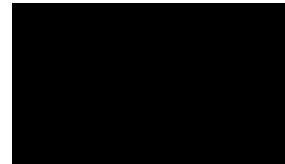


The Secretary,
An Bord Pleanála,
64 Marlborough Street,
Dublin 1

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2nd September 2019

Broadmeadow Way Case Reference: PL06F.304624

Dear Sirs,

I am a keen cyclist and I regularly take part in long distance cycling events (Wicklow 100 and similar 'sportive' events) as well as cycling about the greater Dublin area. I have also taken cycling holidays in France and have been very impressed with the quality of cycling infrastructure available there.

Unfortunately in Ireland the provision of good quality cycling infrastructure is very poor. There are a very limited number of properly segregated cycle ways and the vast majority of cycle lanes are simply painted on to tarmac/concrete surfaces. Those cycle lanes are essentially shared with vehicular traffic. Studies have shown that such cycle lanes are largely a waste of paint.

Given this I have a great interest in and support in principle any projects providing properly segregated cycle paths.

I was therefore delighted to see great progress being made on the proposed greenway from Malahide to Donabate and was especially pleased to see that it is largely fully segregated from vehicular traffic.

However two aspects of the proposed route concerned me - and one of those alarmed me.

Firstly I am very disappointed to see that the route starts and ends in car parks. This seems to assume that most users of the route will turn up by car. Given the existence of a DART station in Malahide and a train station in Donabate would these not have been more sensible start/end points? As bikes can be brought on both commuter services and the DART (other than at busy times) it should be possible for walkers/cyclists from many areas to make their way by public transport to Malahide/Donabate. A direct route from the centre of one town to the centre of the other would also make the greenway much more useful to local residents.

The council claims Broadmeadow Way will help to reduce car use – but it would appear that it will be promoted as a route from Malahide Demesne to Newbridge Demesne and no doubt the existence of car parks at either end will be highlighted. This will simply increase car use in both towns.

I note it is intended to complete a route to the centre of Donabate at a later date – this should be done now and the route should be promoted as a convenient and pleasant link between the two town centres and through a scenic area.

From those central points a network of cycle paths through each town would make sense and these would inevitably reach the boundaries of both Malahide and Newbridge Demesnes but should not be linked to a single end point of a car park. The primary function of these networks would be to make use bikes around these towns and along the greenway easier.

Secondly I am alarmed that the route crosses an active farm and provides crossing points over which farm animals will pass.

This will lead to inevitable soiling of the route by farm animals. While horse soiling creates no danger to human health both cow and sheep soiling do. This is a genuine risk to cyclists/walkers – please see the enclosed articles detailing cyclists' illness arising from cow/sheep droppings.

The links for these stories are given below:

<http://www.stickybottle.com/latest-news/irish-cyclist-farm-waste-infection/>

<https://www.thelocal.no/20170706/sheep-poo-makes-norwegian-cyclists-sick>

Many bikes are now not equipped with mudguards and this is especially the case for bikes which will only be used in the good weather when greenway use should be high. The combination of a lack of mudguards and a soiled cycle path will create a serious and entirely predictable risk to the health of cyclists. Walkers will also be exposed to infection risk as well as the risk of slipping.

As a result I would encourage the Bord to approve the Broadmeadow Way plan only if:

- farm crossing points are eliminated
- the start/end points are based at Malahide DART/Donabate train station.

I would be very happy to attend any oral hearing on this matter.

Many thanks for your consideration.



Paul Kiernan

FANCY A DEAL ?

Stickybottle

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Irish club rider's spin ends in A&E, quarantine after rapid onset infection

Posted on: March 7th, 2019

Event

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After training on wet roads last weekend a mild sore throat escalated very quickly resulting in hospitalisation for one Irish club cyclist. Monica Freiband was whisked off to hospital and even put in quarantine.

While many Irish cyclists were riding their first races of the year last weekend or tuning their sportive condition, Monica Freiband was enduring something of a health crisis.

She suffered a rapid onset swollen trachea and was in A&E hooked up to breathing apparatus just hours after having had no symptoms whatsoever.

The Orwell Wheelers cyclist has been told her trachea swelled, severely restricting her breathing, due to an infection caused by severe cold weather training and farm run-off.

Medics have told her that a combination of cold weather and farm waste splashing up off the roads she was training on combined to cause the infection.

And once it set in, it caused her serious problems very quickly that necessitated immediate hospitalisation.

Thankfully after a couple of days in St James's Hospital, Dublin, where she was in quarantine for a period, she has now returned home to complete her recovery.

It appears a passing vehicle splashed rain water, with a distinct taste of cow manure, off the road into her face and water bottle.

She woke up on Sunday morning after her training ride on Saturday with a minimal sore throat but nothing of serious alarm.

However, the next day, her breathing became increasingly restricted and she decided to seek medical assistance.

Within 20 minutes of presenting to her local doctor she was in St James's hooked up to a nebulizer and intravenous antibiotics in A&E.

After very decisive action by her doctor and further expert care by the doctors and nurses in St James's for 48 hours she was back home yesterday.

Such was the sudden impact of her airways swelling and closing up that Freiband estimates only five hours passed between having no symptoms and being hooked up to breathing apparatus in hospital.

It sounds like there was little she could have done to avoid what happened. And with bad luck the

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quickly in seeking medical attention.

The cycling season is long and clearly training in very cold weather on roads where farm run-off may be a risk are clear from this case.

Monica Freiband told stickybottle she was very grateful to the staff at St James's and also to her friends for keeping her company, and her spirits up, while in hospital.



Where did the name come from?

A stickybottle, put simply, is the knackered cyclist's best friend. As a rider is being dropped from a group, the team manager or support worker in a following car holds a bottle out the window to hand it up. As the handover is taking place, the rider grabs the bottle tight, as does whoever is handing it up, enabling the rider get a good tow and push from momentum of the car. It's known as a stickybottle because it appears neither the rider nor the person handing it up is able to take their hand off the bottle; it looks stuck to their hands. But please don't try this at home. We've been slyly cheating this way all our lives; it takes a while to perfect.

Sheep poo makes Norwegian cyclists sick



Photo: baronb/Depositphotos

AFP

news@thelocal.no
@thelocalnorway

6 July 2017 | 08:51 CEST+02:00

Dozens of mountain bikers in a race in Norway have fallen sick most likely due to spray from sheep droppings on their path, Norwegian media reported Wednesday.

Of the 300 cyclists who took part in the TransØsterdalen race at the end of June in southeastern Norway, at least 50 were struck with fever, stomach pain and diarrhoea in the days following the competition, according to public broadcaster NRK.


"This is most likely a *Campylobacter* infection," race doctor Tor Halvor Bjørnstad-Tuveng told NRK, referring to a bacteria which is present in the intestines of many animals.

He said material from the sheep droppings, which have decomposed during heavy rain and projected on the bikers' route, must have sprayed onto their bottles, faces and hands as they rode by.

"In particular, if the faeces are fresh and in large quantities," Bjørnstad-Tuveng said, "they can splatter on their bottles in such a way that they ingest it when they drink".

READ ALSO: [Mystery of 'kidnapped' Norwegian sheep](#)

cycle race sickness bacteria sheep

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