



Triangle Triathletes in action!

THE Triathlon season is at its busiest with the triple discipline sport of swimming, biking and running being very popular in the summer months.

The club's young superstar, James Walton, has been having a lot of success this year and he is now the National Aquathlon champion having won in a very competitive race at the Bull Wall outside Dublin organised by the Pulse club.

The Aquathlon is now considered as a sister of Triathlon (in the same way Duathlon is) and it consist of a 1k swim and a 5k run.

All of the entrants

ran into a choppy sea at the Bull Wall and James was first out of the water in 13:19, being chased all the way by young Sabien Kulczynski, who conceded only a minute to James in the swim. James also took 16 precious seconds out of Sabien in transition and its just as well because Sabien's run time was a minute faster than James. James, however, won by 20 seconds to claim his first but certainly not his last national title.

Luke Lyons from Limerick was 3rd.

Several weeks later James was again in action at the Two Provinces Sprit Triathlon organised by the Lanesbrough club. James finished in a fine 2nd place in

58:13 for the sprint distance triathlon i.e. 750 metre swim in a lough, 20k bike ride and 5k run. James has his best 5k run ever with 16:44 recorded for the final discipline.

He was only beaten to the line by 10 seconds by Aaron Doherty of Westport Tri Club and for once James did not have a superfast second transition conceding 21 seconds to Aaron and that is where the race was effectively won and lost.

Meanwhile, Belfast Titanic Triathlon took place at Custom House Square in Belfast with the swim in the river Lagan/Belfast Lough. Thomas Moore was the first club man home in a

great time of 2 hours 23 minutes with a very competitive 1 hour 10 minutes 40k bike ride. Meanwhile the race was won by the eternally youthful Paul Carroll of Belfast, who although he is in the 50-54 category, regularly stands on top of Podia all over the country.

Paul also was the only man to break 2 hours for the Olympic distance which is a super achievement.

First later home was Eimer Dowds of the Invictus Tri Club of Belfast.

The Lisburn city triathlon, which has a very fine history, was won by the club's very own Anne Paul in a time of 1 hour 30 minutes. This is a tough race on a

tough course.

The male winner was Michael McDonald in a time of 1 hour 11 minutes.

Anne has been winning races for over 35 years and still continues to show the youngsters how to get to the top step of the podium! Her time in the pool was 14:43 which is under 30 seconds a length and she followed it up with a really solid bike and run times to win by 5 minutes from Karen Evans.

Meanwhile the men's race was won by Michel McDonald.

Last weekend saw the Tri The Lough at Lough McCrory outside Omagh being organised by the Omagh Triathlon Club (OTC).

The men's race was won by Luke McCarron of the North West Club in 1:00:28 just beating the host club's Connor Maguire with James Kennan in 3rd place. Meanwhile, young Erin McConnell who is still only 19 won the woman's race in a great time of 1:06.

This young star has a great future ahead of her.

First home for the Triathlon Club was Adrian Devine finishing 2nd in his age group in an overall time of 1:09.

Thomas Moore featured strongly in 1:12 with Paudge McKaigue finishing in 1:19 with Darren O'Neill just a minute behind.

Also featuring for the club was Niall

Mallon in 1:29, Peter Jack in 1:27 and Anne Moore in 1:35.

Sometimes people can underestimate the difficulty of open water swimming particularly when 30 people behind you are all trying to swim over the top of you.

It gets acutely crowded at the first buoy in every open water race and everyone who finishes in an open water swim is to be commended.

Any one swimming in the open water however, should exercise great care and caution, tell people where they are going, always swim with a wetsuit and using a inflatable devise which can be attached round the

swimmer's waist. Meanwhile, the Triangle Triathlon Club are enjoying open water swimming at Benone and also at the Lake in Kilrea beside the Manor Hotel with open water swimming sessions being available on Tuesday evening and Saturday morning. There is nothing quite as invigorating as an open water swim – particularly when it is followed by a bike ride and a run!

Meanwhile, Mervyn Kelly and his hard working crew are getting ready for the Kids Triathlon at the Roe Valley Leisure Centre on Saturday September 7 – please check the TTC website for further details.

