

MUNSTER LEISURE NEWS and UPDATES

Dingle Peninsula Challenge, Report

(We've Got The Cheque, Its Five Figures)

Tour De Cure, Cycling Sportive with Stephen Roche Sat. 7th May.

Tour of Lough Derg, 15th May (North Tipp Wheelers)

Carrick Wheelers Challenge Sportive, 5th June.

**West Clare Cycling Club, Ras Weekend, four days of cycling events,
Plus 'The Coast Run' Series Extends into Clare.**



Cumann Rothaíochta Chorca Dhuibhne. Dingle Cycling Club Dingle Peninsula Challenge

Approx. 110km - figure of 8 route

An impressive and challenging event.

The cycle included the infamous Connor Pass Hill and took in the Scenic Sleá Head whilst passing through Dingle town.

Simply put it's a classic course and appealed to all levels of cycling enthusiasts, allowing them to conquer the Connor Pass, or simply experience a fantastic day out on the roads of beautiful West Kerry.

For some there was an additional challenge!!

A bit of a late start for yours truly,
(Last minute bike repair, time for an upgrade I think!!)
meant it was a 8km dash to catch up to the broom vehicle, headwind was tough as we headed towards Annascaul, 225 meter climb, and into the first cloud of the day!! Fast decent to the main Tralee / Camp road to the food / water stop.

From here its 17km to the base of the Connor Pass, the infamous 475 meter climb and the second batch of clouds, again quick food / water stop at the summit.

Word of advice to cyclists, road conditions is good on this downhill section to Dingle, but you can hit a few strong gusts of wind at certain points, so be careful.

From here majority of cyclists took in the 44km Sleah Head, which is just magic on a sunny day, its one of the most scenic routes in Kerry.

Overall an excellent tour, everything that is great about cycling, this has it, testing climbs, brilliant scenery, plenty of food, a challenge or two, and fun to boot. Full credit is due to Dingle Cycling Club, for the tremendous effort, and by the way the Tee-Shirts are excellent.

The Dingle Peninsula, 'The most beautiful place on Earth' – National Geographic, tripadvisor.com rated in its Top 20 'Places in the world to visit'.

Proceeds from the event went towards Dingle's youth café An Moncaí Ocrach.

The Connor Pass / Dingle Peninsula has to be included on any cyclists must do list!!





Weather So Good, Even Himself Had The Straw Hat On for Protection!!



Party Starting and its only 8.30am, that's right AM!!



Yes, The Munster Branch Cheque, Has Got Five Figures,
But Ladies there's a decimal point before the last two zero's!!
Anyway Who Said Pub!! Mines a



NEXT UP

Tour De Cure, Cycling Sportive with Stephen Roche Sat. 7th May.

"LET'S MAKE A DIFFERENCE -

Benefiting both Cancer Care, Persons with Intellectual Disability & Middleton's First Response Unit.

4 courses on offer have been individually selected and will loop through the beautiful East Cork, West Waterford and South Tipperary Counties. There are a 165km, 100km, 50km and 15km routes on offer.

All entry money goes to the charities, as event sponsors help to fund the event. Event Jersey will be available this year also for the 50km / 100km and 165km participants. Medals for Family 15km. DETAILS SEE

www.stephenrochetourdecure.com

NORTH TIPPERARY

WHEELERS

THE TOUR

OF

LOUGH DERG

ON

SUNDAY 15TH MAY

120km (10.30am) 50km (12 noon)

**START and FINISH
AT**

**THE LAKESIDE HOTEL,
BALLINA, CO. TIPPERARY.**

REFRESHMENTS, SHOWERS, PRIZES.

For more information e-mail info@northtippwheelers.com

Carrick Wheelers Challenge Sportive Sunday 5th June.

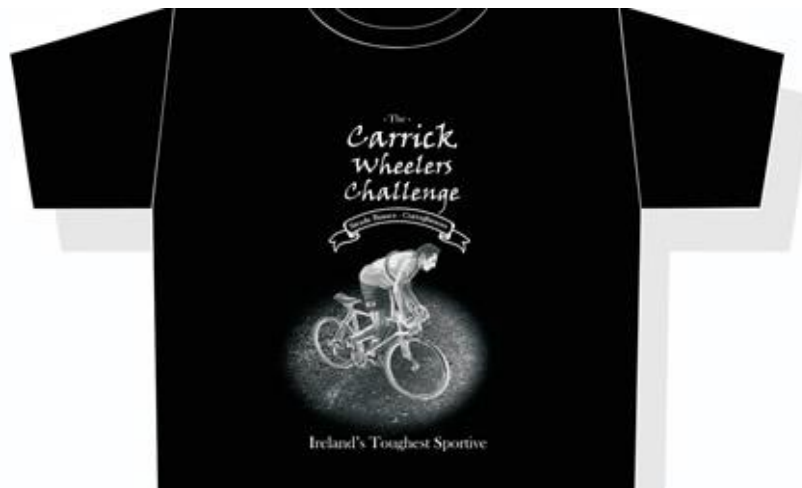
PROBABLY IRELAND'S TOUGHEST SPORTIVE FOR 2011!!

