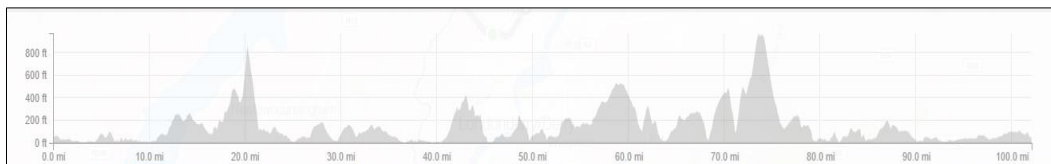
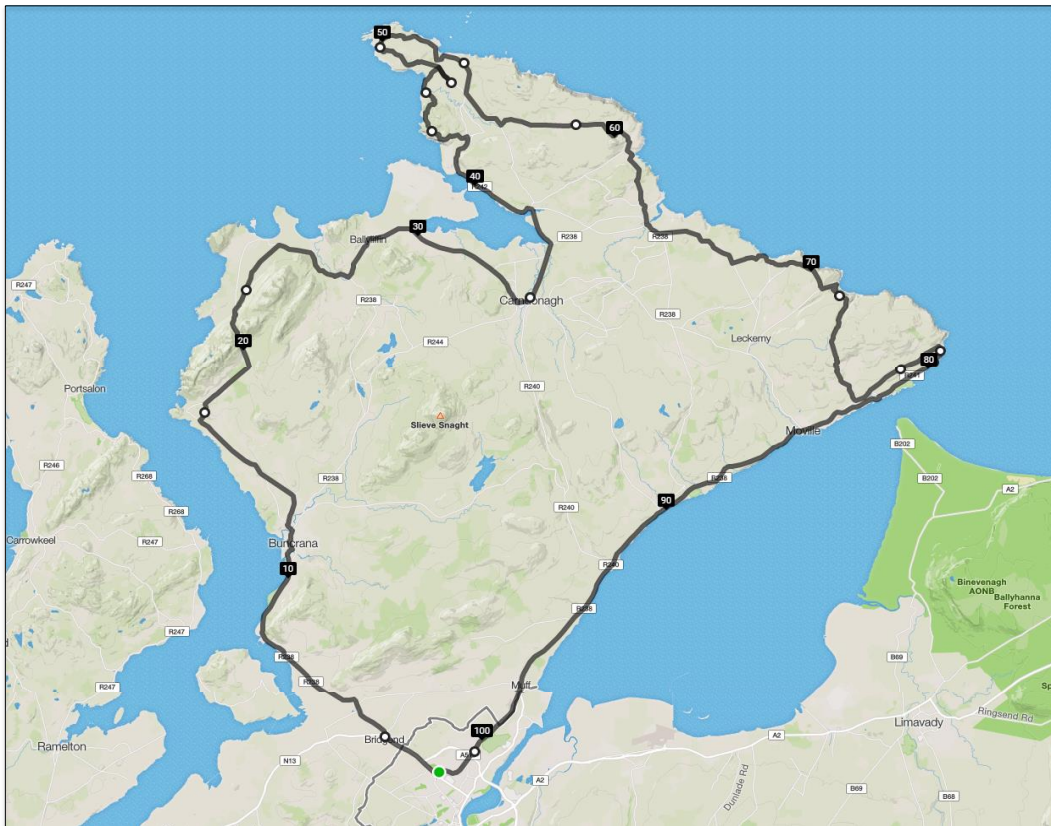


i100



			@21mph	@16mph	@13mph
Derry	0.0	0.0	08:30	08:30	08:30
Burnfoot	4.0	4.5	08:42	08:45	08:49
Buncrana	6.5	11.0	09:01	09:10	09:19
Dunree	6.5	17.5	09:20	09:35	09:49
Mamore Gap	2.5	20.0	09:28	09:45	10:01
Ballyliffin	8.3	28.3	09:52	10:17	10:40
Carndonagh	6.3	34.6	10:10	10:41	11:10
Malin Town	3.2	37.8	10:20	10:53	11:25
Malin Head	9.0	46.8	10:46	11:27	12:07
LUNCH Leave Malin Head		46.8	11:15	12:00	13:10
Malin Head (loop)	3.7	50.5	11:26	12:14	13:28
Glengad	8.0	58.5	11:49	12:44	14:05
Culdaff	5.3	63.8	12:05	13:04	14:30
Kinnego Bay	7.9	71.7	12:28	13:34	15:07
GreenCastle	4.3	76.0	12:41	13:51	15:27
TEA Leave Greencastle		76.0	12:45	14:00	15:40
Stroove	3.2	79.2	12:55	14:12	15:55
GreenCastle (loop)	2.6	81.8	13:03	14:22	16:07
Quigleys Point	10.7	92.5	13:34	15:03	16:57
Muff	5.1	97.6	13:49	15:23	17:21
Derry	4.5	102.1	14:02	15:40	17:42

FOYLE CYCLING CLUB