

## PHILIP DEIGNAN

### Road Cyclist – Broadcast, Media & Coach

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

**From:** Letterkenny, Ireland  
**Date of birth:** 7<sup>th</sup> September 1983  
**Lives:** Yorkshire

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 9th 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.

Deignan took the first steps in his career post professional cycling at the beginning of 2019 by teaming up with fellow Irishman Ronan McLaughlin at Panache Coaching. Together they deliver a comprehensive and professional service for athletes looking to improve their performance by sharing advice on coaching, nutrition and clothing.

Deignan also made his debut as an ITV pundit during the coverage of the 2019 Tour de Yorkshire, and 2019 Tour de France.

### Key Results

2015	Tour de Yorkshire	5 <sup>th</sup> General Classification
2013	Tour of Beauce	2 <sup>nd</sup>
2013	Tour of the Gila	2 <sup>nd</sup>
2011	Tour of Beijing	2 <sup>nd</sup> Stage 3
2009	Vuelta a Espana	1 <sup>st</sup> Stage 18, 9 <sup>th</sup> General Classification
2008	Beijing Olympics	1 <sup>st</sup> Irish rider, Road Race
2005	Tour du Doubs -Conseil General	1 <sup>st</sup>
2004	Ronde de l'Isard	1 <sup>st</sup>