

SHAY ELLIOTT MEMORIAL

& KEN DUFF MEMORIAL



Photo of 2021 winner Matt Teggart courtesy of Stuart Carrick

Sunday 8th May 2022

Start – Glen of Imaal Mountain Rescue Centre, Laragh, Co. Wicklow

Shay Elliott – A1, A2 / 155km / 1,813m / 6 laps / start 10h00

Ken Duff – A3 / 92km / 1,183m / 3 laps / start 10h05

Race neutralised to Booky's Bridge at 2.4km

KOM at 10km (Ballinderry climb) / Sprint Prime at 21km (Long Mile)

Finish on top of Shay Elliott mountain climb

www.braywheelers.com

bray wheelers

RACE BOOKLET 2022

Bray Wheelers welcome you to this year's staging of the Shay Elliott and Ken Duff Memorial races. We wish to say a very special thanks to the Bray Wheelers Race Committee, countless volunteers and organisers, without whom these races could not take place.

Bray Wheelers is a club steeped in history. Established in 1949, the club is one of the oldest and most respected racing clubs in Ireland. Early members included Shay Elliott, the first Irishman ever to hold the yellow jersey in the Tour de France and he is honoured annually by the staging of this one-day race in his name, one of the leading amateur races in Ireland.

We warmly welcome new members, from first time riders to seasoned racers – there is a group and cycling discipline to suit all, be it Road Racing, Sportive Training, CycloCross, Track or MTB-all are catered for, and our Couch to 50k and 50 to 100k programs have been widely praised, resulting in Bray Wheelers being named Club of the Year in 2019.

More information on joining and supporting the club can be found on our website at <http://www.braywheelers.com/>

This Race booklet will help you prepare for the day, giving you some important information about the 2022 editions of the Shay Elliott and Ken Duff Memorial Races.

A word of welcome from our Chairman, Mark Murphy



We're delighted to once again be in a position to run our Shay Elliott and Ken Duff memorial races over the beautiful and testing terrain of Co. Wicklow.

Our Shay Elliott memorial race is one of the most prestigious one-day races on the Irish cycling calendar and the list of past winners include some of the best cyclists to ever come out of Ireland. Peter Crinnion, Peter Doyle, Sean Kelly, Martin Early, Martyn Irvine and Ronan McLoughlin to name but a few.

I would like to wish the best of luck to all competitors in their respective races.

A big thank you to the people who make the races happen...

An Garda Síochana, The Order of Malta, our club Open Race Sub Committee and the 100 plus club members and friends of Bray Wheelers who help out on the day.

Bray Wheelers hope you enjoy the day; stay safe and race well.

***Mark Murphy
Chairman Bray Wheelers CC***

Race HQ and Race Check In

- New Race HQ and Check in at the Glen of Imaal Rescue Centre in Laragh, Co.Wicklow
- Eircode for Race HQ is **A98 VY72**
- This is easily accessed from Junction 8 (Kilmacacanogue) from the N11 South. Turn for Glendalough. This junction has been recently upgraded and can be easily missed!!
- Race HQ will be open from 0800hrs to 0930hrs.
- There will be ample parking available around the Rescue Centre road but participants are asked to follow all marshal instructions and not to block the entrance and access-this is an active 24hr rescue centre.
- Portable toilet facilities will be located at the area.
- The events are run in accordance with Cycling Ireland Covid protocols and all participants are asked to familiarise themselves with all measures at www.cyclingireland.ie

SAFETY/I.C.E.

*Safety Officer **Liam Murphy** (Ph. 086 8964359) kindly asks that you pay special attention to the following. Any queries can be raised with Liam either in advance of Sunday 8th or at the race briefing on the day.*

A full team leader and race participant briefing will take place on Sunday morning before the races start.

With this in mind, all participants should arrive in good time.

Standard race rules and rules of the road apply

Whilst there are several lead cars, **this is not a closed circuit.**

All participants and team members should be fully familiar with the route of the race (see Race Route and maps).

Particular attention should be drawn to the route through Laragh village.

You are asked to obey all marshal instructions – the race organisers and marshals are there for **your** safety.

Ambulance and Gardaí will be in attendance in both races.

Race Director Shay Elliott Race

Mark Murphy
Bray Wheelers

086 810 4648

markcolmmurphy@gmail.com

Race Director Ken Duff Race

Mark Loughran
Bray Wheelers

086 822 5310

info@identikit.ie

Lead Marshal

Rob Magee
Bray Wheelers

086 811 0933

Please, please PLEASE..

