

Cyclists to tour Mayo in attractive early-season spin

Cyclists who took part in last year's Mayo Club/County Cycle challenge will recall it as one of the top spins of the year – and now the wheel has turned full circle and the spin is on the horizon again.

The challenge – organised as a fund-raiser by Mayo Ladies GAA Board in association with Western Lakes CC – will take place on Saturday, April 29th, and large numbers are again expected to take part.

A novel feature of the spin is that sign-on is free of charge to members of Cycling Ireland (though non-members must pay a €10 sign-on fee to obtain a one-day licence.)

This year, there are two adult starting-points at 9.30am – Ballina Bus Station and The Mall in Castlebar. Sign-on is from 8.45am at both places, and dressingrooms and showers will be provided in James Stephen's Park, Ballina, and An Sportlann, Castlebar.

Both spins are approximately 90 miles long. The Ballina spin follows a route through Ballina, Crossmolina, Bellacorick, Bangor, Belmullet, Barnatra, Rossport, Glenamoy, Belderrig, Ballycastle, Killala, and finishing in Ballina.

The Castlebar spin visits Castlebar, Foxford, Swinford, Charlestown, Knock, Ballyhaunis, Claremorris, Ballintubber, Killawalla, Westport, Newport, and Castlebar.

There will be refreshments on route and afterwards on both spins. Mayo Ladies GAA Board will take up bucket collections in the major towns along the way, and they supply marshalling to maximise the enjoyment of all cyclists.