



SPORTING HEROES

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

WORKING mum (qualified nurse), married to Martin, mother of two, Catherine has been enjoying her running as a member of the Sprinwell Club for many years.

Having recently taken up the triple discipline sport of triathlon, she regularly wins her age group and earlier this year finished third in the elite section in a sprint race (750 metre swim, 20k bike, 5k run).

Q1 - What are your earliest recollections of playing sport?

My first memories of any sort of disciplined training were in the early 1980s when I along with my sisters joined the local swimming club.

We trained hard and competed at galas all over the province.

The swimming club was in its infancy then I remember the excitement when we all got our matching maroon costumes.

Q2 - Who were your early mentors/coaches?

Sporting mentors for me would include my oldest brother Johnny Lowry and cousin Colin.

They were and still are both fine athletes and have a wealth of knowledge on how to train to achieve results.

I never had their raw talent or discipline but they inspired me especially when I watched them both compete in the full distance triathlon in Benone organised by our very own sporting legend Peter Jack in? 2000?

There was a great buzz in the town about triathlon at that time and the club organised a try a tri after the big Ironman event and despite only having given birth a few weeks before I was so inspired I decided to give it a go, jelly belly and all!

I still hanker after that great feat I witnessed that sunny day in Benone howeverthe full Ironman distance.

Q3 - How many years have you been participating?

I was a latecomer to the running scene. Myself and my running buddy Fran dared each other to train for Round the Bridges in 2005.

We both had very young children and would help



NCL32-17s

each other out with babysitting to get the necessary training in.

We conquered the 10 miles then four months later after catching the running bug found ourselves at the start line of the Dublin marathon!

A passion we enjoyed and worked at improving.

Q4 - What do you enjoy most about your sport?

Without a doubt what I enjoy most about being involved in sport are the beautiful people I train with and meet at club events and races.

We are a supportive non judgemental group of people from all walks of life and ability who bring out the best in each other.

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

I'm a member of Springwell Running Club, Triangle Triathlon Club and Roe Valley Cycling Club.

Q6 - What is your greatest achievement to date?

Greatest achievement? Hanging in there! Switching it up.

After completing many marathons and various road and cross country events, I'm excited by the challenge that I've found in triathlon - even at the tender age of 48.

There are plenty of participants my age and above which is inspiring.

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

I've never been disappointed, I don't take myself that seriously.

I will always push in a race but if things aren't working out - like my puncture recently in Causeway Triathlon, I change my focus from performance to enjoyment and kick back and enjoy the day out and scenery.

Q8 - Who are your sporting heroes?

I'm surrounded by them. My heroes are all in the clubs I train with.

I'm inspired by those who are regular medal winners but I admire equally those who train regularly and whose only goal is to get fit and stay fit.

Our coaches who sacrifice their valuable time, free of charge for the health and benefit of their communities are really inspirational.

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

Doing the Causeway Coast marathon a few years ago and I stopped at every available ice cream van and coffee kiosk to help get me round.

I was more a tourist than a runner! As I enjoyed the North Coast views.

Q10 - What is your favourite bit of sporting kit?

That's a tie between my lovely new TTC trisuit or my Lovely girly Giant Envie road bike.

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

Anyone thinking of trying triathlon.

If you can swim great, come to the club swim set at Tuesday 5.30 pm in RVLC where you will be made most welcome and nurtured.

If you need to strengthen your swim go to the excellent SWIM FIT classes held on Tuesday and Thursday in RVLC where you can be transformed from novice to pro by excellent coaches Mervyn and Lorraine.

If you can walk but would like to learn to run look out for the next couch to 5k which will be taking place in September at RVLC, put your name down if there is a waiting list!

If you can run about 5k no matter how slow come along to Springwell on a Monday at 6pm at RVLC and we will take good care of you and introduce you to our wonderful world of sport.

If you have a bike and want to learn the rules of the road come to Sammy Moore's beginner group of Roe Valley Cycling Club on a Thursday night 7pm at Bells Hill Car Park.

