



# SPORTING HEROES

PROFILING ROE VALLEY SPORTS STARS BY **PETER JACK**

**MARRIED** to Warren, Kerrie is a mum of two boys and qualified dentist who works full time yet still manages to enjoy her sport with the Triangle Triathlon Club and Springwell Running Club.

She is great inspiration to all particularly working mums and in her final triathlon of the season at Loughmacrory in Omagh last Saturday, she won her age group.

There is not doubt Kerrie is going to get better and better at this triple discipline sport.

**Q1: What are your earliest recollections of playing sport?**

I didn't play any sports at school...I was alright at the three legged race if that counts??!!

Both my boys are football fanatics and are already playing in teams, so I am looking forward to watch them grow and develop in their sport, and make up for what I missed!

**Q2: Who were your early mentors/coaches?**

Philip Mullan, Thomas Moore and Colin Loughery at Springwell. Thomas encouraged me to try triathlons, I told him I couldn't even swim 10m of front crawl so the idea of me doing a triathlon was a bit far etched to say the least; but I like a challenge.

**Q3: How many years have you been participating?**

I started taking swimming lessons in Summer 2015 and my first triathlon was the Roe Valley Sprint in 2016.

When it came round to the day of the race I felt totally petrified getting into the water but I was on a total high after the swim.

My swim was slow but the fact that I had completed it gave me a huge buzz.

**Q4: What do you enjoy most about your sport?**

The adrenaline rush I get from participating in three different sports in one event is really exciting.

I have made some great friends while training with Springwell and through Triangle my network of training buddies has widened even further.

I have been inspired by so many of these individuals.

We all have different goals and objectives whether it be training to keep fit and destress after work, or chasing new pbs in races; there is great camaraderie.

**Q5: Of which club(s) are you a member of?**

Springwell since 2014, Triangle since 2016 and I have just recently joined Roe valley cycling club this year.

**Q6: What is your greatest achievement to date?**



*Kerrie McIlmoyle. NCL33-20s*

Unrelated to triathlons I would say that flying solo and achieving my bronze badge in gliding was probably my greatest personal achievement in sport.

More recently, I overcame my fear of open water swimming when I completed the Gartan swim challenge in 2017. I am a weak swimmer.

The conditions on the lough were rough that day and it was a massive mental battle for me but I completed it, and got the t-shirt!

**Q7: What was your biggest disappointment in sport and why was that?**

I trained hard through the Winter for the Omagh half marathon this Spring.

I thought I was fit and race ready but on the day I just didn't have it and struggled from about six miles.

I finished the race about 30 seconds slower than my pb from the previous year.

Although I was disappointed with my time there were plenty of fantastic pbs from my club mates which really lifted my spirits.

That's for me what sport is all about. It's enjoying and sharing those euphoric

moments after a race with friends when we have trained hard and performed to our best potential.

**Q8 Who are your sporting heroes?**  
Jo Pavey and Paula Radcliffe

**Q9: What has been the stupidest/funniest thing to happen to you while playing your sport?**

Where do I start?

Well just last week I managed to race the bike section of the Dungannon triathlon with my swimming cap still on, below my helmet.

I couldn't understand why my glasses weren't sitting properly either! It's not right to laugh at other's misfortunes but Warren (my better half) was running a 5k in Derry a few years ago and a dog chased him and bit him on the ankle while he was running.

I just told him he should have ran faster and it wouldn't have caught him!

**Q10: What is your favourite bit of sporting kit?**

My GIANT Advance TCR is an absolute joy to take for a spin.

**Q11: What advice would you give to anyone thinking of trying your sport?**

You do not have to be super fit, you just need some grit and determination.

Why not try something a bit different? You will never regret trying; and as they say, nothing ventured-nothing gained!

Just stay positive, work hard and make it happen.

**Q12: Where do you see yourself in 10 years?**

As a busy working mum, I feel blessed to have the support of my husband and family to be able to squeeze in training and some racing. God willing, I would love to think I will still be training away in 10 years time. Lewis, my eldest son will be old enough to take part in the Roe Valley kids triathlon this September.

My boys motivate me to maintain my fitness, and hopefully as they get older, I'll be racing and training with them.

