



edition: January 2020

**Welcome** to our monthly newsletter! To celebrate 2020 we will have a feature corner every month with one of Trilogy's female athletes. This will be in a quick Q&A so we can highlight and promote 'Women in Sport' #20x20 within our club. We will also have an address from a committee member each month. This could involve important news about up-and-coming events or simple words of encouragement for when racing season begins. We will have our usual training schedules and planners available for all our members. We wish you all the very best for the year ahead!

## Chairperson's Address

Welcome to the first Newsletter of 2020! Our plan is to publish one every month. The aim is to keep you abreast of all up-coming training activities and future events and races.

On a daily basis there is continuous feed of information on our Facebook page which members use to communicate relevant information to each other, but information can get lost very quickly in that stream, plus not everyone is a Facebook user!

This newsletter is intended to give you at least one month's visibility on the upcoming activities for Trilogy. Any news or stories, you would like to have published please email Pam at [pamgrogan23@gmail.com](mailto:pamgrogan23@gmail.com) please send pictures, some text, or links to information.

We will have contributions from members and experts on topics throughout the year, ranging from women's health|nutrition to shaving seconds off your transition time! Our plan is to organise education sessions with guest speakers on a range of related topics. Continued club organised training sessions are always easier to do in a group rather than by yourself. So keep reading our monthly Newsletter and get as involved as your time permits and as the Roman poet Juvenal once said, you'll reap the benefits of "mens sana in corpore sano"  
- A healthy mind in a healthy body

Best wishes for the coming year

*Niall Kavanagh*  
Chairperson



# Women in Sport Section

This month we spoke to Women's Lead Co-ordinator for Trilogy, Ingrid Condell

triathlon  
**trilogy**  
promoting #20x20 in the year 2020

**Name:** Ingrid Condell

**How long have you been a member of Trilogy?**

I joined as a PIN in 2018

**Age Bracket?**

50 - 59

**Do you have an additional role in the club?**

Women's Lead Coordinator

**Did you always play sport?**

I've always had an interest in health and fitness but never really played a sport before. I've always been a keen walker but that's all really.

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

Turning fifty was a milestone for me. I think that when you reach that age you become more aware of the importance of keeping fit. From fifty onwards you can start to lose your strength and fitness but doing triathlons knocks that one on the head!

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

Swimming, I love the water especially the sea. My first sea swim was in Hook or by Crook Triathlon in Dunmore East this summer. It was the most terrifying but exhilarating experience I've ever had. The sense of achievement afterwards was fantastic.

**What's your favourite Tri distance?**

Sprint for now, I am working towards Olympic distance

**What's your favourite thing you love/like about your club?(Trilogy)**

The positivity and encouragement that is ever present. Trilogy is an inclusive club where everyone is made to feel that their participation is important. There is never a dull moment in Trilogy – Trish Nicholls fighting off the swan in Athy proved that!

**Who's your female sporting hero past/present?**

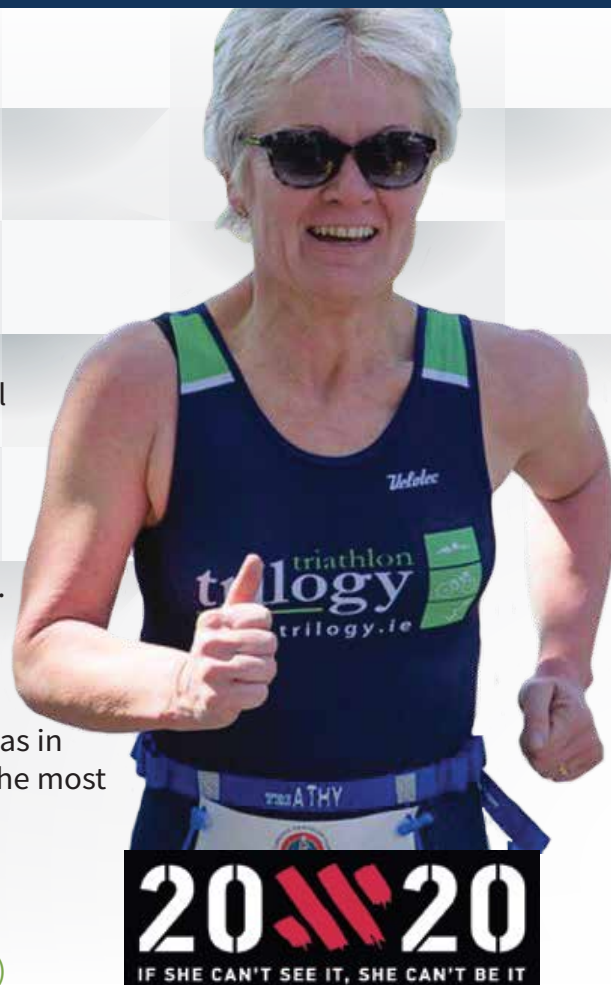
I really enjoyed following Hilary Hughes' progress this year. Hilary is in the 30 – 34 age category, she suffered a brain haemorrhage when she was 20 and it took her a year to recover. She won the BMW National Series in 2019 and is also the Middle Distance National Champion. She was interviewed by Joanne Murphy at the Triathlon Ireland's Women's Health and Wellbeing Conference in October and she said that focusing on what she could do and building on it is what helped her to get from rehabilitation to National Champion! Her interview is on Joannes podcast Tri Talking Sport. I am also enjoying following Carolyn Hayes on Instagram as she trains for the Olympics in Tokyo. Exciting times ahead for women in triathlon. I admire men too! And even though I have never met him I am blown away by Glenn Scully's Grandad Eddie who still cycles competitively in his 70s!

