

THEY say Melbourne has four seasons in one day – but so did the competitors who took part in the Triangle Triathlon Club's Beach Duathlon in beautiful Benone on Sunday!

The 40 plus competitors were buffeted with gale force winds, scorched by the early spring sunshine, were soaked by rain of Noah type proportions, but all survived to tell the tale in the Triangle's first organised event of the season. This was the third race in the Inter club Series League between the TTC, Omagh, the North West Club of Derry and the 24/7 club of Letterkenny.

The race was over a 2K run, a 10K mountain bike and a 1K run – all on the beach. It doesn't sound like much, but it was flat out and pedal to the metal all the way. A lot of athletes, particularly those doing long distance, shy away from short sharp pain that this type of racing produces but it's all grist to the mill and all of the athletes, proudly wearing the colours of the four competing clubs, were up for it on the start line.

Alistair Bratten put the athletes under starters orders and soon the pack were streaming down towards the run turn around i.e. marshal Katherine Woods and Lorcan Healey from Omagh was first back into transition but on the bike, the TTC's Jonathan Dempsey, who is from

BENONE BEACH DUATHLON

a biking background, stamped his authority on the race and flew past Lorcan and with every stamp on the pedals, increased his lead as they headed down for the first time through the Umbra leaving Limavady territory and heading in to Coleraine Borough Council land, where Mervyn Kelly marshalled the turn.

The bikers who had had to contend with gale force winds now had to push hard in the Umbra to avoid the ignominy of falling over in the fast flowing mini river twice as the turnaround was just 10 metres the other side of the burn. Going back up the beach was even tougher into a very strong head wind. Meanwhile in the women's race, the conqueror of Everest, North West's Hannah Shields was smiling as ever as she looked very comfortable in the lead. Hannah who has never done a triathlon before has entered one later this year – The Klagenfurt Ironman in Austria i.e. a 14 or 15 hour

race – not a bad place to start your triathlon career!

On the bike ride, Michael McCarron former Irish Champion was in tenth place but very soon experience and strong legs prevailed and the nine time Irish Duathlon Champion medallist worked his way up to third place and was looking good.

After a second lap on the bike all athletes were delighted to reach T2 and exchange the bike shoes for running shoes – except George Boyd who ran in his bike shoes! It didn't do any harm as George, who last, ran the Omagh Half marathon in 1 hour 54 mins. finished well up the field.

Hannah Shields easily won the women's race and the three top men reaching Mark Jack, the finish line official, were Jonathan Dempsey and Lorcan Healey and Michael McCarron which meant that these two TTC athletes scored 158 points for their club, moving the Triangle up the table ahead of next Sunday's clash in Omagh where the surface is

the more familiar road terrain over a two mile run, 10 mile bike and 2 mile run.

It is hoped that TTC will have up to 20 athletes as the top 20 for each club count for Series points. After the four Duathlons, each club organises a Triathlon for the Series and the four selected ones are the Liam Ball race at the start of May organised by the North West, the Letterkenny Sprint at the end of May, the Causeway Coast organised by the Triangle Triathlon Club in Portrush and the Omagh Tri Lough race finishing the Series at the start of August.

Well done to all those finishers including birthday boy Chuck Russell, first Vet; TTC's James Walton, first Junior; Adam Wilson, scoring 76 points; Daniel Mullan, Roe Valley Cycling Club; Peter Hughes scoring 75 points for TTC; Kyle Cromie, Roe Valley Cycling Club; Lee Guy TTC's scoring 73 points in his debut for the club; John Feeney TTC's scoring 69 points; Roger Poland 68 points; Aaron Ballantyne 64 points; Ben Steen 63 points; Peter Jack 62 points; Kieran Doherty 60 points and well done to all who took part.

Last Sunday was hard core Duathlon for the truest aficionados. Anyone who turned up had four seasons to enjoy in one day, the beauty of nature to marvel at and also the red hot heat of local competition – what more could you ask for a fiver?



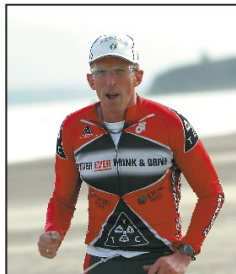
Bicycles waiting for their riders at the Triangle Triathlon Duathlon on Sunday morning. 14280KDR



Athletes pack Benone beach as they part in the Triangle Triathlon Mountain bike duathlon on Sunday. 14298KDR



Cyclists ride through the sandstorm at the Triangle Triathlon Mountain Bike Duathlon challenge on Sunday. 14400KDR



Peter Jack taking part the Triangle Triathlon Mountain bike duathlon on Sunday. 14327KDR



Jonathan Dempsey taking part the Triangle Triathlon Mountain bike duathlon on Sunday. 14285KDR



Athlete 'Healey' rides through the sandstorm that greeted competitors for the Triangle Triathlon Mountain bike duathlon on Sunday. 14375KDR

TRIANGLE TRIATHLON CLUB RESULTS SHEET

Position	Race No.	Name of Athlete	Time	Name of Club	In Club Series	Points scored for club in Series
1	23	Jonathan Dempsey	32:12	TTC	Yes	80
2	25	Lorcan Healey	33:25	Omagh	Yes	79
3	37	Michael McCarron	34:	TTC	Yes	78
4	5	Raymond Doherty	35:13	24/7	Yes	77
5	41	Adam Wilson	36:11	TTC	Yes	76
6	4	Daniel Mullan	36:22	Roe Valley CC	No	
7	35	Peter Hughes	37:10	TTC	Yes	75
8	11	Kyle Cromie	37:13	Roe Valley CC	No	
9	12	James Walton	37:14	TTC	Yes	74
10	29	Lee Guy	38:16	TTC	Yes	73
11	27	Shaun Heaney	38:22	NWTC	Yes	72
12	36	Bobby Collins	39:10	Omagh	Yes	71
13	18	Chuck Russell	39:13	TTC	Yes	70
14	6	John Nelis	39:20	Tridant	No	
15	7	James Beattie	39:53	N/A	No	
16	34	Kyle Cole	39:54	N/A	No	
17	40	John Feeney	40:16	TTC	Yes	69
18	2	Hannah Shields	40:23	NWTC	No	68
19	32	Roger Poland	40:44	TTC	Yes	67
20	28	Joe McConnellogue	40:45	NWTC	Yes	66
21	3	D. Mullan	40:46	N/A	No	
22	19	James McConnell	41:45	NWTC	Yes	65
23	13	Colin Dean	41:48	24/7	Yes	64
24	26	Ivan & George	42:11	Relay	No	
25	33	Aaron Ballantyne	42:23	TTC	Yes	63
26	36	Michael O'Brien	43:34	N/A	No	
27	24	Ben Steen	43:50	TTC	Yes	62
28	1	George Boyd	44:15	N/A	No	
29	39	M. Feeney	44:44	N/A	No	
30	10	Andrew Gilmore	46:45	N/A	No	
31	31	Noel Taylor	46:50	NWTC	No	
32	8	Adrian McDermott	47:11	N/A	No	
33	42	Peter Jack	48:02	TTC	Yes	61
34	16	Gary Jackson	48:34	NA	No	
35	38	Pat Cunningham	48:49	NWTC	Yes	61
36	20	Ronan Flanagan	48:50	N/A	No	
37	22	Don Moore	50:09	N/A	No	
38	9	Kieran Lynch	52:22	N/A	No	
39	15	Kieran Doherty	53:05	TTC	Yes	59
40	17	Shirley Jackson	57:28	N/A	No	
41	21	Kevin Diamond	57:29	N/A	No	