

## Moby Dick Triathlon, Youghal – Sprint Distance – 18<sup>th</sup> September 2021 by Trish Nicholls



Trilogy Competitors: Trish Nicholls, Gary Condell, Amy Edghill

I had this one on my 'To Do List' for a few years now and it didn't disappoint – weather conditions were perfect which helps. I will be back.

This Race was a 2pm start – Transition on the outskirts of the town with plenty of parking. I did travel down the day before (any excuse for a weekend away) but Amy & Gary travelled down & back on the day. Trilogy represented by 3.

With all the new ways of doing things this year you Registered Online and arrived at Bike Check-In just having to show your ID. At your bike number was your Goodie Bag with Timing Chip, Race Cap & numbers and a very nice backpack. Bikes were well spaced apart and your kit bag also stayed in transition.

After race briefing we walked 300mts down to Swim Start (sneaked in for a very quick dip) before lining up 2 x 2 seeding ourselves for the Rolling Start (cuts out the usual madness with less chance of losing goggles due to arms & legs flying). It was a 250mts swim out, 300mts across & 200mts back to the beach. I was not too impressed with Navy Buoys as they were difficult to see. I was passed on the beach by Gary sprinting past me and Amy just behind who sprinted past me in T1.

The Bike Route was a 19kms out & back on a fairly flat but busy road which was well marshalled and any road issues circled in red paint. Back into T2 and off out on a two lap, 6 kms run with the first lap on the boardwalk and a few inclines along the route to test the legs – nice downhill into the FINISH.







Plenty of refreshments on offer at the Finish.

I missed the No Announcing/Presentation of Race & Age Group Winners but hopefully that will be back next year.

Race result:

Trish Nicholls – 1<sup>st</sup> in age group

Amy Edghill – 1<sup>st</sup> in age group – 3<sup>rd</sup> lady overall

Gary Condell – 1<sup>st</sup> in age group – 8<sup>th</sup> man overall