50 Ways to Improve your World – and mine!

1. You don't have to be thin to be "Fit".

2. Make gym membership FREE – get Doctors to write prescriptions for gym memberships, not drugs.

3. Join the ABC (The Arcadia Bathing Club in Portrush) for year-round open water swimming.

4. Make ten-mile time trials downhill so I can get a personal best.

5. Encourage positivity, not negativity!

6. Remind children that education is a series of hurdles and hoops and not an end in itself.

7. Abolish hopelessness and replace with hope!

8. Build a memorial to the victims of the Troubles in the middle of Lough Neagh and encourage tourist boats to take victims' families there for free but to charge the rest of us. Encourage creative design for the building of the memorial.

9. Ban the butterfly stroke in the pool as it offends nature.

10. Replace pessimism with optimism – just remember the glass is not only half full but that someone else has just paid for the round!

11. Persuade Northern Ireland citizens to go and work abroad, then come back and realise how lucky they are.

12. Realise that the more you own, the more you have to worry about.

13. Remind people, while its good to get, it's better to give.

14. Persuade each triathlete to marshal one race or God forbid, organise one.

15. Tell our Legislators in Stormont that for every £643 we spend on the NHS (or National Sick Service, as it properly should be called), we only spend a £1 on the promotion of sport then tell them to reverse the expenditure.

16. Tell people to relish the good times because

there will be bad times.

17. Drink more water than beer.

18. Until Oxford and Cambridge introduce a degree course for Fortnite, limit a teenagers' time on it to one hour a day.

19. If the said teenager wants to spend two hours a day on the said Fortnite, then that's fine providing they read a book for an hour and exercise for another hour!

20. Don't let Donald Trump anywhere near the levers of power ever again!

21. Give the organisers of the Alliance Party of Northern Ireland the confidence that when they next hold an AGM, to meet somewhere else other than in a telephone box.

22. Remind people that Justice must not only be done, it must be paid to be done.

23. That if justice is done, then we should appeal at once!

24. To remind people in Derry that DLA stands for Disability Living Allowance, not Derry Living Allowance.

25. To remind me to argue the law if the facts are against my client; to argue the facts if the law is against my client and if both are against my client, then to get a Legal Aid Certificate!

26. To increase the driving age to 18 from 17 – and

compulsory eyesight tests for drivers over 60.

27. To allow everyone once in their lifetime to have a trip to the Olympics.

28. To make every family look after a dog from a re-homing centre and never trust a man who doesn't have a dog.

29. To make David Attenborough President of the world and his programmes compulsory viewing for everyone from 8 to 80.

30. To allow everyone to be King – or Queen – for a day – preferably on their Birthday!

31. To make Donald Trump live on an island in the Indian Ocean that's about to get swamped due to global warming.

32. To extend the common courtesy of kindness to a perfect stranger several times a day. It will make you feel better.

33. To let children know that an electric lightbulb can be turned off as well as on.

34. To acknowledge that blood is thicker than water – (thank you Reid).

35. To let us know the true value of training and racing with comrades in arms is like a band of brothers, i.e. my TTC club mates.

36. To wish that the feelings of elation, relief and accomplishment on the Finish Line of an Ironman last more than a mere fleeting transitory moment.

37. To remind me how privileged I am that I am allowed free travel on buses and trains – but unfortunately, not planes!

38. To realise that if I am now truly in middle age, that I will need to live to 120.

39. To make me realise that pogoing bare foot after two bottles of Retsina on a concrete dance floor in a Greek Island when aged 20, does not help your ankles 40 years later.

40. To make us grateful as per the Jack Family Motto – "Post Phoebus, Nubius" i.e. after the clouds, sunshine.

41. To persuade people that plastic, whilst convenient, also kills wildlife daily.

42. To remind people that consensus and compromise are easier than conflict and confrontation.

43. To remember that Alzheimer's and old timers sound very similar when they are said very quickly.

44. Dance with the one you "brung" and as the great Stephen Stills sang in the '70's, "Love the one you're with".

45. Remember that we are not here for a long time, just a good time!

46. Be good to your children as hopefully, they will visit you in your nursing home, not because they have to but because they want to.

47. That mental fortitude will take you further in a race than mere physical aptitude.

48. Never praise anyone for having talent (they merely picked their parents well) but praise them for what they do with their talent.

49. Remind us that two billion of our fellow global citizens scramble about and try to survive on less than a dollar a day and that we should count ourselves lucky if we still have a pound in our pocket at the end of the day.

50. And lastly, that the world would be a better place if we had the Stendhal Festival once a month rather than only once a year!