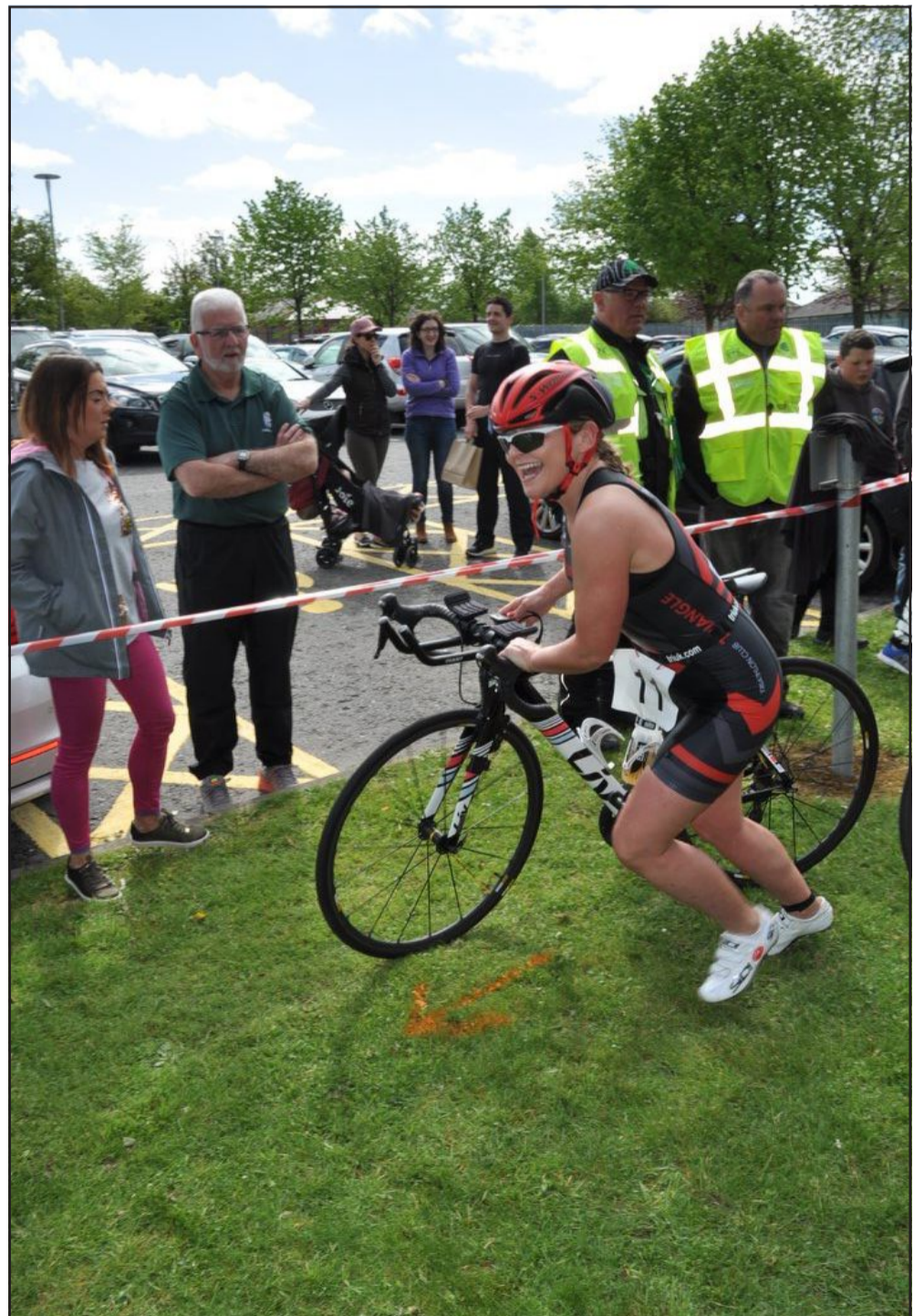
The more the merrier, age ability is no restriction.

Q12 - Where do you see yourself in 10 years?

10 years hopefully still hanging in there



Catherine Butcher in full flow. NCL32-16s



Catherine is full of smiles with her bike. NCL32-18s