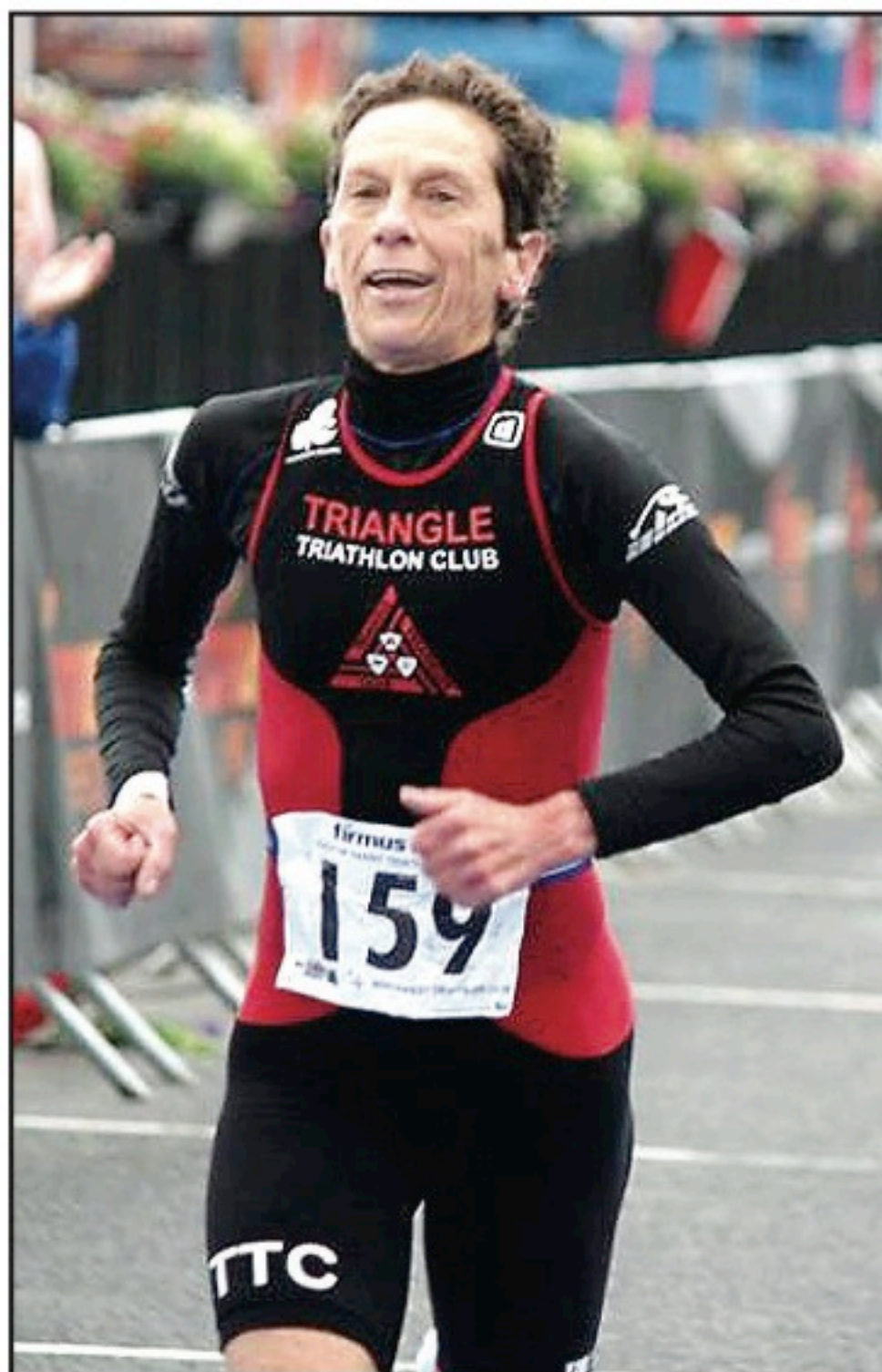


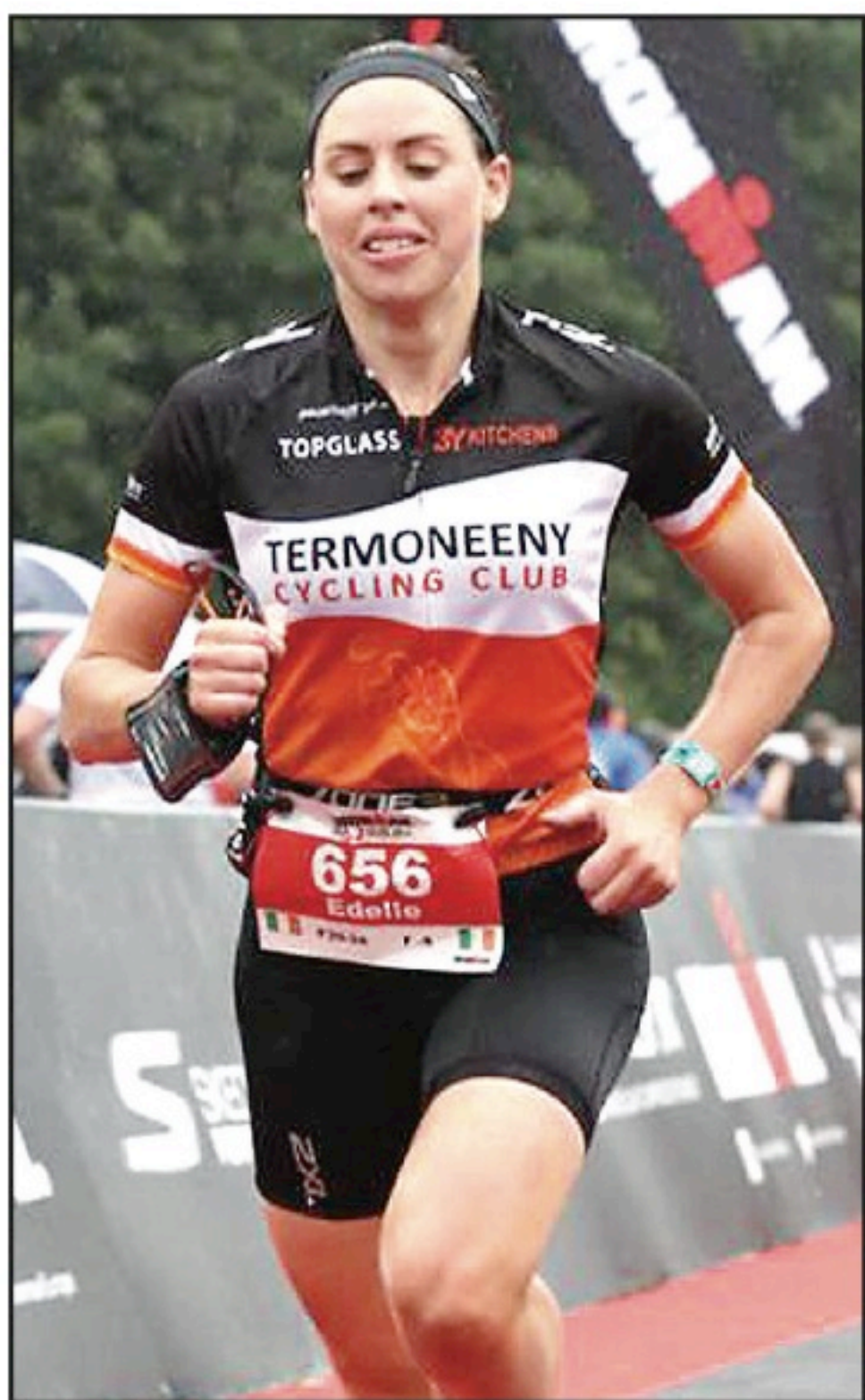
Presentations and celebrations for Triangle Triathlon Club



Jason McKnight was the winner of the Male Merit award at the annual Triangle Triathlon Club awards night. NCL51-21s



Derry Sprint Triathlon. NCL51-24s



Edelle Henry was presented with the Best Newcomer award at the annual Triangle Triathlon Club awards night. NCL51-25s

THE Triangle Triathlon Club, formed over 30 years ago and now with branches in Coleraire, Magherafelt and Limavady, held their 2017 annual awards night at Bryson's in Magherafelt last weekend.

Many of the club members gathered on a very cold night to look back at their adventures and race results over the whole season which started in April with a Duathlon, organised by the club and in particular by Samantha Convery.

The club then organised the Roe Valley Sprint in Limavady before moving onto the Causeway Coast Olympic Distance Race in Portrush, hosted by Adam Wilson.

After that, the club moved to Groomsport for a Sprint and a Half Ironman distance, hosted by Conal Heatley.

The last triathlon on the year was the highly popular and very successful Children's Triathlon Duathlon and Aquathon, organised by the inimitable Mervyn Kelly, before the club wrapped up its season with another successful Duathlon hosted by Samantha.

All of the race organisers are very conscious of the fact that whilst their name is on the roster, they simple couldn't organise a race without the fantastic support of their club mates.

AWARDS

The first award at the club's award night went to Anne Moore who won the Female Merit award.

Anne is a comparatively recent convert to the triple discipline sport, she has shown great commitment in all three disciplines and is getting faster at all three.

In second place was Edelle Henry and in third place was Samantha Convery who was able to organise two races despite pregnancy and maternity leave!

The second award of the evening was the Male Merit award and in joint third place were Joe Mallen, Aidan Rainey, Mervyn Kelly and Conor Magowan.

In second place were Thomas Moore and James Reid and just ahead of them in the votes was Jason McKnight.

The whole season was geared towards the Ironman in Barcelona and he stepped up by racing across all distances from the start of the season. He put in a big effort in the weekly time trials on a Tuesday night after the swim session. He also fitted in time to provide support to the club as a marshal.

His Ironman in Barcelona didn't go according to plan as his swim took more than two hours. He had three punctures on the bike and he had a fall during the run. However, he was still there to receive the famous acclaim of 'You are an Ironman' as he crossed the last few metres over the finish line on the coast line of Spain.

