

2020



triathlon
trilogy

www.trilogy.ie

newsletter



edition: February 2020

Secretary's Address

Welcome to our February newsletter, and in particular to all our new members and the 2020 crew of People in Sport - welcome to the Trilogy family!

I joined the People in Sport programme in 2018, as I had moved home from abroad and wanted to meet more people. Getting lessons to improve swimming has also always been on my to-do list, so it seemed like the stars aligned when my brother told me all about PinS!

Fast forward a couple years and I find myself in the thick of the committee, and still trying to improve the swimming. 😊

The programme originally started as 'Women in Sport' back in 2010, however it has since morphed into 'People in Sport' and has gone from strength to strength - thanks in no small part to the hard work of our programme coordinators, coaches and members lending a hand each year!

We really hope you enjoy it, and remember - there's no such thing as a stupid question.

Here's to another cracking year of racing!

Yours in Sport,

Karen Creacy
Trilogy Secretary



Women in Sport Section

This month we spoke to Liz McWey - Interviewed by Ingrid Condell

triathlon
trilogy
promoting #20x20 in the year 2020



Name: Liz McWey

How long have you been a member of Trilogy? PINS 2018 (Undisputed, best PINS group to date)

What age bracket are you? 40-49 (re-conditioned young one, thanks to Trilogy)

Do you have an additional role in the club? No, not yet.

Did you always play sport?

From the age of 10, I played gaelic football in the summer and basketball in the winter up to 2 years ago. I jogged regularly to maintain fitness levels but never raced.

How much of a role has sport played in your life past or present?

Coming from a mad crazy GAA house, sport was always the topic of conversation. Been the only girl and the youngest of three boys, I learnt to get stuck in from early age or you were left behind. Playing team sports definitely impacted me greatly, enhancing life skills at early age such as confidence, work ethic, winning & losing. I have learnt those I considered my enemies (opposition) when I was young player have become my good friends today. Sport has opened many doors for me in terms of friendships and professional networks. It has acted as the crutch in balancing family life (3 children aged 6 -15), professional studies and my career. It gives me greater energy and all my problems are solved after I exercise.

What is your favourite discipline (swim, cycle, run)?

I love the bike!!!! I'm still coming to terms with swimming having only learnt in 2018.

What's your favourite Tri distance?

I have only completed Sprint, it's fast and furious. I have just signed up for Olympic distance in Tri Athy and 3 races in Duathlon National Series.

What's your favourite thing you love/like about your club?

All participants are equal despite their ability. Having people of different abilities allows everyone to align yourself with someone of your calibre to stretch and grow. Because of Trilogy, I am at my fittest and best condition I have ever been in. Of course I love club banter especially when I beat certain Portlaoise lads "For the Town"

Who's your female sporting hero past/present?

Katie Taylor, her documentary is a must see for all. She known for her statement "bigger the challenge, better I perform". I was in awe of Vanessa Fenton athleticism and physique in Laois Tri 2019 (winner) Lucy Charles, Pro Triathlete, her comeback in Kona 2019 was inspiring to re-gain 2nd position in World Ironman title. Most inspiring of all is the female

triathletes in Trilogy (far too many to mention)

Do you have a life motto or phrase you live by?

Trish Nicholls has given me one "what doesn't kill you, makes you stronger" This one came after achieving the longest swim time in the barrow when the current was very strong at one of the Test Tri's.

What is the most important thing for you about the #20x20 campaign?