Once you have finished your race, the Race Committee kindly ask that the finish area at the Elliott finish is kept completely clear of personnel and vehicles – it is a narrow, busy road and can be very easily blocked which can put other riders in danger.

Prize Giving will be at the Glen of Imaal Rescue Centre in Laragh, Co.Wicklow approx.. 60 minutes after the end of each respective race.

Prime and KOM will be awarded in both races, with 1st to 12th in the Shay Elliott race, and 1st to 6th in the Ken Duff race.

In addition, A2, ladies and unplaced BWCC rider prizes will be awarded.

All other details available through the Bray Wheelers media channels on Facebook and through www.braywheelers.com

Route Shay Elliott A1/A2

Total Distance 155 km (First 2.4km Neutralised to Bookie's Bridge)

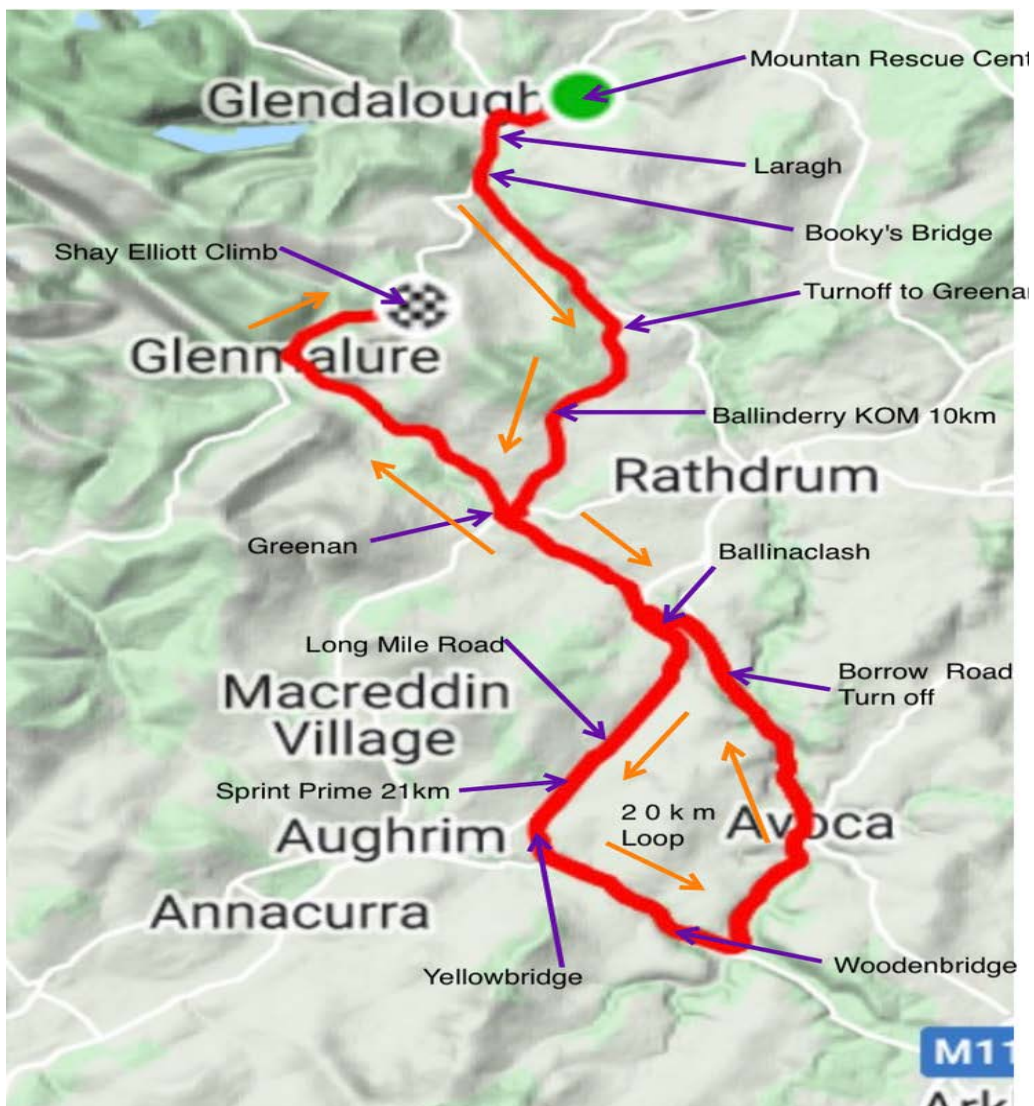
1813m Elevation

Start 1000hrs

6 laps of the standard lower circuit

Finish at the top of Shay Elliott Climb

KOM at 10km (Ballinderry climb)
Sprint Prime at 21km (Long Mile)



