

Trilogy

triathlon

Swim Bike Run



GUEST INTERVIEW

JOHN PHELAN

THE BIKEFIT PHYSIO

SEPTEMBER 2021



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Welcome to our third Trilogy Magazine! We hope you enjoy reading some interesting articles. A big thank you to all our contributors this month with a special thanks to our guest writer, John Phelan from 'The Bikefit Physio'

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The BikeFit Physio
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GUEST INTERVIEW
JOHN PHELAN

FITNESS TESTING USING GAS ANALYSIS, IS IT FOR ME?

Hi folks! I was kindly invited by Pamela Grogan, the PRO of Trilogy Triathlon Club, to write an article for the Trilogy magazine about the services we provide down in our Cork clinic. I was delighted to do so. The only issue is that I would go way over my quota of words if I waxed lyrical on all the services offered. As our reputation has grown over the past five years so has the list of available services. So, I will list them all but then go into more detail in describing our fitness testing service using metabolic gas analysis.

Before doing so, maybe a little about my background and business to start with. I set up The BikeFit Physio brand as soon as I completed a physio bike fitting course in Edinburgh back in 2015. As it happens, I am writing this on a train from Dublin after a flight from Edinburgh! The city is still as easy on the eye as ever. I was in fact working in my role as physio for the over 70s Irish hockey team at a tournament in Dundee over the weekend. Incredible gentlemen. Back to the matter at hand, the bike fitting course delivered by the legendary Paul Visentini hit me straight between the eyes and made it blatantly obvious to me that I needed to go into this specialist area as soon as I got back home to Ireland. Myself and my wife Aisling did come home at the beginning of 2016 and the business was set up soon after.



Since then, it has grown year on year in sync with the rise in cycling popularity and the kind referrals from past clients! I started with a bike fit that was basic on the technology front but was held together by the physio insight. After partnering with a professional bike fit brand in 2017, GebioMized, the quality of service ramped up a few notches. Their bike fit software and saddle pressure mapping are to quality bike fit products.

A recent blog around my bike fitting service for triathletes with insight into the inner workings of the GebioMized software can be found here.
<https://www.thebikefitphysio.com/blog/category/bike-fit-for-triathlon>

Only a few months ago, we added the GebioMized foot pressure mapping technology into the mix. This allows us to see force values through the foot, to visualise pressure distribution patterns and track pedal quality. This is very important information when working with cyclists who are experiencing foot and/or knee issues.

The early days! Selling my wares at the Sean Kelly Tour of Waterford 2016



*Photo taken in June 2021.
It's not just me anymore, we
now have Dylan Kennedy,
another physio, on board.*



The BikeFit Physio
A fully comprehensive bike fit

We added a RunFit service in 2019 that uses Leomo motion sensor technology to assess running gait, both indoors and outdoors. There is nice evidence suggesting that running form has a link with running injury, especially with regards to step cadence (steps per minute) and foot landing pattern (heel strike or mid-foot strike).

We also offer a brand new bike sizing before buying service, which I can see becoming busy in the coming months. This uses SmartFit measuring equipment that links your measurements with a large database of bikes to determine the most appropriate frame size for you. This could be a very clever spend of €90 in the long run, and discount on your physio bike fit thereafter!

It goes without saying that a physio service is available at our Life Fit Studio. What might attract you readers is the return of both triathlon and adventure racing workshops once we are over this pesky virus. More info on those from the website, but you won't see them until next year.

A service that I am really excited to offer is the portable gas analysis testing service. The PNOE unit is now widely used around the world as an alternative to fitness testing in a lab setting with your sports physiologist. I must say, I am impressed with the PNOE product, for its ease of use for the client, as well as its data analysis platform and detailed reports. Does it have a place in triathlon training? For sure. Is it only for elite level athletes? Definitely not. The PNOE will be able to especially help those who are putting in the time and effort to their training but are not getting the expected results. This is a sure sign that something is amiss with training or nutrition, and metabolic testing will help uncover the issue.

Its uses:

Resting metabolic rate test. For those of you who wish to know your resting metabolic rate (the number of calories your body requires just to sustain life) so that you can accurately calculate the calorie requirements to lose weight in a healthy and sustainable way, undergoing a resting metabolic test is a great way to go about this. The test will come back with a measure of your rate of metabolism and compare it with the predicted metabolic rate for your age, height, gender and ethnicity. One sure way to increase your metabolic rate is through increasing your lean muscle mass. Yet another reason to include strength and conditioning into your triathlon training.

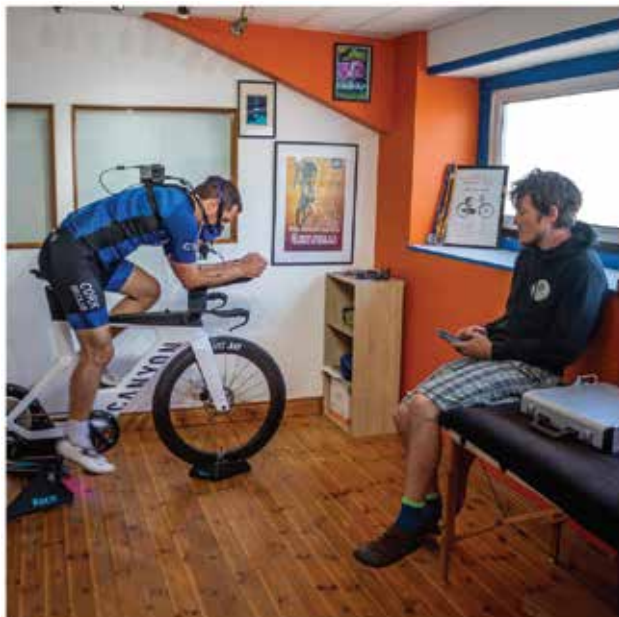
Fitness test. The active VO2 max fitness test will give us a massive amount of info on your aerobic fitness, your respiratory fitness, your fat burning efficiency, your metabolic efficiency (fuel usage as you move through increasing intensities and ability to produce energy at higher intensities) and your all-important heart rate training zones that are based on your actual metabolic physiology and not a percentage of your max heart rate or other formulas available.

**Active fitness test using the PNOE
gas analysis unit**



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I have a personal fitness story to tell around my experience with the PNOE testing service. Back in Sept 2020, I hooked myself up to the unit and jumped on the treadmill for my own VO2Max ramp test. It came back with a poor metabolic and fat-burning efficiency score evident by the small Zone 2 heart rate range of 102-112 and the large Zone 3 heart rate zone of 112-148. Other metrics were also measured and I've discussed them in a video podcast should you wish to learn about them.

The link to the video podcast with the PNOE exercise physiologist Daniel Crumbach is here, <https://www.youtube.com/watch?v=kJeSgGG4Rxo>, and the bit about my testing begins at minute 17 for those short on time!

My narrow Zone 2 range came as no surprise. This is because up to this point, I had been only running short and fast training sessions at much higher than zone 2 heart rate levels because my event of choice was the sport distance adventure race and sprint distance triathlon but more so because I was crowned a new Dad in August 2018 and hours of training time were not as easy to come by!