Jason has been suffering from rheumatoid arthritis for five years and basically defied doctor's orders to go and train has hard as he has done. His club mates feel he is a real asset to the club.

Also earning special merit and consideration was Paul

McErlain who did an Ironman every day for three days in a row in appalling weather in Magherafelt to raise funds for a cancer charity.

The next award went to the Best Newcomer and that was awarded to Edelle Henry who, despite being in her first year, is a very keen member of the Magherafelt branch.

She did a sprint race which consists of a 750m swim a 20k bike and 5k run, then a Olympic distance (twice that distance) then a half Ironman distance (basically twice the Olympic distance!) Edelle shows that anything is possible with hard work and discipline.

The Best Junior award went to Conor Magowan (who was third in the National Series) and second place in the Best Junior section went to Ryan Doherty (who was fifth in the National Series).

These young lads have got a great future ahead of them and their dedication is an example to the rest of the club.

The best Veteran Athlete of the Year award went to William O'Kane of the Limavady branch. William concentrated on two Ironman races this year only two months apart.

He completed in really hot weather in Ironman Frankfurt in 12 hours 15 min and then somehow managed to go 11 hours 50 mins in Barcelona two months later. Congratulations to William.

HOTLY CONTESTED

In the hotly contested Male Athlete of the Year category, James Walton was in third place and in second place was Rhodri Jones but Thomas Moore was a clear winner.

Thomas Moore has raced 36 times this year. Maybe that's why his wife Anne took up the sport - that's the only way she is going to see him! Thomas has competed in swimming races (three events), Adventure racing (eight events), in triathlon (ten races) and in running (13 races). He won his age group category in Loch Neagh.

He was third in the Dublin city Olympic distance in August and he was first in his age group in the Shore to Summit Adventure Race where he placed on the podium in his swimming races.

Thomas trains hard, works hard, races hard and somehow manages to stay largely injury free. Thomas was undoubtedly the Club Male Athlete of the Year.

The Female Athlete of the Year award was given to the one and only Anne Paul who raced at the Sprint Distance and always took an age category win and even ended up on the podium against athletes apparently 30 years younger!

Anne's main target for the year was the World Championships in Rotterdam for which she qualified. She was still coming off an injury which restricted her running and despite that, only missed out in a podium place by 16 secs as she finished fourth.

Anne wears the TTC colours with pride and always encourages the younger members to do their best in all their races. When not racing, Anne has also marshalled at TTC races.

Anne Paul's accomplishments during the season include a third place in the James McManus Sprint, first in the City of Derry in her age group, fourth in Letterkenny, second in Lisburn despite a crash, as well as fourth in the age group in the World Championships in Rotterdam.

HALL OF FAME

The newly introduced Hall of Fame Award was given to club chairman Peter Jack for his long association with triathlon. Peter was delighted and very humbled to receive the award.

The most prestigious trophy of the club is the Evans Jones Cup and is named after Jennifer Evans and Ken Jones. Ken unfortunately passed away about six weeks ago and his son Rhodri, a keen triathlete, was there to present the award.

In second place was Mervyn Kelly who has done so much for the club this year. Mervyn organised the kids' race, he coaches every Tuesday night in Limavady for the key swimming session, he volunteers at other events, he has also been successful in persuading people who had no idea that they could do a triathlon, to join the club and make their dreams come true. Mervyn once again completed two Ironman races in the one year, in Germany and also Spain.

The winner of the Evans Jones Cup was Thomas Moore for his dedication to the club all year. He worked hard setting up a Ten Mile Time Trial for the club after the swim on a Tuesday and this was very popular and very successful.

He also qualified as a Triathlon Ireland official and helped lots of races in various parts of the country. He also helped organise the purchase of the Shadow Triangle kit and was instrumental in the smooth running of the Autumn Mid Ulster Duathlon.

Thomas worked hard behind the scenes of the club all year and was a very worthy winner of the Evans Jones Cup.

SPECIAL MENTION

Special mention should also go to Charlotte and Gearoid Conerney for all the work they have done recently in obtaining fantastic looking club t-shirts, polo shirts and hoodies and also to Gerard Lundy for looking after the Facebook and the Club Website.

Special thanks also to Alan McElhinney, Anne Paul, Ryan Rivers and Club Treasurer Jim Reid for all of their help in helping to make the awards night such a success.

Club membership for the 2018 opens on January 1 and all are welcome. Swim sessions are at Magherafelt on a Friday evening at 6.00pm, Coleraire on a Thursday at 5.30pm and Limavady on a Tuesday at 5.30pm.

There are also organised running and cycling groups for club members where they are automatically covered by insurance. The 2017 was a big success for the club and they are all now looking forward to the 2018 season.



Jason McKnight crossing the finish line. NCL51-22s



Conor McGowan was crowned Best Junior at the annual Triangle Triathlon Club awards night. NCL51-23s



Thomas Moore named Male Athlete of the Year and was also the winner of the Evans Jones Cup at the annual Triangle Triathlon Club awards night. NCL51-30s