Ken Duff Memorial Race A3 Route
Total Distance 92km (First 2.4km Neutralised to
Bookie's Bridge)

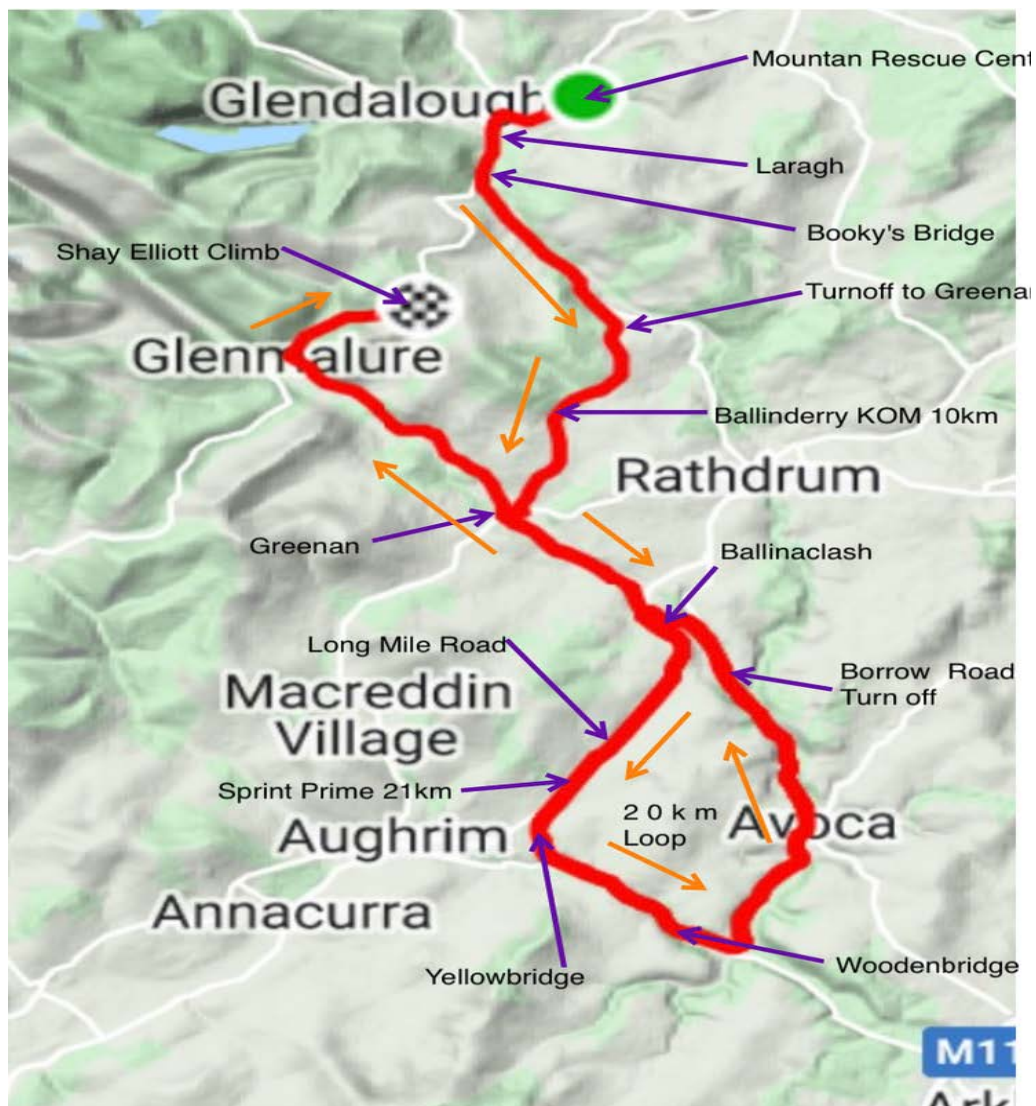
1183m Elevation

Start 1005hrs

3 laps of the standard lower circuit

Finish at the top of Shay Elliott Climb

KOM at 10km (Ballinderry climb)
Sprint Prime at 21km (Long Mile)



Strava Routes

Shay Elliott A1/A2

<https://www.strava.com/routes/2930090682253698092>

Ken Duff A/3

<https://www.strava.com/routes/2930093620628766370>

Finish Line Shay Elliott Climb



From all of us in Bray Wheelers....

RACE WELL.

RIDE SAFELY!

ENJOY YOUR DAY!