'When we see a large zone 3 heart rate range in someone's test results, as was the case with mine, it means that the person is not training at low intensities and therefore is missing out on a lot of physiological benefits that are associated with zone 2 training'.

When we see a large zone 3 heart rate range in someone's test results, as was the case with mine, it means that the person is not training at low intensities and therefore is missing out on a lot of physiological benefits that are associated with zone 2 training.

Benefits of zone 2 training (but only if athlete requires it)

- Increase in the number of capillaries feeding the working muscle
- Increase in the number of mitochondria in the muscle cells

How will these physiological changes help?

Since the capillaries are the vessel for oxygenated blood to reach the muscle and deoxygenated blood to leave the muscle, it makes absolute sense to have lots of these! They also carry substrates (fuel for exercise) to the working muscle ensuring it is well supplied especially when exercise intensity increases and efficiency of substrate transfer matters more. Mitochondria, otherwise known as the powerhouse of the cell, is where ATP (energy) is made. ATP is what powers the body to move. Hence the more, the merrier.

What is interesting here is that short intervals in zone 5 will also produce the same physiological benefits on top of improving mitochondrial efficiency. This is why a block of Zone 2 training should include short 20-60sec intervals, at Zone 5 heart rate, either dispersed throughout the run/cycle or at the end of the session. You are only looking at maybe six or seven of these short sprints in a Zone 2 run (at least 45mins long) or a Zone 2 cycle (at least 60mins long).

Word of warning: if on doing a 30sec Zone 5 interval, you find that your heart rate rockets and struggles to come back down to Zone 2, then you should save your zone 5 intervals for the end of the session.

To bring it back to my own personal case, after diligently following a training plan of Zone 2 with Zone 5 intervals for 9 weeks, I was able to significantly change my numbers (shown below) after retesting on the 15th of Jan 2021. In doing so, I better prepared myself for the Cork 70.3 Ironman, which never happened! Quest 12 Beara has however taken its place on the 28th of August, and I can't wait. A change in numbers following fitness testing is one thing, but what effect did this have out on the road? Back in Feb-March this year, Kayathlon set up a virtual race series and I got stuck in. First up was a 5k, and I managed a personal best of 18:51, shaving 60secs off my previous best. This is first hand evidence that the phrase "run slow to run fast" is based on true scientific data. Having more capillaries and more numerous and efficient mitochondria leads to improved high intensity exercise as well as the low-end stuff.

If you would like to see the data graphs from these two tests and dive into greater detail around the role of gas analysis testing in endurance training, then have a read of the blog I put together on this very topic here, <https://www.thebikefitphysio.com/blog/gas-analysis-testing-for-endurance-training-and-long-distance-triathlon>

For now, I'll just leave the below tables for some comparing and contrasting on how nine weeks of physiologically accurate Zone 2 (mixed with Zone 5) training can achieve.

Table displaying heart rate zones identified following gas analysis test on 11/09/2020 taken from the detailed PNOE report



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TRAINING ZONES

Building Anaerobic Capacity	5 VERY HARD	160 - 185 bpm	Benefits: Develops muscular endurance to lactate acid and high intensity movements Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for shorter exercises
Building Aerobic Capacity	4 HARD	148 - 160 bpm	Benefits: Increases maximum performance Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for shorter exercises
Building Aerobic Stamina	3 MODERATE	112 - 148 bpm	Benefits: Improves aerobic fitness Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for moderately long exercises
Metabolic Conditioning	2 LIGHT	102 - 112 bpm	Benefits: Improves basic endurance and fat burning Feels like: Comfortable, easy breathing, low muscle load, light sweating Recommended for: Everybody for longer and frequently repeated shorter exercises
	1 VERY LIGHT	92 - 102 bpm	Benefits: Improves overall health and helps recovery Feels like: Very easy for breathing and muscles Recommended for: Weight management and active recovery

TRAINING ZONES

Building Anaerobic Capacity	5 VERY HARD	170 - 189 bpm	Benefits: Develops muscular endurance to lactate acid and high intensity movements Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for shorter exercises
Building Aerobic Capacity	4 HARD	158 - 170 bpm	Benefits: Increases maximum performance Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for shorter exercises
Building Aerobic Stamina	3 MODERATE	151 - 158 bpm	Benefits: Improves aerobic fitness Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for moderately long exercises
Metabolic Conditioning	2 LIGHT	137 - 151 bpm	Benefits: Improves basic endurance and fat burning Feels like: Comfortable, easy breathing, low muscle load, light sweating Recommended for: Everybody for longer and frequently repeated shorter exercises
	1 VERY LIGHT	127 - 137 bpm	Benefits: Improves overall health and helps recovery Feels like: Very easy for breathing and muscles Recommended for: Weight management and active recovery

Table displaying heart rate zones identified following gas analysis test on 15/01/2021 taken from the detailed PNOE report



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Table taken from the PNOE report following the metabolic test on the 15th Jan 2021

	Units	01-15-2021		
VO2 peak	ml / min / kg	69		
Anaerobic Threshold	bpm	168		
Ventilatory Threshold	bpm	139		
Fat-Max	bpm	137		

Table taken from the PNOE report following the metabolic test on the 11th Sept 2020

	Units	11-09-2020		
VO2 peak	ml / min / kg	62		
Anaerobic Threshold	at bpm	158		
Ventilatory Threshold	at bpm	103		
Fat-Max	at bpm	102		

There is so much more information that can be examined from a metabolic gas analysis fitness test. Two very interesting metrics are lung volume and breathing frequency. I foresee respiratory training becoming more mainstream in triathlon training. Once you know your respiratory capacity through spirometry testing, then we can find out if you have a respiratory capacity issue or a respiratory capability issue, or neither! Respiratory training will look to rectify a respiratory capacity and capability problem.

Respiratory capacity issue: Not being able to reach the lung volumes for your predicted score based on age, height, gender and ethnicity. Also, having a suboptimal FEV1 score is indicative of a capacity issue. FEV1 is the amount of air you can blow out in one second and so becomes very important for high intensity exercise endurance

Respiratory capability issue: If you don't have a capacity issue, but on examining your PNOE test data, we find that your lung volumes (litres of air per breath) are less than 75% of your FEV1. This could be because you are taking too many breaths per minute, or simply just not getting enough volume in per breath even though you have the capacity to do it. Either way, the research is clear that this has a negative effect on your performance.

If you would like to view a very interesting discussion of the data following PNOE gas analysis testing with a previous client (a long-distance triathlete), then hit this link here (<https://youtu.be/38LytUBxnLY>) What is worth noting here is the stark difference in the test results between his running and cycling. He does a lot more of the former and less of the latter!


I hope this article and its links have informed you sufficiently on the merits of metabolic gas analysis testing so that you can make up your own mind on whether it would be a worthwhile use of your time and money.

The end of the triathlon season is a good time to go for a test so that you have metrics that you can work on over the Winter months. You can make a booking for testing through info@thebikefitphysio.com or through the online calendar on the website here, <https://www.thebikefitphysio.com/vo2-max-fitness-testing.html> where there is more info on the service. For anyone who wants to add lactate measurements to their test, that too will be available soon.

