

TRAINING CAMP

A women's (cyclists and triathletes) training camp will take place on the 12-13th Feb in Cong, Co. Mayo. It will be run by Cycling Ireland Coach, Pdraig Marrey and the Women's Commission. It will include: 2 training rides (focusing on strength/power and VO2 capacity) in the challenging Mayo countryside and a couple of talks (race tactics) and presentations. First ride starts Sat 12 Feb at 11.00am. The talks will be given by Colette Swift on the transition from Triathlon to Road Racing along with general tips and advice on women's racing internationally. Scott McDonald will talk about training, pre-race preparation and techniques for successful Time Trialling. The programme of events and entry forms will be published very soon so keep an eye out on: www.cyclingireland.ie - Cost is approx Eur50.00 which covers hostel accommodation and meals. If you want to book the B&B across the road - let Pdraig know as soon as possible at: pdraigmarrey@yahoo.co.uk or valerieconsidine@eircom.net

DOMESTIC CALENDAR

We've put together a calendar of events to encourage you all to take part. We have two leagues - one based in Leinster and the other in other regional areas.

National League starts 6th Mar

The National League is for women of varying racing standards - with the aim of establishing our own women's race scene in Ireland. As agreed at the Women's Commission AGM, the races will be handicapped to encourage fair competition. The League is run with the co-operation of local Clubs and comprises of seven races. Points are awarded for each race and the highest score wins the National League Trophy. The best results from 6 of the 7 races will count. As in 2004, we will do our best to spread these races around the country. Your support is vital to ensure its success. Note: The League will be used for selection for Provincial Teams.

Boot Inn League

This has been the lifeline of women's cycling over the last four years. A lot of the women racing today started at the Boot Inn. This year, we've jazzed it up a bit. It includes road races, time trials, track nights and a stage race to finish. The races are handicapped to suit all levels. Points are awarded for each race and we have a small prize money presentation after each event. Like the National League, it is run on a league basis, with overall prizes for the top six. You can see the list of races on the programme for the National League and the Boot Inn attached. Any questions or comments please contact Orla Hendron at 086 250 0754.

INTERNATIONAL PROGRAMME 2005 - IRISH TEAM

Our programme for 2005 for National Irish Team squads is to race in Belgium in one day internationally ranked events. Our aim is to give riders exposure to racing with women at a higher level, to gain confidence and to remove any barriers that might exist about racing outside Ireland. The Sean Kelly House in Belgium is a fantastic facility which we can use. We're planning a training camp there in early June, along with a couple of races. Details of the race programme is attached and will be discussed at the forthcoming training camp.

INTERNATIONAL PROGRAMME 2005 - PROVINCIAL TEAMS

This will include 3 stage races - The Bedford 3 Day (UK), the Danny Boy (Co. Derry) and The TQ Paper's 2 Day (Dublin). The provinces will be responsible for selecting girls to go on these teams. These races are a very good introduction to international competition.

BREAK THE RECORD

On the 10th August, we will have a 10mile break-the-record challenge in Portlaoise. The current record of 23 mins is held by Marie Reilly. We'd like to see it broken this year.

The Women's Commission

WOMEN'S RACE CALENDAR 2005

Race Type	Province	Day	Date	NAME	LOCATION	Distance	Start	CLUB
MAR								
ational League	Leinster	Sun	6	Cycleways Cup	Navan, Co Meath	80Kms	12:45pm	Navan Avonmore RC
ational League	Ulster	Sun	13th	McCann Cup	Seskinore Circuit	100kms	1:00pm	Omagh Wheelers
oen Race	Leinster	Thurs	17th	St. Patricks Day Race	Batterstown	40ml	11:00am	Usher IRC
oen Race	Leinster	Sat-Mon	26-28th	Gorey 3 Day	Gorey	3 day	12:00pm	Usher IRC
APR								
ot Inn League	Leinster	Wed	20th	Boot Inn	Boot Inn (Airport)	20mls	7:00pm	Women's Commission
ational League	Leinster	Sun	24	Waller Cup	Bohermeen, Co Meath	40ml	1:00pm	Bohermeen
oen Race	Munster	Sat-Mon	30-2nd May	Corkman 3 Day	Kanturk	3 day	3:00pm	Kanturk CC
MAY								
ot Inn League	Leinster	Wed	4th	TT 5 miles	Boot Inn	5 miles	7:00pm	Women's Commission
ational League	Munster	Sun	8th	Tommy Sheehan Memorial	Carrick on Suir	40ml	1:00pm	Cidona Carrick Wheeler
ot Inn League	Leinster	Wed	18th	Boot Inn	Boot Inn (Airport)	20mls	7:00pm	Women's Commission
ish Team	International Event	Fri	20th	GERMANY - BERLIN	details to follow			
ish Team	International Event	Sat	21st	GERMANY - BERLIN	details to follow			
ovincial Team	International Event	Sat-Mon	28th-30th May	BEDFORD	UK	5 stage event		Women's Commission
JUN								
ot Inn League	Leinster	Wed	1st	Track Event	Sundrive	Track	7:00pm	Women's Commission
oen Race	Leinster	Sat-Mon	4-6th	Dunboyne 3 day	Dunboyne	3 day	3:00pm	Usher IRC
RAINING CAMP	International Event	Tues-Sun	7-12th	Belgium Training Camp	Belgium	training		Women's Commission
ot Inn League	Leinster	Wed	8th	Track Events - Sundrive	Sundrive	Track	7:00pm	Women's Commission
RAINING CAMP	International Event	Sat	11	Belsele - Belgium (laps / flat race)	Belgium House	90kms		Women's Commission
RAINING CAMP	International Event	Sun	12	Cras Avernas - Belgium (rolling/small hills)	Belgium House	90kms		Women's Commission
ot Inn Legaue	Leinster	Wed	15th	Track Events - Sundrive	Sundrive	Track	7:00pm	Women's Commission
ack Nationals	Leinster	Sat	18th	Track Nationals - Sundrive	Sundrive	Track		Track Commission
ampionships / Nat	Ulster	Sat	25th	Road National Championships	Dundrod	100kms	12:00 (?)	Phoenix RC
JUL								
ovincial Teams	International Event	Sat	2-3rd	Danny Boy	Limavaddy, Co.Derry	2 Day	10:00am	Women's Commission

