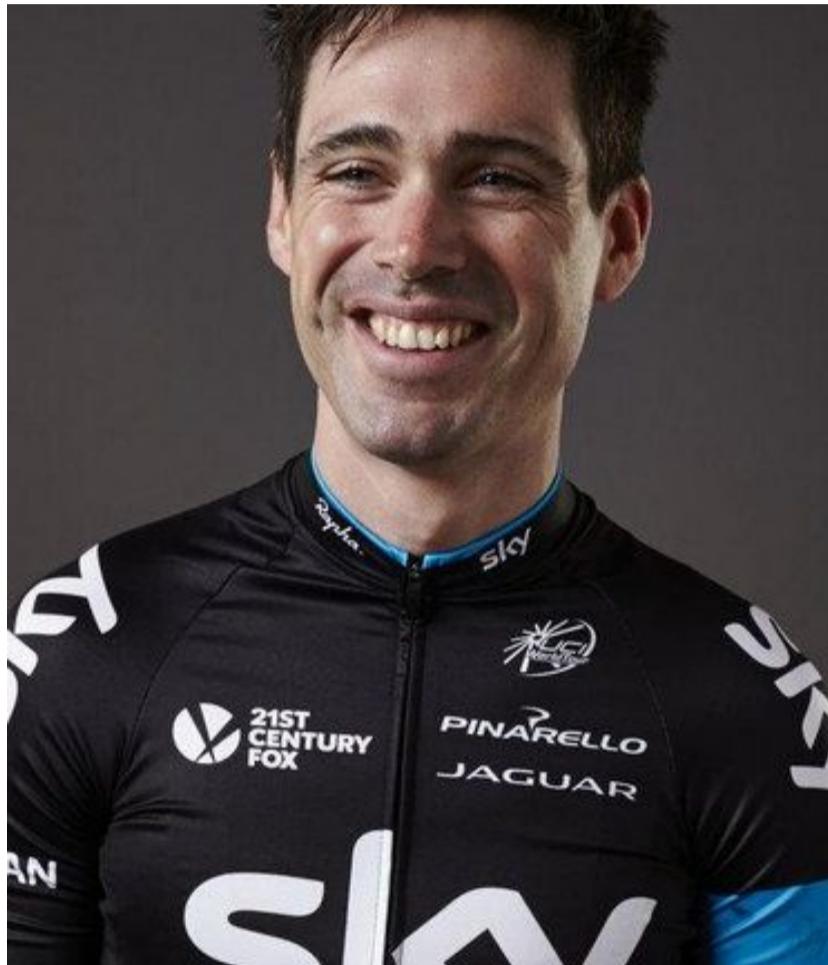


# Philip Deignan

Retired Road Cyclist

Irish Olympian and retired road racing cyclist who rode 11 Grand Tours and 5 years with Team Sky



**From:** Australia

**Date of birth:** 17th September 1987

**Lives and trains:** Varese, Italy

**Team:** Lidl-Trek

Deignan is recognised as one of the most talented Irish bike riders. Philip turned professional with AG2R in 2005 logging his first victory that year.

2008 saw him represent Ireland at the Beijing Olympics but a highlight of his career was his stage victory at the 2009 Vuelta a Espana. He was the first Irishman to win a stage of a Grand Tour since Stephen Roche's victory in the 1992 Tour de France, and went on to finish ninth overall.

In 2014, Philip joined Team Sky where he stayed for five years. He quickly established himself as a popular member of the squad and a reliable domestique for the team, being a key part of many successes.

Throughout his career he rode 11 Grand Tours with his final appearance coming at the 2017 Giro d'Italia.

In 2016 Deignan married Lizzie Armitstead and at the end of 2018 he announced his retirement from professional cycling citing the 'next challenge'. Philip and Lizzie had their daughter Orla in September 2018, and son Shea in September 2022.

In 2026, Deignan teamed up Lizzie (following her retirement) to set up Deignan Performance. Together they deliver a comprehensive and professional coaching service for athletes looking to improve their performance.



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