Many thanks for reading,

John Phelan.

MSc Physiotherapy, BSc Nutritional Science



Take your 2022 season to the next level with performance testing and training advice from Munster's premier physio bike fit studio

10% discount on V02 test for Trilogy readers when booked before Dec 2021.

Code: Trilogy21

www.thebikefitphysio.com

KILKENNY SPRINT TRIATHLON

RACE REPORT

INGRID CONDELL

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.





HOW WELL DO YOU KNOW YOUR NUTRITION?

HANNAH CONDELL

The Relationship between Nutrition Knowledge and Diet Quality in Amateur Triathletes

Members of Trilogy and Chester Triathlon clubs took part in a survey by Student Dietitian Hannah Condell. Thank you to everyone who was involved in the study. Here are the results, I hope you find them interesting

A balanced diet is critical for optimal sports performance and health in triathletes. Research suggests that there is a weak positive relationship between nutrition knowledge and diet quality and that triathletes often have inadequate dietary intake. This study investigated the relationship between general nutrition knowledge and diet quality in amateur triathletes. A total of 26 amateur athletes (Males: 10; Females 16) were recruited from Ireland and the United Kingdom. General nutrition knowledge was measured using the validated General Nutrition Knowledge Questionnaire (GNKQ), and diet quality was assessed using the validated Diet Quality Index-International (DQI-I) calculated from three-day diet diary data. Dietary intake and energy expenditure was assessed using the three-day diet diary data and compared to the recommendations outlined by Public Health England (2016) and Vitale and Getzin (2019).

The majority of the participants were White Irish (96%), had the highest level of education at degree level (54%), were single (58%), had no children (65%) and self-reported their health as 'good' (54%). Most of the participants trained for 10-15 hours per week (69%), competed at sprint length (50%) and have been participating in triathlons for 2-4 years (35%).

There was no significant relationship between nutrition knowledge and diet quality, this challenges the idea that a higher level of nutrition knowledge corresponds with a higher-quality diet. Instead, food choice is influenced by many factors such as personal identity or self-image, confidence in food-management skills, hunger, appetite, taste, convenience, price, gastrointestinal discomfort, and food allergies as well as culture, coach beliefs, health beliefs, body-image, marketing and behaviours in athletes. Barriers to eating healthy reported by elite-level athletes included time constraints, inadequate shopping and cooking skills, price, living arrangements and nutrition knowledge.

Overall, nutrition knowledge is high within this population group. The mean nutrition knowledge score was 69%, with a minimum score of 56% and a maximum score recorded of 82%. This finding could be expected with the well-established relationship between a good diet and optimum sports performance.

The mean diet quality score was 68%, it could be argued that the participants that were included in this study were mostly young, well-educated, and health-conscious therefore may lead busy lifestyles, live independently and have a lower income which could influence diet quality

The nutritional analysis of the dietary data indicated that the mean energy intake of the participants was 2,097+/- 667 kcal. Frequency analysis showed that 92% of the participants did not meet the recommended carbohydrate intake of 6g/kg/day and 69% did not meet the recommended protein intake of 1.4g/kg/day.

Restricted carbohydrate intake can result in protein catabolism, increased release of cortisol and catecholamines (stress hormones). Most of the participants (96%, n=25) consumed 34% of caloric energy from fat, significantly above the recommended amount of <20%. The mean energy intake for females was 1949 +/- 513kcal, 56% were in an energy deficit. The mean energy intake for males was 2333 +/- 774kcal, with 50% being in an energy deficit.

'Restricted carbohydrate intake can result in protein catabolism, increased release of cortisol and catecholamines (stress hormones).'

During training, the mean energy expenditure was 349kcal/day; the mean energy intake/energy output was -161 +/- 684kcal/day. "Energy availability is defined as energy intake – energy expended in exercise". Relative energy deficiency in sport (RED-S) arises when insufficient energy is consumed in order to support exercise energy expenditure, it can result in menstrual/libido dysfunction, reduced bone mineral density, increased risk of injury/illness, gastrointestinal and cardiovascular dysfunction. This highlights the possible harmful effects of overexercising and undereating. A study on recreationally active females in Ireland found that 40% of active females were at risk of low energy availability (LEA), and those at risk of LEA were three times more likely to miss training due to illness. The evidence infers that LEA is widespread in this population group. The findings from this study suggest insufficient calorie consumption to support expenditure, which evidently means many participants were at risk of LEA and RED-S.



'A study on recreationally active females in Ireland found that 40% of active females were at risk of low energy availability (LEA), and those at risk of LEA were three times more likely to miss training due to illness.'

The mean intake of polyunsaturated fat (12.64 +/- 6.38g/day) in males was significantly lower than the RDA of 18g/day, polyunsaturated fat plays a vital role in preventing cardiovascular disease. The mean intake of free sugars (17.36 +/- 9.40g/day) in females was significantly lower than the RDA of <27g/day, this is a very positive finding as free sugars are linked to adverse health outcomes.

There was no significant difference between saturated fat, monounsaturated fat, sodium, iron, fibre, calcium and vitamin D intake compared to the recommended daily amounts (RDAs).

Young adults use online resources as the primary source of nutrition information, followed by traditional media such as television, radio, newspapers; however, health professionals were the least used source for nutrition information.

This suggests that nutrition information comes from an extensive amount of resources that arguably may not be credible.



LOUGHREA TRIATHLON

TRY-A-TRI RACE REPORT



MARK PIERCE

Sunday August 1st saw Predator Triathlon Club host its Triathlon festival located at Long Point, Loughrea Lake. The lake itself has a Blue Flag Award and crystal clear waters. On the morning of the event the weather gods didn't seem happy with heavy rain falling but thankfully they must have been appeased as the day dried up with nice racing conditions taking hold. Due to covid restrictions this year's event was a reduced schedule but still a great day of racing took place, which saw the National Youth Series along with a Senior Sprint and Try-A-Tri races.

Trilogy had one member taking part in the event, me, in the Try-A-Tri, my first Triathlon Ireland race. The course featured a 300 meter swim, an 11km cycle and a 3km run, with entries divided into 3 waves. Again with covid restrictions the transition area had some changes to normal. Each participant was allotted their place which was 2.3msq and once you entered transition the competitors were asked to not walk around but to remain in their allotted area with masks on until the race began.

'The swim was lovely, with the clear waters and a nice temperature'

The swim was lovely, with the clear waters and a nice temperature. For those new to swimming in open water this was a comforting swim as it was shallow. Once the race began, at the turn-buoy I was feeling confident for the first time, after a quick look around and saw I was in second place with a gap to the group.

T1 went to plan and I even managed a flying mount onto the bike. I wouldn't call it a quick mount but I managed not to stop the bike. The cycle route was very well marshalled and clearly marked. The marshals were great, giving words of encouragement, throughout the race. The bike course, while not technical, was a challenge due to the first 6km being uphill. While not like a cycle up Coolbanagher, it was a gentle uphill however, when the gradient kicked in there were short steep climbs. The plus side of this course was the return 5km which was mostly downhill. Good for recovery for the run course.