At local level, children are educated and parents informed about the importance of girls participating and continuing in sport throughout their life. I would hope this would bring change in attitude and behaviour. At national level, it's about creating awareness ensuring that appropriate infrastructures are in places (funding, accessibility, etc) and recognition.

monday	tuesday	wednesday	thursday	friday	saturday	sunday
27	28	29	30	31	1 **Test Duathlon 1** Set-up 9.15am The Heath	2 Cycle 9am PLC
3 Spinning 7.30pm Pilates 8.30pm PLC	4 PinS (Swim 1) 8-9pm Tempo Run Castletown Track 8pm	5 PinS (Swim 2) 8-9pm Track 8-9pm	6 Swim (1.5) 9-10pm	7	8 Run 9.00am EMO PinS Cycle 10am Centrepoint	9 Cycle 9am PLC
(PLC) 10 PinS Run: 7pm Spinning 7.30pm Pilates 8.30pm	11 PinS (Swim 1) 8-9pm Tempo Run Castletown Track 8pm	12 PinS (Swim 2) 8-9pm Track 8-9pm	13 Swim (1.6) 9-10pm	14	15 Run 9.00am EMO PinS Cycle 10am Centrepoint	16 Cycle 9am PLC
(PLC) 17 PinS Run: 7pm Spinning 7.30pm Pilates 8.30pm	18 PinS (Swim 1) 8-9pm Tempo Run Castletown Track 8pm	19 PinS (Swim 2) 8-9pm Track 8-9pm	20 Swim (2.1) 9-10pm	21	22 Run 9.00am EMO PinS Cycle 10am Centrepoint	23 **Test Duathlon 2** Set-up 10.20am The Heath
(PLC) 24 PinS Run: 7pm Spinning 7.30pm Pilates 8.30pm	25 PinS (Swim 1) 8-9pm Tempo Run Castletown Track 8pm	26 PinS (Swim 2) 8-9pm Track 8-9pm	27 Swim (2.2) 9-10pm	28	29 Run 9.00am EMO PinS Cycle 10am Centrepoint	1 Cycle 9am PLC

training schedule

February 2020

MONDAYS...

PinS Run every Monday at 7pm at PLC
SPINNING 3rd-24th

7.30pm @ Portlaoise Leisure Centre
Leader. Portlaoise staff
(4-week block €20 per person)

To pay in advance go to www.trilogy.ie

PILATES 3rd-24th

8.30pm @ Portlaoise Leisure Centre
Leader. Roisin Dunne
(4-week block €20 per person)
(minimum of 8 people)

To pay in advance go to www.trilogy.ie

TUESDAYS.....

PinS (SWIM 1) 8-9pm at PLC

TEMPO RUN TRAINING

8pm @ Castletown Track (under lights)

Leader - Paul O'Brien

(Free) just show up!

WEDNESDAYS.....

PinS (Swim 2) 8-9pm at PLC

TRACK SPEED TRAINING

8pm @ Portlaoise College track (under lights)

Leaders - Aoife McEvoy / Rob Grant.

(Free) just show up!



THURSDAYS...

SWIMMING TECHNIQUE & SPEED TRAINING. Block(2) begins 20th February-26th March at 9pm
Portlaoise Leisure Centre Leaders. Eimear Matthews/ Anthony Christie
(6-week block €35 per person) To pay advance go to www.trilogy.ie.

SATURDAYS...

PinS Cycle at 10am Centrepoint, Mountrath Road. EMO EASY RUN (coffee & chat) | 9.00am @ Emo Woods
(park at house) Leader - Vincent Dowling (Free) Just show up!

SUNDAYS...

Outdoor Cycle (3 groups)
9.00am @ Portlaoise Leisure Centre.

Group A Distance (75-100km)

Leaders. John Lambe/Niall Kavanagh

Group B. Distance (50-70km)

Leaders. Vincent Dowling/Sinead Wearan

Group C. Distance (20-35km)

Leaders. Sharon Dowling/Sharon Roche

(Free to those with a training/race licence of 2020)

During the cold dark winter mornings it's mandatory to have a Hi-vis and lights on the bike. Safety is our priority.



WELCOME PinS - People in Sport

A warm welcome to this year's cohort of People in Sport participants we hope you enjoy the programme – you are in the very capable hands of Laura, her team of coaches, and lots of Trilogy members who will be involved in getting you ready for TriLaois in April. See you at a training session very soon...