One of the toughest cycling events ever promoted in Ireland, with a hundred mile route covering a combination of the hardest established climbs in the Carrick on Suir area, savage new climbs never raced over before, and a finishing challenge on a "road" that is the club's version of Paris-Roubaix!!

CLOSING DATE FOR ENTRIES IS FAST APPROACHING

It seems like it was only yesterday that the Carrick Wheelers Challenge Sportive was launched, and yet the closing date for entries, Sunday 22nd May, is fast approaching. Billed as Ireland's toughest cycling event for 2011, this new event on the Irish cycling calendar has generated great interest among the cycling fraternity and is being widely spoken of by both the competitive racing cyclists, tri-athletes and serious leisure cyclists. Judging by the number of "hits" on the Carrick Wheelers website, the cyclists are looking up the details of the testing route and are very interested in finding out about the "new" climbs never raced on before. The club website, www.carrickwheelers.com has all the details, with maps, route details and on-line and postal entry, and with entry strictly limited to the first 300 entries received, don't risk being disappointed and enter right away.

T SHIRTS



One of the main reasons for the early closing date is to ensure that each cyclist will receive a specially commissioned T shirt in the correct size at the finish. Carrick Wheelers are very pleased with the design and quality of the shirt, as it is made from the highest quality "dry – fit" material, and they are confident that all the finishers will make great use of it for both training and racing in the weeks and months after the event.

So get in your entry as soon as possible, and don't forget to select your correct T shirt size with your entry, then all you have to do is get fit enough to complete the Carrick Wheelers Challenge Sportive !! For Further Details see,

WWW.CARRICKWHEELERS.COM



CyKILRUSH – Ras Weekend

Four days of cycling events and fun for all the family

23rd MAY - 1 -5pm AN POST RAS Stage Finish

Stage Finish – FRANCES STREET, Ireland’s Premier Cycling Event

EVENTS INCLUDE – Family Cycle; Trails ride; Cycle Treasure Hunt; Fun Duathlon; ‘Discover West Clare’ Leisure Cycle; ‘Crotty Cup’ Time Trial Competition; Children’s Cycle Sport event; ‘Ride The Stage Finish’ cycle.

FRIDAY 20th

7pm *TRAIL RIDE* (Mountain Bikes advised) – KILRUSH WOOD

SATURDAY 21st

10am *FAMILY CYCLE* - MILLENNIUM PARK – CAPP A

2pm *FAMILY / TEAM CYCLE TREASURE HUNT* - KILRUSH WOOD

5pm *FUN MINI-DUATHLON* - THE MARINA

SUNDAY 22nd

10am *‘DISCOVER WEST CLARE’ LEISURE CYCLE* - THE SQUARE

2pm *‘CROTTY CUP’ TIME TRIAL COMPETITION* - FRANCES STREET

For the first time in its 77-year history the Crotty Cup will be run as a Time-Trial event. Run over a 20km course along the Kildysert Road.

5pm *CHILDREN’S RACES/ACTIVITIES* – THE MARINA

MONDAY 23rd

10am *RIDE THE AN POST RAS STAGE FINISH* - THE SQUARE

3-5pm *AN POST RAS STAGE FINISH* – FRANCES STREET

Evening *CEOLAGUS CRAIC* – around the town

TUESDAY 24TH

10am *AN POST RAS DEPARTS* - FRANCES STREET

For Further Details See

www.westclarecc.com

'THE COAST RUN' EXPANDS INTO CLARE.

'THE COAST RUN SERIES'

**Leisure And Sportive,
CLARE Sat. 25th June
North Kerry / West Limerick
Sat. 9th July
For Further Details See**



TheCoastRun.Com

Recognised as one of the Best Cycling Routes in North Kerry / West Limerick, 'The Coast Run' which hugs the Shannon Estuary is now Extending into Clare, again the route will follow the Estuary on the Clare side.

Starting in Clarecastle, head towards Kilmer, via Ballynacally, Kildysarty, food stop Kilrush, (from here the Leisure Cyclists go to Kilmihill, Kilmaley, Ennis) for the Sportive follow the coast all the way to Lehinch, taking in Garruan, Carrigaholt, Kileneagh, Kilkee, Miltown Malbay, Lehinch, towards Ennis, and finish up in Clarecastle.

This new event is being supported by West Clare Cycling Club, All Ireland Wheelers and Dolmen CC.

Cyclists are encouraged to register immediately,
(€10 for Cycling Ireland Members)
For Details See

www.TheCoastRun.Com

To Forward Leisure Cycling Articles, email

Munsterleisurenews at gmail.com