Again T2 went as best as could be hoped for. After being passed on the bike and slipping into 3rd place I managed to exit T2 back in 2nd place. The run course was flat except for a short uphill of about 100m, 1km into the turn. The course itself would be ideal for anybody taking their first steps into triathlon. Around the 1km marker I was once again passed but felt strong and kept within about 10m to 2nd place. With 1km left and the short downwards slope approaching the person in 2nd place seeming to begin to suffer I felt this was my time to give it my all. Unfortunately, as I kicked on both my calves cramped. The choice to make now was to keep ogging or walk. I refused to walk and managed to maintain my 3rd place.



Mark Pierce, proudly representing Trilogy

'At the finish line there were two overpowering emotions. Joy at finishing my first competitive race and surprise at how well I had done. Starting out I had set myself two goals, and they were to finish the race and beat a time of 1 hour. To manage it in 48 minutes was a total shock, I still can't believe I placed 3rd overall.'

At the finish line there were two overpowering emotions. Joy at finishing my first competitive race and surprise at how well I had done. Starting out I had set myself two goals, and they were to finish the race and beat a time of 1 hour. To manage it in 48 minutes was a total shock, I still can't believe I placed 3rd overall.

This was my first race outside of club events and I must say a big thank you to so many club members for their support and advice in the lead up to the race. Before the race I was quite nervous but kept reminding myself of what I had been told, "No course will be as tough as the Castletown Tri course."

Reflections of the race are positive. It has given me confidence for future events and pinpointed areas which need work. Positives include getting stronger in the swim and good transition times. Areas that need improvement are hill climbing on the bike and better warm-up and stretching before a race.

Going forward goal setting is a must, for this year I want to do the Try-A-Tri in Athy, and next year I'd like to do a Sprint distance and then finish the summer off with a Standard distance race.

For anybody who wants to do a triathlon the best advice I can give is to take part in as many club training races as possible. The events are well designed to push you to your limit which gives you the best chance in any event.

The next tip is to listen to the advice of the club members. They have a vast amount of experience and knowledge, a great resource. Final tip would be when entering transition and setting up try not to look around too much at the kit you see around you. I made this mistake and saw some serious equipment around. This was intimidating but remember it's not the tools that make the difference, it's the workman using the tools.



HARDMAN BANTRY

RACE REPORT BY AOIFE MCEVOY

Michael Buckley
PHOTOGRAPHY

The Hardman Bantry Middle Distance

The Stats/ Distance: 1.9k Swim, 90k Bike , 21k Run. Location: Bantry, Cork. Price: €135 (excluding Medal & T-shirt)

The sales pitch:

“Stunning, challenging course which takes in the very best of West Cork and the Sheep’s Head peninsula. Wit the start and finish set on the spectacular setting of Bantry airfield you will enjoy a swim in Bantry bay, a cycle through West Cork and the Mizen peninsula before taking in the Sheep’s Head peninsula. The run takes you along the Sheep’s Head again with the stunning backdrop of the Atlantic ocean for company.”

<https://hardman.ie/races/hardman-bantry-bay-triathlon/>

The T&C's:

50% refund up to the 30th June 2021, refunds paid on 15th July 2021

The Promise:

A hilly course with marshals at every junction, a cycle water bottle provided on route and 2 water stations on the run where you bring your own bottle and refill it. There was supposed to be a 750ml cycle bottle in the transition bag to bring and if you paid extra for a medal and t-shirt these were supposed to be in your transition bag!

Race Report:

Covid has changed a lot about racing, some things for the better. Waivers were completed electronically so no need to arrive early or on the day before for registration. I stayed in Clonakilty as there was no accommodation in Bantry, this was a 40min drive on quiet roads and parked at my hotel 1 mile from the start. It was great to park up and see numerous other racers buzzing about, that once, so familiar, feeling of anxiousness and excitement in the air was electric. I packed everything I needed into 1 rucksack and cycled down to the Airfield, I thought it was an extremely hilly 1 mile – I was naïve at this point.

At the entrance we had to show our TI license and identification. Numbers were all allocated a spot in transition and registration bags with our race stickers were hanging at our spots. There was a Hardman buff in the bag also. Everyone was quite friendly and chatty in transition and I met a few people I knew but it was fantastic to see Michelle and Sharon appear before the start, such a treat to have the girls there, it really made the race day more enjoyable. I could hear the bell tinkle on the course before I saw them.

Transition was relaxed. There were 2 waves and the briefing was held at the entrance to the water. Everyone wore masks until they entered. The swim was clockwise keeping the buoys to your right, as the water was too choppy to keep the original planned route. The water was full of jelly fish but in the race mindset this didn't seem to bother anyone. Even though the sea was mild in comparison to all other sea swims I have competed in, it seemed very long, in particular to get to that last buoy and out – it was almost like we were getting pushed backwards. **I clocked 2.05km on the watch @ 42.45mins**

Out onto the bike, the mount line to exit was possibly the only 100m flat on the whole route, the surface was full of gravel and I wasn't sure I'd get out without a puncture. And that was it..... the climbing began.

Possibly one of the nicest challenging cycle courses I have completed. There were relentless hills and beautiful towns. Ballydehob was our first town to pass, it was still early and the streets were empty, there was an eerie beauty about it. I passed Budd's which was already pre-booked for the next day's breakfast which did not disappoint. There were 2 right hand turns with no marshals, I did notice small Red Hardman signs mixed in with a host of B&B, hotel and tourist signs but really only made the 2nd turn as I spotted Alan Hewison down the road. Schull was next and already busy when we passed, full of early morning tourists getting breakfast and all the sailors and swimmers. They gave great cheers to anyone passing.



Around 50k there was a water stop at a very dangerous turn, almost back on yourself. Only for Sharon and Michelle were there, I knew there was a junction coming. The marshal, who was on her phone, directed me out to turn and get up the sharp short climb but also directed a jeep out, meaning I couldn't see to my right what was coming but I also had to cross the white line to turn. I was lucky nothing was coming, as it was so steep I couldn't get my foot out and the corner was full of gravel.

We had been warned all along about the descent at 67k, that it was sharp, fast, a narrow road and the surface not as good as the rest. At this point all the roads had been brilliant, all the descents manageable and not as "dangerous" as the signs suggested so it felt a bit like "boy that cried wolf" when I was coming up to this and I had it in my head that as all the other climbs were manageable this would be fine too. I was in for a real land, at 63k looking up at 18% hairpin climb, on already tired legs. It was fantastic to get up it without coming off the bike. The road surface on the descent wasn't as good but really the severely sweaty palms from the climb were what gave me trouble, my hands kept slipping each time I hit a rough patch.

What got me through most about going up was the promise, at the brief, of the "last 20k flat and fast" I thought this would be a great rest almost and a chance to spin the legs out. At 80km I was cursing the Race Director. Those hills continued right until we got on to the airfield. I misjudged how close we were and got my feet out too early, the struggle was very real, trying to hang onto the shoes on the last hill! I had taken Panadol and salt tablets before finishing as my stomach started cramping but they didn't work. **Bike 3.10hr 1,000 metre elevation**

Off the bike and all seemed well. I ran out over the first hill and the inside of both my knees started to spasm and my stomach was in bits, taking the impact of running downhill. I had to stop to massage my knees which seemed to do the trick. Then straight into the first 5km steep climb of the day.