ot Inn League	Leinster	Wed	6th	Monie Nolan Memorial	Balscadden, North Co Dubl	50k	7:30pm	
ational League	Leinster	Sunday	10th	Stagg Cycles Road Races	Lucan Co Dublin	50km	2:00pm	Lucan CRC
ish Team	International Event	Sat	16th	Waasmunster, Belgium (small drag /flat)	Belgium	90kms		Women's Commission
ish Team	International Event	Mon	18th	Strijpen, Belgium (laps, small hills / not easy)	Belgium	90kms		Women's Commission
ot Inn League	Leinster	Tues or Wed	19-20th	TT 10 mile	(Vets)	10ml	7:00pm	Women's Commission
ampionships	Championships	SUN	24th	Juniors	??			
ampionships	Championships	SAT	30th	Criterion Championships	Cork	??	??	??
oen Race	Munster	SUN	31st	Rás Liostuathail	Listowel	80Kms	??	??

JG	AUG	AUG	AUG	AUG	AUG	AUG	AUG	AUG
ational Legaue	Munster	Monday	1	Crotty Cup	Kilrush, Co Clare	80Kms	12:30pm	West Clare CC
ot Inn League	Leinster	Wed	3	Boot Inn	Boot Inn (Airport)	20mls	7:00pm	Women's Commission
oen Race	Connaught	Sat-Sun	6-7th	Ballinrobe 2 Day	Co. Mayo	2 Day	3:00pm	Western Lakes
ot Inn League	Leinster	Sat	13	TT 10 mile - Portlaoise	Portlaoise	10ml	12:00pm	Laois CTC / Women's C
ish Team	International Event		15	Puivelde, Belgium (Flat)	Belgium	90kms	11:00	Women's Commission
ish Team	International Event		16	Brasschaat , Belgium (fast race)	Belgium	90kms	11:00	Women's Commission
ish Team	International Event		21	Haasdonk, Belgium (flat, corners,hard)	Belgium	90kms	11:00	Women's Commission
ampionships	Championships	SUN	28	Time Trial Championships	Carlow	??	??	CI
ot Inn League	Leinster	Wed	31	Boot Inn 2 stage-2 ml TT and 2 Laps Road Race	2ml & 10ml	20mls	7:00pm	Women's Commission

SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP
oen Race	Munster	SAT	3-4th	ADARE 2 Day	Adare, Co.Limerick	2 Day	3:00pm	
ish Team	International Event		3	BELGIUM	BELGIUM	90kms	11:00	Women's Commission
ish Team	International Event		5	BELGIUM	BELGIUM	90kms	11:00	Women's Commission
ish & Province Te	International Event	Sat-Sun	10-11th	TQ LADIES 2 DAY	Dublin	2 day	11:00pm	Dublin Wheelers
ish Team	International Event		10	BELGIUM	BELGIUM	90kms	11:00	Women's Commission
ish Team	International Event		15	BELGIUM	BELGIUM	90kms	11:00	Women's Commission
ish Team	International Event		18	BELGIUM	BELGIUM	90kms	11:00	Women's Commission
ish Team	International Event		21	WORLD CHAMPIONSHIPS - MADRID - TT	Spain			CI
ish Team	International Event		24	WORLD CHAMPIONSHIPS - MADRID - RR	Spain			CI