

Kilkenny Sprint Triathlon by Ingrid Condell

Sunday 18th July 2021

This was one of the first races to run since the relaxing of the Covid restrictions. The race was Sprint distance only. There were approx. 210 entries compared to the usual 400 with 173 actually competing on the day, 123 males and 50 females. It was managed very carefully and successfully with a few changes to the usual format.



The race brief was carried out on Zoom and competitors were also emailed the information. Registration was as usual but people were encouraged to collect their packs and move away quickly.

The competitors were divided into three waves, each with a separate transition area. The racking areas were well spaced out so there was plenty of room for people to leave their gear ready for the off.

Each wave was allocated a 'holding bay' beside the transition area, which was at the very southern end of the Castle Park, well beyond where it was in other years. Before the race, competitors got into their swim gear in the holding bays and were led the almost 1km to the race start, wearing their masks and social distancing as they walked.

There was a 2 minute gap between waves and the 2nd and 3rd waves walked a different route so that they didn't mix with the swimmers from the previous wave as they came out of the water. To avoid close contact in the water it was a rolling start which was very well managed. Bins were provided at the river edge for mask disposal and as competitors queued to get into the water they were

constantly reminded not to touch the railing. As usual there was great kayak and SUP support in the water and lots of encouragement too.

Exit from the river was at the usual spot but instead of turning right and running up the steps competitors turned right and ran approx. 500 metres along a tarmac path and eventually up a path and into the park, towards the transition area.

There was a fairly challenging run out from transition to the mount line for the bike, about 300 metres uphill on grass. The cycle route was the same as usual.

The run in any triathlon is challenging being the final leg but in this race the challenge mentally was that it was five laps and physically, it was extremely hilly and the heat was intense.

Despite all the challenges it was a successful day for the competing Trilogy members: Conor Heffernan, Monica Corcoran, John Corcoran, Mark Milligan, Steven Brew, Paddy Doran, Rebecca Condell, Amanda Kirwan, Jane Whelan and Ingrid Condell.

Mark Milligan came 14th with a time of 1.11.07

Steven Brew came 17th with a time of 1.12.37

Monica Corcoran came 9th with a time of 1.20.06

For Jane Whelan it was her first open water triathlon and for Amanda Kirwan it was her first ever triathlon.

It was great to experience the buzz of racing again but it really had the most challenging of transitions and an extremely challenging run course. Hopefully next year it will be back up the castle park to its previous location.