I walked this and at the top got a refill of water, I brought a 250ml running bottle. The downhill was a great relief until we hit about 6k and I could see all the hairpin climbs again. I thought I was hallucinating and seeing the bike route! At 13km we hit the second water stop and my now the sun was really shining and water was badly needed. I knew that 250ml for the remaining run would not be enough. I would have picked up any bottle off the ground if I came across one, Covid or not ! The water stop was on the left hand side of the road and many runners stayed running on this side with traffic which was quite dangerous.

'The downhill was a great relief until we hit about 6k and I could all the hairpin climbs again, I thought I was hallucinating and re looking at the bike route!'

I ran from the last water stop and there was great support coming in to finish. **Run 2:24hr 500 elevation.** It was very disappointing to see only a tank of water at the end, to fill your own bottle. We were in the middle of nowhere, the "COVID" excuse didn't cut it, as the medals and t-shirts were getting handed out of the boot of a car at the finish and not in the transition bag as stated in the brief !

Easily bags could have been made up for finishers to grab or added items to the transition bag, I would have given anything for a can of coke and snickers!

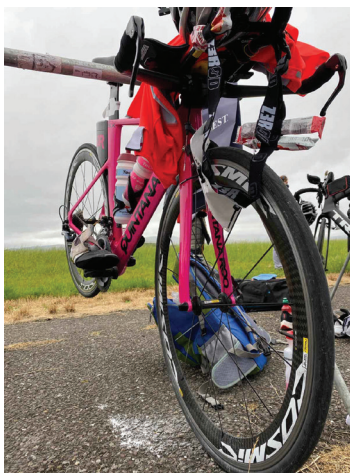
I also think for the price of the race, medals and/or a t- shirt or proper run bottles could have been included and there definitely should have been more water stops for that course and that weather. Would it have broken the bank to have a few gels or bananas?

I think you really notice when a business is running a triathlon versus a club and I for one will try to ensure all TI races I enter are run by a club to support them next year.



Conclusion

All in all, it's another part of the country I have got to see on pedals and foot. It is a beautiful part of the country. I am glad I did but I wouldn't be rushing back.





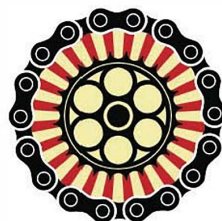
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WE CARED A LOT

PAM GROGAN

My relationship with endurance training hasn't always been good. I started running nine years ago and when I first joined a local club my intention was to get fit so I could go back to basketball. In fact, up until that point in time, I hated running.

Shortly after joining, I realised a majority of the club were participating in marathon training. In my naivety I decided I would take on a half marathon and run it for charity. Thing was, I was vastly inexperienced with a few months running under the belt and I had seven weeks to train for the event! Race day came and I toed the line, however the course ended up being 23.5km long, I will never forget the absolute torture of those last few kilometres. That year I raised €1k and I almost threw my runners in the bin when I came home. The phrase, 'never again' was mentioned on several occasions. True to my word, it never did, until 2020.

In October 2020 a club member asked would I do a virtual half marathon. This time, I had eight years of running in the legs and the flashbacks from 2012 were now somewhat muted. I agreed, and from there I have never looked back. I began to love endurance training.

'Sure I knew that for some, this would not be a huge ask, for me it was enormous.'

Lockdown 2021! How could we forget, the Christmas holidays that never ended? I was sitting down quietly ignoring life and absorbing myself in weekend TV when my brain went into overload. It kept repeating run 100km, run 100km! I tried to ignore it for several days but alas I lost two nights sleep over it, with my thoughts constantly churning in my head. Three days later, it was decided a 100km it was! This time I was 100% emphatically sure I could do this. It would take months of planning. Sure I knew that for some, this would not be a huge ask, for me it was enormous. Planning training, whilst working from home, home schooling and being a Mammy!

The We Care weekend developed slowly with regard to logistics and how the event would work. Events like these cannot be done alone, there needs to be a community of people behind it for it to be successful. The club and committee were beyond supportive. Everyone, from day one was behind it one hundred percent. I had always mourned the loss of Tri-Laois over the past two years. I participated in 2019 but hadn't had a chance to experience the other side of the tape. The way club members spoke about the event made me look forward to my turn in helping out. I wanted We Care to fill that gap that was felt from everyone until 2022. I wanted to go BIG or go home!

Thankfully we didn't go home we went BIG, from the virtual 100km to the We Care weekend, club members just kept on giving. I am not just talking about money I am talking about investment of time in the project and the enthusiasm that was felt by everyone, especially me. I was humbled by the response from the club, the public and the school community. I am not an emotional person, I did get emotional though, on several occasions in the run up to the We Care weekend. I was, in truth, blown away by every single gesture of kindness. It's a funny thing, my Mam always said to me, 'share your kindness and it will have a knock-on effect, kindness spreads kindness.' I will never forget feeling how right she was when I saw what was happening all around me.



The fundraising target was €10,000 and in the early days I was worried it wouldn't be reached, however we all know now that it was smashed. In fact, as a club what you have given back to the community you live in, is nothing short of a marvel. Last year, during the first lockdown in 2020 the club raised €10,000 for Martina Cahill's Lyme Disease Fund and the Jamie Wants to Walk campaign. Fast forward twelve months later and the club raise a further €17,546. Raising over €27k in the space of a year! This is no mean feat for any club, never mind the fact that we have less than 200 members.

We Care

Trilogy Triathlon Club raised over €27k in the space of twelve months for charity!



We Care lived up to its' title. Everyone did care, in fact they cared a lot. Club members took part in whatever way they could. Cycling and running distances, never thought possible. That weekend I got to chat and meet members I only saw as an avatar on the Facebook group. The camaraderie was out of this world, with everyone, supporting everyone, spreading kindness and being part of something truly unique, Trilogy Triathlon Club.



LAST PERSON STANDING

JONATHAN FORREST

Jonathan Forest tells us about his most recent challenge, Last Person Standing, and about some of his other endurance challenges and how he approached them:

Last Person Standing Challenge

This challenge was organised by the East of Ireland Marathon Group. They have hosted one of these challenges every 4 months or so since the start of lockdown as there has been no races.

The idea of this challenge is to get out running consistently and follow some sort of structured plan, which gives the volume you need to run each day of the week. At the beginning of the challenge you can have 2 days off, later reducing to one day, then zero days. Also, as the challenge progresses the daily and weekly mileage increases.

There is a Mini and a Maxi challenge, the mini generally has less volume but still reaches a point where certain days are further than a marathon, perhaps broken into 2-3 runs. There is a new challenge starting shortly and it is great to join and be held accountable, even if it is only for 6 weeks.

This challenge was my second attempt. The first time around I lasted about 10 weeks, finishing up on a 64km day, however at this point I was becoming more and more injured and had to quit, finishing in third place. This time around I was determined to go further, and coming into summer certainly helped to make some runs more enjoyable.

