shore telephone 112 or 999 • If off-shore use VHF Channel 16 or 62
For Any Other Emergency,	Phone 112/999 <ul style="list-style-type: none"> • Ask for Ambulance, Gardai, Fire Service

Emergency Services/Resources:	
Phones	
Shore Marshall Mobile Phone <i>(Enter Name and Phone No. across)</i>	
Cox'n Mobile Phone <i>(Enter Name and Phone No. across)</i>	
Nearest Landline	Nearest residence on approach road to Tullaghan carpark
Coast Guard	
Lough Ree Coast Guard Radio	VHF Channels 16, 62
Helicopter	
Nearest Landing Site	Tullaghan Pitch and Putt Course <ul style="list-style-type: none"> • <i>Or as directed by the emergency/rescue services. If necessary use lights and flares to guide helicopter.</i>
Recompression Chamber	
Haulbowline	021 4378777 (Ask for Chamber Duty Officer)
Craigavon	0044 80176233 4444/6711 (Ask for Consultant on Call)
Doctors	
Local Doctors	Dr. P. Mangan 044 9348548 Dr. F McKenna 044 9348146 Dr. E. Ruane 044 9344722 Dr. T. Waldron 044 9348668
MiDoc <i>(Out of hours GP service)</i>	1850 302702
Hospitals	
Local Hospital	Midland Regional Hospital, Mullingar 044 9340221
Nearest Hospital with Helipad <i>(see overleaf for route to hospital)</i>	Midland Regional Hospital, Tullamore 057 9321501
Gardai	
Local Garda Station	Mullingar 044 9384000
Emergency Vehicle/Oxygen/First Aid	
Location of Oxygen/First Aid	Club boat and emergency vehicle
Emergency Vehicle <i>(Enter details of Reg. No. & Keys across)</i>	

This document was last updated on 1st September 2010. It is the responsibility of users of this document to verify the accuracy of its information, as details, and in particular phone numbers, do change.

Route Planner

From: Tullaghan, Mullingar, County Westmeath
To: Midland Regional Hospital, Tullamore, County Offaly
Distance: 44.47 km
Time: 0 hr 47 min

Km	Description
0.00	Starting out from Tullaghan
0.56	Turn left
1.06	Turn left onto Irishtown
1.83	Continue forward onto Irishtown Road
2.27	At roundabout take the 2nd exit onto Longford Road
2.30	Continue forward onto Longford Road Entering Mullingar
2.43	At roundabout take the 2nd exit onto Longford Road - R394 (signposted Town Centre)
2.74	At roundabout take the 1st exit onto Longford Road - R394
3.49	At roundabout take the 2nd exit onto Harbour Street - R394
3.56	At roundabout take the 1st exit onto Castle Street - R394
3.72	At roundabout take the 1st exit onto Pearse Street - R390 (signposted Dublin N4)
3.75	Continue forward onto Pearse Street - R400
3.78	Continue forward onto Pearse Street - R390
4.18	Cross Dublin Bridge (Royal Canal)
4.26	Continue forward onto Dublin Road - R156
5.81	At roundabout take the 2nd exit onto Dublin Road - R156
6.26	At roundabout take the 3rd exit onto Mullingar Bypass - N52 (signposted Tullamore)
7.21	At roundabout take the 1st exit onto Mullingar Bypass - N52 (signposted Tullamore)
8.55	At roundabout take the 2nd exit onto Mullingar Bypass - N52 (signposted Tullamore)
9.64	At roundabout take the 1st exit onto the N52 (signposted Tullamore)
17.61	Continue forward onto the N52 (signposted Tullamore)
23.09	At roundabout take the 2nd exit onto the N52 (signposted Tullamore)
23.71	At roundabout take the 2nd exit, then merge onto the N52
23.87	Continue forward, then at roundabout take the 1st exit, then join the M6 motorway (signposted Galway)
33.41	Leave the M6 at junction 5, then at roundabout take the 2nd exit onto the N52 (signposted Tullamore)
42.66	At roundabout take the 3rd exit onto Western Relief Road (signposted Athlone N80)
42.66	At roundabout take the 3rd exit onto Western Relief Road (signposted Athlone N80) onto Tullamore Western Relief Road
43.50	Continue forward onto Western Relief Road Entering Tullamore
43.68	At mini-roundabout turn left onto Arden Road - R420
44.42	Turn left onto Arden Road,
44.47	Arrive at Midland Regional Hospital, Tullamore

