

# Big Splash for Triangle Triathlon Club

**LAST weekend saw many athletes from the Triangle Triathlon Club in action on many different fronts!**

In Portlengone in the heart of Antrim, the Big Splash race which has graced the Triathlon scene for many years, and which is now organised by the Northern Velocity Team, had a big field of over 140 for the Sprint race. The swim was in the River Bann and consisted of a 375 metres up stream and then the same distance down-stream.

The current was slack and the Triangle Triathlon Club had in the water Joseph McCrory who eventually emerged in 50th place with a swim of 15.59 as well as Richard Baker, coming off the back of a very successful Half Ironman at Sheep Haven in Co. Donegal a few weeks ago as well as Kerrie McIlmoyle who is improving all the time in this new sport for her. She was backed up by Kieran Cooke, Conor McGowan in the junior section, as well as Thomas Cassidy, Aidan Rainey and Paul Irwin, all of whom were to finish.

The bike ride was 20K on a hilly bike course. Joe McCrory, who is a Design Engineer from Draperstown, worked his way from 50th up to 5th rider on the road checking into T2. Joe didn't know it but two of the athletes in front of him were in a relay team. He started the run in 3rd place and that's where he finished in a great time of 1.10.37. This was Joe's second podium in a couple of months after he finished well up the field in the Blackrock Race in Dublin in County Louth where the swim involved a very choppy 500 metres. Congratulations to Joe on yet another podium where his wife and baby daughter were there to join in his success.

Second was Daniel McManus of the Narrows Tri Club from Strangford Lough and in first place was the up and coming star, Rob Lawrence who is only 19 years old and from the Riada Triathlon Club in Ballymoney. Rob held on to win despite crashing coming into T2 while trying a spectacular dismount. He still managed to run 5K in sub 20 before being patched up by the paramedics. Joe McCrory not only finished 3rd overall but won his age group.

The women's race was won by Sonia Knox, also of Riada in a time of 1.13.00. Sonia is just back from the very successful ITU Multi Sport Games in Europe where she won the gold medal in her age group.

Second woman across the line was Emma Wilson from QUB Tri Club in Belfast and third was the Triangle's Kerrie McIlmoyle finishing in a great time of 1 hour 21. Kerrie had a super bike ride of 37.44, two quick transitions and a run time of 22.57 for the 5K. Kieran Cooke finished 51st in 1.23.19, Conor McGowan finished well up the junior ranks in 1.24.07, Thomas Cassidy finished 68th in 1.25.11 and Aidan Rainey finished in 1.29.50, five minutes ahead of Paul Irwin. All in all it was a great race and congratulations once again to the one and only Sam Gordon representing Royal Navy who at the age of 75 finished in 1.39. If Sam can do that well into his 8th decade, what's the excuse for the rest of us!

Meanwhile, on the other side of Ulster in Letterkenny in Lough Gartan, the Triangle once again had a strong turn out where the one and

only Anne Paul won not only her age group but also was first woman across the line in 1.22.35. She finished 1 minute and 15 seconds ahead of Kerry McGrillen of QUB, Anne had a slightly faster run than Kerry, a slightly faster bike and a slightly faster run i.e. very consistent! Third female was Anne Robinson of the host club 24/7. This was yet another great race for Anne Paul who is still winning races after more than 3 decades of competing at the very top level. This is great preparation for Anne who is shortly off to represent us at the European Games in Glasgow in a few weeks time.

Also competing for the Triangle Triathlon Club were Anne Moore who won her age group in 1.42.29, Anne's husband, Thomas, also from TTC, was the race referee and is yet another club stalwart who is contributing to race administration at the highest levels in Ireland. Nicholas McKee who had a strong performance in 1.43.21 for the Sprint race and Peter Jack who ended up on the podium in his age group in 1.32.18.

The swim in Lough Gartan was very calm. It was meant to be 750 metres but turned out to be 875 and there was zero visibility in the water but that didn't put off the big field of 130. The race was won by Sean McLaughlin of the North West Club in Derry in a time of 1.10.45. The bike course was 2K long and was extremely hilly. The run was an out and back course beside the Lough and all of the athletes enjoyed seeing their competitors on the course coming in the opposite direction.

Meanwhile, the club's elite athlete, James Walton finished 4th in the Super Series Race in the Two Provinces race in Lanesboro, this was in a stellar field and James is in great shape for the entire season.

Across the pond in Bolton which hosted Ironman UK, Aaron Steele, formerly of the TTC finished his 5th Ironman and finished with a flourish with a leap across the Finish Line, well done to Aaron. The swim distance was 2.4 miles, the run was the marathon but the bike course had to be cut short to a mere 95 miles after damage to

the moors caused by fire due to the recent warm weather.

Meanwhile in the ITU race for the World Triathlon Series Championship, Russell White, Triathlon Ireland's elite athlete, finished in the top 40 in the latest race in Hamburg. Only the top 65 in the world were allowed into the race and Russell only found out 5 days before hand that he had gained an entry. This was a super performance from Russell who swam and biked with the best athletes in the world before fading slightly on the run. Russell is now engaged in garnering enough qualification points for the next Olympics in Tokyo in 2020.

Meanwhile the eyes of the local Triathlon scene are now focused on the Titanic Race organised by the club's Conal Heatley in the middle of Belfast which includes a swim in the River Lagan, a bike ride on closed roads in the centre of Belfast and a super-fast run course.

The Triathlon season is now in full bloom and athletes are advised to take advantage of it before the cold days of autumn and winter return!



Peter Jack and Frankie Dunlop on the podium.



Thomas Moore, Peter Jack and Nicholas McKee all pose for a group photo.



Joe McCrory (left) and Vincent Bradley all smiles in their wetsuits.



Anne Paul and Anne Moore are both full of smiles