As the weeks ticked off, more and more of the competitors dropped out until there was only two left, myself and Mark, however the challenged kept going for another few weeks. The mileage started around 50km a week, hitting 100km after 6 weeks, this seemed like a comfortable distance to maintain. At this point, a half marathon was a shorter day! I often split those days into doubles, managing an easier 10km in the morning and finishing of the rest of the distance in the evening, where I found it easier to go at a faster pace. I certainly noticed my endurance and stamina increasing over this time and only had a few niggles here and there, but nothing that lasted too long.

The Grand Final Week started after we had 2250km in the legs over the previous 11 weeks. The final was a progressive week, each day the distance doubling on the previous day e.g. Monday 2km, Tuesday 4km....., Friday 32km, Saturday 64km and Sunday 128km. Each run was to be completed in a single effort.

The furthest I had ran before this was about 75km in a single day, so this was a big stretch, with the winner being decided on who could run the final day the fastest, with a 15 hour cut off.

The final few days, the strategy had to be balanced between running easy and not being on the go all day, Mark the other finalist seemed happy to go slow and be out for hours and take a few breaks, I assumed that his was about his pace limit.

The Saturday 64km was a dress rehearsal for the grand final day and it was an enjoyable day. I was fairly happy to break a 5 hour 50km and did not really kill myself in the progress, although I slowed a little after this. Sunday morning was an 8am start where I started in Portlaoise running to Tullamore through Mountmellick and Clonaslee before running back to Portlaoise through Ballinagar, Kille and Rosenallis.

From the start of the day I planned to have a walk break every 26 minutes, talking time to eat and drink and trying to save the legs for later on. I planned on taking in 70-80g of carbs every hour, with sugary drinks and some real food.

The weather was not great in the afternoon, raining for several hours. The water wrecked my phone and therefore I had no more music. I was feeling a little down spirited by this time, but I knew that all I had to do was make it to Portlaoise, hoping that some of the Trilogy crew might meet me and keep me company.

I first met up with Darach Kennedy, and immediately found the going to be easier as we were able to chat and it took my mind off the challenge. Before long, John Lambe joined the crew, then Niall, Madeleine, Sinead, Anne Marie and Gary Condell, all came along to cheer me around, cycling, running and cheering from their cars. The last 10-15 km still became a grind. My stomach was not the best from too much sweet food, but my energy was being zapped from not eating. But I just broke things down to small chunks and got through those until finally I had clocked past the 128km mark on my watch, the challenge had finished!

A lovely bottle of Champagne was offered to me to celebrate the achievement, and boy did that taste good. A huge thanks to all who supported me on the day both in person and all the comments on Facebook. I guess I like to find challenges that push me further than I thought was possible. I got up off the couch about 12 years ago and went straight into a marathon. Then I started looking at Triathlons, with a long term plan to do an Iron Distance event, struggling through to half distance and beyond.

I then saw youtube films for Norseman and Celtman. They became bucketlist events, they are more extreme.

I entered Celtman twice, the first time getting severe hypothermia, spending over an hour in T1 with the medics. The cold gave me amnesia and I can't even remember leaving the swim or most of the next hour, but still got on the bike for 202km and ran a half marathon over the Scottish Mountains before missing the cut off. I went back again, more prepared for the cold water and managed to finish the event.

Ultramarathons also seem like a great way to push yourself, if you can manage a marathon at the end of a 180km bike then you can run an Ultra.



Gary, Jonathan, John & Niall

Another Challenge that caught my imagination was an Everesting challenge, whereby you climb a single hill up and down continuously until you have achieved 8,848m of elevation. I did this on Zwift, taking just under 14 hours indoors on a trainer and hopefully I will get one done outside soon.

If other people can do these things then so can you! Pick a big scary challenge and commit to it, if that is your first sea swim, half marathon or something bigger.

My main tip on training is consistency, it is better to do less almost every day than lots for a few days. The good habits build and the rewards will come.

DERRYOUNCE - LAOIS SUNDAY 15TH AUGUST

IRONMAN 

NIALL KAVANAGH

Trilogy had a lot of members signed up for the Youghal Ironman in mid- August. It was cancelled last year and was still a possibility until June this year, but it eventually it got the chop. All the kilometres swam, cycled and un would have seemed to be done in vain until Eimear Matthews stepped in and created the Derryounce Ironman. It would take place on the same weekend as Iron man Youghal and be based in Derryounce. A sub-committee was formed and the wheels got turning. Training plans were still on schedule.

A 500m swim circuit was marked out around the lake, a 90Km lap bike route was mapped out and a run of 5k loops was devised. Everything from Portaloos and a food tent with barbeque was organised and ready beside the lake on the day.

As the weather forecast was very wet for the Saturday, the event was quickly rescheduled for Sunday. The event was structured to allow members pick their own distances, be it swim, bike or run. The maximum we could allow was a 3.8km swim, 180km cycle and 21km run due to time constraints. Anything less than this was good to go. Some members did it as a relay, a few did Olympic distances, the majority did the half Ironman distances and a few went long.

The event kicked off at 8.30 am with the 3.8km swimmers doing 8 laps of the lake. They were joined later on by the rest of the swimmers doing 1900m or 1500m swims. Everyone finished at around the same times and the cyclists set off in groups.

It is a relatively flat route from Derryounce to Bracknagh to Edenderry and onto Tullamore via Daingean and then back to Portarlinton through Mountmellick. The lead group of 8 riders clocked an impressive 35.7km/hour average speed for this 90km loop! The rain held off and there was a welcome tailwind from Tullamore to home.



IRONMAN Derryounce - 3,800m Swim Group

Steven Brew and Johnathan Forest did 2 laps to clock up 180km on the bike. Steven is in training for the Ironman in Portugal in October. Susan Gunning did an impressive 150km on the bike, the last 60km by herself. Her training partner Eimear had to sit this race out with injury.

Niall Kavanagh managed 135km as training for his upcoming Aquabike long distance race in Holland. Liz McWey and Olwyn Larkin completed the Half Ironman course. Liz put in a super bike time with the lead group. Olwyn had her daughter Emma run the run course with her. Catherine Phelan was out early on the bike and completed the 90km loop. Madeleine Kavanagh finished her first ever Olympic distance circuit in preparation for Tri Athy in September.

Josh and Marius joined in the cycle for 90km and helped keep the speed at crazy levels for the group. John Lambe put in a strong shift on the 90km bike too. Vinny Dowling averaged over 30km/hour by himself on the bike without any pack to shield him from the wind. Trish Nicholls kept the second bike group together for a solid 90km spin.



IRONMAN
*Derryounce
Trilogy athletes
before the main
event*

The run route was loops of the 5km flat route we use for the aquathons, a simple 2.5km out and back route.

'We might not have got the Ironman medal this time, but we got a priceless certificate courtesy of Sharon Roche for the inaugural DERRYOUNCE IRONMAN'

As athletes were finishing Eimear and Tim had set up a tent with food, drinks and barbeque and it was a very sociable afternoon for club members and families on the banks of the Derryounce lake. Massive thanks to the sub-committee who ran the event, Patricia Flood, Dave Egan, Aoife Mc Evoy, Niall Kavanagh, Eimear Matthews and Steven Brew. Thanks to Sharon and Ciaran who marked out the bike route with pink arrows. To all the athletes that turned up and did whatever distances that suited them, thank you sincerely.

