

Coast To Curragh

Charity Cycle



Saturday, 26th August 2023

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Coasttocurragh.ie

Coast To Curragh Charity Cycle – Saturday 26th August 2023

Check out Coasttocurragh.ie

6 racecourses & Moyglare Stud

9.00am Photo's at the beach

9.30am Begin cycle at 9.30am sharp (This group will average about 25km per hour)

9.30am **Laytown racecourse & beach** (110km approx. from here to the finish)

10.15am **Bellewstown racecourse** (Only tough climb of the day, out of the way early)

11.30am **Fairyhouse racecourse** (75km from here to the finish)

1.00pm **Moyglare Stud** (50km from here to the finish)

2.15pm **Naas racecourse** (25km from here to the finish)

2.30pm **Punchestown racecourse** (20km from here to the finish)

3.30pm **Curragh racecourse** (we will get there before the first race)

A second group will depart Fairyhouse racecourse at 10.45am (Averaging 20k per hour).

Check out coasttocurragh.ie for this group's times at each racecourse or Moyglare Stud

Go to Coasttocurragh.ie, click on the sign up button and that will bring you to the Cycling Ireland website where you can sign up

Every cyclist must sign up to take part

Sign up and start raising vital funds for a great cause

Try choose the right group for you so that you can really enjoy the day

You can join in at any of the racecourses or Moyglare Stud

You can choose from 5km/10km/20km/25km/50km/75km or 110km

Eg: if you want to cycle 25km then arrive at Naas racecourse at 2pm

There will be refreshments at Fairyhouse, Naas & at The Curragh.

Please bring your own favourite cycling food & drink supplies too.

If you wish you can bring a change of clothes & towel in a bag, Van at all locations to bring your bag to the Curragh.

Various racing personalities will join us along the way – it will be good fun

All in aid of Cancer Trials Ireland (Cancertrials.ie).

The inspiration for this cycle is Pat Smullen, 9 times Irish Champion jockey, and Olive Lynch, who both lost their lives due to pancreatic cancer.

Pat was such a fantastic ambassador for Irish Racing. He raised so much money for Cancer Trials Ireland that it only seems right to make a small effort to raise some more money for such an amazing cause.

All participants must wear a cycling helmet

You can donate today on Coasttocurragh.ie

Contact email is coasttocurragh@gmail.com