Club Race Series

Our club race series kicks off this month with Duathlon 1 and 2, one sure way to blow the cobwebs off!! A huge thank you to Sinead Wearen and Dave Murphy for all their hard work behind the scenes, to run these races for the club! Please also remember, it is the duty of all members to marshal three of these races throughout the year. Without people volunteering to marshal, there is no race! Here's to the many battles that will surely take place in our club race series in 2020!

New Membership process

As well as paying membership to Triathlon Ireland, Trilogy now require all members to fill out a membership form each year. This information will be deleted at the end of each calendar year as per GDPR guidelines. The process for becoming a member of Trilogy is now: Register as a member with Triathlon Ireland Complete the Trilogy membership form at www.trilogy.ie (Members Corner)

For any members new to Trilogy, our membership officer Amy Roche will email them a welcome pack, the latest club newsletter, and add them to our facebook group.

Facebook

From the 28th February 2020, our facebook group will be for current members only. Any former member, who has not signed up to be a 2020 member (ie. TI membership and completed the Trilogy membership form) by this date shall be removed from the group. Please also note, as per our constitution, that any member who becomes a member of Trilogy after this date, does not have a vote at the 2020 AGM.

Tri-Laois

Tri-Laois will be held on Saturday 4th April 2020, a date for your diary! It is a requirement of members of Trilogy to make themselves available on this date to marshal, or send a marshal in their place (with the exception of People in Sport participants). If you are sending a marshal in your place, please contact director@trilaois.ie with the details.

Trilogy Committee Meeting Dates

The 2020 Trilogy Committee welcome your ideas to improve our club. If you have any suggestions, please send them to secretary@trilogy.ie for discussion at committee. Meeting dates for 2019 are below (the second Thursday of every month). Meeting Dates: 13th February; 12th March; 9th April; 14th May; 11th June; 9th July; 13th August; 10th September; 8th October [pre-AGM meeting]

Trilogy Gear

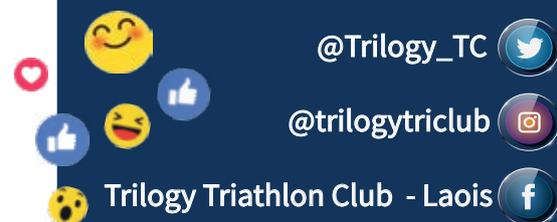
All gear available for purchase is listed on www.trilogy.ie in the club shop. A new gear order will happen soon, more information to follow. To purchase gear currently in stock, please contact John Lambe on gear@trilogy.ie

Club Contacts

Chairperson: Niall Kavanagh chairperson@trilogy.ie
 Secretary: Karen Treacy secretary@trilogy.ie
 Treasurer: Glenn Scully treasurer@trilogy.ie
 PRO: Noel Coss, Pam Grogan (Assistant) PRO@trilogy.ie
 IT Coordinator: John Corcoran web@trilogy.ie
 Membership Officer: Amy Roche newmembers@trilogy.ie
 Committee Group Email: committee@trilogy.ie
 General Committee Members: Paddy Doran, Gary Condell
 Committee Member & Training Co-ordinator: Paul O'Brien
 Committee Member & Social Co-ordinator: Rachel O'Reilly
 Tri-Laois Director: Vincent Dowling director@trilaois.ie
 Kids Aquathon Director: Aoife McEvoy trilogykidsaquathon@gmail.com
 Gear Officer: John Lambe, Steven Brew (Assistant) gear@trilogy.ie

Race Series Director: Sinead Wearen & Dave Murphy
 Women's Lead: Ingrid Condell
 Children's Officer: Susan Gunning
 Designated Liaison Person: Susan Gunning
 People in Sport Co-ordinator: Laura Kavanagh

Join us for Everything SOCIAL MEDIA on:



@Trilogy_TC

@trilogytriclub

Trilogy Triathlon Club - Laois