It was a really great training day, very sociable and one for the calendar again next year. We might not have got the Ironman medal this time, but we got a priceless certificate courtesy of Sharon Roche for the inaugural DERRYOUNCE IRONMAN.





AUTUMN EDITION: RECOMMENDED READS

KNOWLEDGE IS POWER

TRIATHLON START TO FINISH **AUTHOR SAM MURPHY - REVIEW BY LIZ MCWEY**

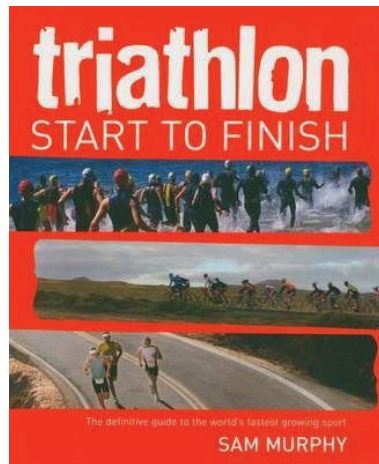
Sam Murphy (Author) is a sports journalist and was commissioned to write an article on London Triathlon in 2006. She decided to do a triathlon, she trained herself and fell in-love with the sport.

She went on to publish this book to help others as she found the sport to be complicated and overly competitive. It is broken into 10 chapters allowing the reader to move easily across various topics such as “mastering the art of transition through planning and practice” to “avoiding injuries and pitfalls”.

It is an excellent book. Each page displaying pictures, graphics, etc, that catches and hold the reader attention in terms of hot tips and enhanced visualisation. It is a very easy read. It is most suited to those new to triathlon but all experienced triathletes would be refreshed or use this book to evaluate themselves based on the book recommendations.

There is a 6 week sprint and olympic training plan included. Book covers very little on the topic of rest and recovery.

It is most suited to those new to triathlon but all experienced triathletes would be refreshed or use this book to evaluate themselves based on the book recommendations.



TRIATHLON TRAINING RUNNING

AUTHOR KEN MIERKE - REVIEW BY LIZ MCWEY

Ken Mierke is an experienced Ironman and World Triathlon coach. He is widely recognised in publishing triathlon articles. While this book is purely focused on the run it does discuss the other triathlon disciplines. For example, Mierke recognises that getting stronger on the bike improves running efficiency and reduces the risk of overtraining or injury from running.

A very good book for those who want to improve on their run form. It contains the relative in-depth technical information and scientific data. A number of inspirational quotes included and array of training plans over 4 week period.

The content is heavy and detailed in terms of improving techniques, building training schedules, assessing your mental psychological state. Not every reader will fully grasp the full meaning/requirement/recommendation stated.

This book is probably more suited to intermediate/advanced runners. New to Triathlon would benefit too if they had relatively good running form/experience.



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MARATHON TRAINING

**MARATHON TRAINING TIPS TO ENSURE
YOU ARE PREPARED FOR RACE DAY**

ATHLETIC THERAPIST ROISIN DUNNE - SAOL ACLAI



1. Build a base

Training gradually for months coming into the marathon allows time for the body to adapt to the training load and when you come into the larger distances of 20 to 22 miles it won't take as much out of your body and you should be able to recover effectively.

2. Build core and strength

The marathon is a high-demand sport therefore, in the first and second training blocks coming into the marathon I would advise some weight training and injury prevention exercises. Then leading closer to the race you should maintain your core strength as well as more band exercises to prevent any injuries.

3. Warm up

Before you run perform your glute activation exercises and drills in order to activate the correct muscles and prepare the body for exercise.

4. Choose a plan that suits you

There are plenty of plans online however it is important to reflect on what suits your body and your life demands. You are able to run a marathon with training 4 times a week once there is a goal to each session e.g. hill session, tempo session, recovery run and long run.

5. Invest time in recovery

When it comes to sleep, research has identified it as the most important factor when it comes to recovery. Leading into the marathon try to go to bed a little earlier or if your life is flexible get in a few naps during the week.

6. Take days off

It is important to take days completely off and switch off, maybe do something you enjoy on that day to take your mind off the worries of training and a schedule. Your rest day could be a Friday so meet a friend for coffee or go to the cinema now that we can these days!

7. Cross train

Mix up your training on a recovery week it would be great to get a couple of lengths in the pool or some kms in on the bike.

8. Get your gear in order

Ensure you wear proper runners leading into the marathon and that the runners aren't worn out by the time race day comes around.

9. Practice your fuel and hydration

For your first marathon it will be different drinking as you go if you're not used to it, so it is important to make sure your tummy and everything is happy once race day comes around. This includes the breakfast you'll consume before the race.

10. Enjoy it

If you can create a group of people to train with leading into the race this will make the training a lot easier, and you can share your tips and tricks along the way.



TRI THE HOOK

SPRINT DISTANCE - RACE REPORT

INGRID CONDELL

The Race:

A sprint distance Triathlon with the swim at Baginbun beach, beside Fethard-on-Sea, County Wexford. It is run by Hook Tourism and the cycle brings you down through the beautiful Hook Peninsula. The run takes you to Fethard Harbour and ends in St Mogue's GAA grounds.

The Competitors

Four hundred competitors, 8 of which were from Trilogy. Divided into three waves.

Place	Number	TI Number	Name	Surname	Gender	Age Group	By Age Group	Overall	Start	Swim	T1	Cycle	T2	Run	Race Time				
18	58	10063540	Gary	Condell	Male	'25-29'	T	8:59:45	0:16:25	91	0:01:24	19	0:35:28	49	0:18:22	25	1:13:05		
51	64	10046578	John	Corcoran	Male	'50-54'	T	8:59:55	0:13:37	19	0:01:51	54	0:37:28	38	0:31:40	88	0:22:50	154	1:17:26
90	109	10067005	Amy	Edgill	Female	'25-29'	T	8:59:51	0:16:45	101	0:01:53	60	0:41:08	103	0:01:38	88	0:21:56	126	1:23:21
101	67	10076342	Monica	Corcoran	Female	'45-49'	T	9:00:00	0:21:59	244	0:01:57	70	0:38:57	58	0:01:54	139	0:19:26	49	1:24:13
176	68	10073076	Rebecca	Condell	Female	'25-29'	T	9:13:31	0:20:12	211	0:02:28	113	0:44:49	180	0:02:13	189	0:22:53	156	1:32:34
265	351	10046467	Jane	Whelan	Female	'60-64'	T	9:42:09	0:26:30	291	0:02:48	150	0:46:25	213	0:03:10	272	0:27:54	265	1:48:46
298	117	10003931	Mary	Fingleton	Female	'65-69'	T	9:42:36	0:27:03	295	0:04:17	247	0:54:19	263	0:02:45	256	0:31:04	287	1:59:28
309	3	10079190	Iluaia	Arrigan	Female	'50-54'	T	9:42:40	0:35:35	301	0:06:52	299	0:55:54	287	0:02:16	199	0:33:00	292	2:13:38

The Conditions

Challenging to say the least! After so much beautiful weather in the summer, someone was out to challenge the perception that the rest of the country have about the 'sunny south east.' Heavy rain throughout the night before, and during the race made conditions really difficult, particularly for the transitions.

