

## PHILIP DEIGNAN

### Road Cyclist – Broadcast & Media

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:** Monaco / Harrogate

Deignan first set foot on a bike in 1997 during a charity cycling event in Letterkenny and since then has gone on to be recognised as one of the most talented Irish riders. He won the 2004 Ronde de l'Isard and turned professional with AG2R in 2005 logging his first victory that year on the Tour du Doubs - Conseil General.

2008 saw him represent Ireland at the Beijing Olympics and he was the best Irish finisher at the 2009 UCI Road World Champs in the road race.



A highlight of his career was his stage victory at the 2009 Vuelta a Espana, when he overcame Roman Kreuziger in a two-up sprint. 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. He rode 11 Grand Tours in total with his final appearance coming at the 2017 Giro d'Italia.

Recognised as an experienced climber, Deignan announced that he was going to be racing on the UCI World Tour in 2014 by joining Team Sky where he stayed for five years. He became the first Irishman to ride for Team Sky and quickly established himself as a popular member of the squad. Whilst riding for Sky, Deignan finished the 2015 Tour de Yorkshire fifth overall.

In 2016 Deignan married Lizzie Armitstead and their daughter Orla was born in September 2018. At the end of 2018 he announced his retirement from professional cycling saying; "There have been lots of ups and downs but to be able to finish my career healthy and at the top of my sport with the best team in the world, makes me grateful and proud. On to the next challenge."

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>