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

Feel the fear and do it anyway! A common mantra from the Triathletes featured in the Women's Health Conference was focus on your ability and what you are able to do and build it from there.

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

I would really like to see more research being carried out into female triathlete performance. Most of the current data comes from studies carried out on men and is not always relevant to women due to the differences in physiology. I hope that as women's participation increases there will also be an increase in funding to carry out more gender specific research. Triathlon Ireland have had their funding increased from €15,000 to €50,000 annually to increase female participation. They are also aiming to increase the number of women in Leadership roles within the organisation and have rewritten their constitution so that there will be a minimum of three out of nine board members from each gender. Currently there is only one woman on the board. Trilogy has some very experienced female athletes that could make a valuable contribution at national level, I hope #20x20 will encourage them to step up to these roles.



monday	tuesday	wednesday	thursday	friday	saturday	sunday
		1	2	3	4 Run 9.00am EMO	5 Cycle 9am PLC
6 Spinning 7.30pm Pilates 8.30pm PLC	7 Tempo Run Castletown Track 8pm	8 Track 8-9pm	9 Swim (1.1) 9-10pm	10	11 Run 9.00am EMO	12 Cycle 9am PLC
13 Spinning 7.30pm Pilates 8.30pm PLC	14 Tempo Run Castletown Track 8pm	15 Track 8-9pm	16 Swim (1.2) 9-10pm	17	18 Run 9.00am EMO	19 Cycle 9am PLC
20 Spinning 7.30pm Pilates 8.30pm PLC	21 Tempo Run Castletown Track 8pm	22 Track 8-9pm	23 Swim (1.3) 9-10pm	24	25 Run 9.00am EMO	26 Cycle 9am PLC
27 Spinning 7.30pm Pilates 8.30pm PLC	28 Tempo Run Castletown Track 8pm	29 Track 8-9pm	30 Swim (1.4) 9-10pm	31	1 Run 9.00am EMO	2 Cycle 9am PLC
training schedule					january 2020	

### MONDAYS...

Monday. SPINNING 6th-27th  
7.30pm @ Portlaoise Leisure Centre  
Leader. Portlaoise staff  
(4-week block €20 per person)  
To pay in advance go to [www.trilogy.ie](http://www.trilogy.ie)

Monday. PILATES 6th-27th  
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](http://www.trilogy.ie)

### TUESDAYS.....

Tuesday. TEMPO RUN TRAINING  
8pm @ Castletown Track ( under lights )  
Leader. Paul O'Brien  
( Free ) just show up!

### WEDNESDAYS.....

Wednesday. TRACK SPEED TRAINING  
8pm @ Portlaoise College track (under lights )  
Leaders. Aoife McEvoy / Rob Grant.  
( Free ) just show up!



### THURSDAYS...

Thursday. SWIMMING TECHNIQUE & SPEED TRAINING. 9th Jan-13th Feb 9pm  
Portlaoise Leisure Centre Leaders. Eimear Matthews/ Anthony Christie  
( 6-week block €35 per person ) To pay advance go to [www.trilogy.ie](http://www.trilogy.ie).

### SATURDAYS...

Saturday. EASY RUN, COFFEE & CHAT | 9.00am @ Emo Woods ( park at house )  
Leader. Vincent Dowling. ( Free ) Just show up!

### SUNDAYS...

Sunday. 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 Wearen

Group C. Distance ( 20-30km )  
Leaders. Sharon Dowling

(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.



### People in Sport (PINS) 2020 Open Night

Date: Thursday 16th January

Time: 7.30pm – 8.30pm

Training Commences: Week of 10th February

### National Series Race Selection

Sinead Wearen and Dave Murphy are running a questionnaire on [www.trilogy.ie](http://www.trilogy.ie) in the 'more' section under N.S. Race Selection. Club members are being asked to choose races throughout the coming season that they plan on taking part in. The aim on the first level is to gain N.S points for the club and improve the N.S. Ranking. The second level is to develop a Test Race Calendar for the year, to ensure races don't clash. All members are asked to complete the form for 10pm, Monday 6th January 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](http://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](mailto:director@trilaois.ie) with the details.

### Trilogy Gear

All gear available for purchase is listed on [www.trilogy.ie](http://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](mailto:gear@trilogy.ie)

## Club Contacts

Chairperson: Niall Kavanagh [chairperson@trilogy.ie](mailto:chairperson@trilogy.ie)  
 Secretary: Karen Treacy [secretary@trilogy.ie](mailto:secretary@trilogy.ie)  
 Treasurer: Glenn Scully [treasurer@trilogy.ie](mailto:treasurer@trilogy.ie)  
 PRO: Noel Coss, Pam Grogan (Assistant) [PRO@trilogy.ie](mailto:PRO@trilogy.ie)  
 IT Coordinator: John Corcoran [web@trilogy.ie](mailto:web@trilogy.ie)  
 Membership Officer: Amy Roche [newmembers@trilogy.ie](mailto:newmembers@trilogy.ie)  
 Committee Group Email: [committee@trilogy.ie](mailto: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](mailto:director@trilaois.ie)  
 Kids Aquathon Director: Aoife McEvoy [trilogykidsaquathon@gmail.com](mailto:trilogykidsaquathon@gmail.com)  
 Gear Officer: John Lambe, Steven Brew (Assistant) [gear@trilogy.ie](mailto: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