The swell in the sea was strong and some of the Trilogy swimmers, more accustomed to swimming in lakes and rivers, found this challenging, but all 8 brave souls completed it in times that pleasantly surprised.

The timing mat for the swim was at the edge of the transition area. To get there competitors had to run up the slipway from the beach, along the road and through a very muddy gap into the stubble field. This added about 2 mins to the actual swim time.

'Scenes of competitors carrying their bikes through the mud before putting them down on the road were common'

On the exit from the transition area to the bike route was more mud, scenes of competitors carrying their bikes through the mud before putting them down on the road were common!

Although some of the narrow and twisty sections of the road were closed to traffic there was quite a bit of congestion on the road close to the transition area with bike in, bike out, run out, spectators and completed competitors sharing a section of the road. Thankfully there were no collisions. Lots of surface water on the road throughout made careful cycling necessary.

The run had a nice ascent at about 3 kms and the last 1 km was a lap of the GAA grounds to the finish line. The route was testing, due to the uneven road surface and plenty of puddles from the rain.

The sun came back out just as the race finished and warmed the backs of the tractor drivers as they pulled the cars out of the very muddy car parking field!



Trilogy Athletes: Amy, Gary, Rebecca, John and Monica

The Conclusion

More favourable weather conditions would have made for a very pleasant race however for those that thrive on hardship there was a great sense of achievement having completed it. This is the joy of Irish Triathlons, you could be melting in the sun in Kilkenny in July and then braving the wind and rain in Wexford in August!



For next year

New Ross Triathlon club have permanent buoys in the water at Baginbun marking the turning points for the 750m swim so the opportunity is there for anyone that wants to practice. The club are very welcoming to other club members that want to tag along with them on Monday evenings and Saturday mornings.

Jane, Mary and Nuala embrace the challenging conditions of Tri The Hook!



TRILOGY'S CLUB RACE SERIES

REVIEW BY NIAL KAVANAGH

It's all revving up nicely with cups and trophies on offer and crucial winter bragging rights in our FIVE TEST events. The winners will have scored the best in 3 races and have marshalled in one. Dave Egan has done a brilliant job in building an online platform for updating the results as they happen and making them visible on our website, so you can see how you are doing and what position you are in. They are all on the link below: <https://trilogy.ie/race-series.html>

20K Time Trial - Bike: Two races left in September (21st and 28th)

Elaine Moore is leading the pack at the moment with 3 qualifying races completed. Amy Edghill and Trish Nichols have only 2 races done and are in with a shout. Patricia Flood and Aime Roche need to complete the last two races and they could be challenging for honours. It's too close to call.

Paddy Doran just needs another win and it should see him crowned TT champ. His score after 2 races is a perfect 2001. If he stumbles however, there is a chasing pack of hyenas that are snarling at the chance to beat him. The contenders are Gary Condell, Steven Brew, John Lambe, Dave Murphy, John Corcoran, Willie Fitzpatrick or even Kieran Hoey who could slip in. If they all get their 3 races and marshalling done then it could be very close indeed.

Men's Leaderboard Triathlete	Trial				
	MARSHAL	TT1	TT2	TT3	Grand Total
Gary Condell		949	958	964	2871
Vincent Dowling		856	876	882	2614
Paddy Doran	1	1,000	1,000		2001
Steven Brew	1		986	998	1985
Dave Murphy	1		973	1000	1974
John Corcoran		958		969	1927
John Lambe	1		954	930	1885
Willie Fitzpatrick		937	930		1867

**Men's Leaderboard
September 2021**

King and Queen of the Mountain TT, BIKE: (14th Sept and 5th Oct)

Liz Mc Wey is leading the charge with Elaine Moore, Catriona Dalton and Geraldine Kiely close behind. Lots to play for yet over the next 2 races. New member Josh Krygielski is leading the pack. John Lambe is lurking with intent! Ones to watch are a revitalised Willie Fitzpatrick, the man with the local knowledge Will Kerr, and an in form Gary Condell who is flying it at the moment.

Aquathon - Swim and Run : (Only one race left 10th September)

Only one race left and as long as Olwyn turns up to Marshall, she is the clear winner. Catriona Dalton will be in second place most likely.

The men's race will go down to the wire. Dave Murphy has been unbeaten for 7 years and is leading by just 7 points from William Kerr . William needs to improve on his lowest score of 1080 in the last race to get ahead of Dave. It's all down to the last race on Friday Sept 10th .

Triathlete	Marshal	TA 1	TA2	TA3	TA4	Grand Total	Best of 3
Olwyn Larkin		1,120	1160	1140		3,420	3420
Catriona Dalton		961		1085	1150	3,196	3196
Elaine Moore		834	906	772	814	3,326	2554
Pam Grogan				978	1014	1992	1992
Patricia Naughton	1			865	935	1801	1800
Madeleine Kavanagh	1			871	901	1773	1772

**Women's Leaderboard
September 2021
Olwyn Larkin sits on top!**

Duathlon RUN-BIKE-RUN (Only one race left, Saturday 9th Oct)

Nuala Arrigan is leading the group . With only one race left there are only three ladies who have the possibility to overtake Nuala . They are Geraldine Kiely, Catherine Phelan or Sharon Roche. The winner will be from this quartet.

The men's Duathlon has been won by Paul O'Brien with three wins already. He can't be beaten at this stage. Well done Paul .

TEST TRIATHLON (completed after last race on Sunday 29th August)

Amy Edghill is now our champ for 2021 after another solid performance in the last race of the season. Rebecca Condell ran her close for second and Madeleine Kavanagh takes home a well-deserved Bronze. Liz Mc Wey, Trish Nichols and Monica Corcoran showed good form throughout the season and we will certainly have a very competitive crew for the 2022 test series.

Congrats to Dave Raz Murphy for his fine win for 2021. Dave always had great starts being first out of the water in every race and pushed on to win 2 out of 3 races. Gary Condell also had two great wins, one was a terrific battle with Will Kerr and the other in the last race of the season. Will Kerr had one win and was leading up until the last day when Dave and Gary overtook him in the rankings.

There was a secondary "seniors" battle between Paddy, Willie and Niall with Paddy Doran eventually winning by 2 points!

A massive thanks to Dave Murphy along with Paddy Doran and Sinead Wearen who scheduled, organised and kept us all posted on the events and also to our club secretary Yvonne Lambe who sent all the sign-on email links for each and every event. This crew have developed a very slick online system and it is much appreciated by the members. This was a goal of the committee at the start of the year and its one box that has been well and truly ticked.

There are a few races left and also some actual Triathlons around the country, so put all your training and preparations to good use and try and get a few races in before the season is over

<https://app.triathlonireland.com/race-calendar>