

## Hook or by Crook, Sprint Distance Triathlon by Ingrid Condell

Venue: Dunmore East, hosted by Waterford Triathlon Club

Saturday 18<sup>th</sup> September 2021

### The Race

A sprint distance National Series Triathlon and the National Sprint Championships.

### The Competitors

With 750 competitors this race is clearly a firm favourite with Triathletes from all over the country.

Trilogy competitors included Alan Hewison, Dave Murphy, Conor Heffernan, Mary Finlgeton, Niall and Madeleine Kavanagh, Ingrid Condell, Jane and Dee Dee Whelan and visiting boyfriend Tim, and Susan Wall.



### The Swim

It was a beach to beach swim from Councillor's Strand, in the lovely sheltered village of Dunmore East, out and turning left to come in at Lawlor's Strand. The conditions were perfect! The sun shone, the sky was blue, the sea was calm and the rolling start reduced the mayhem that is often at the start of a big race. For the less experienced or slightly nervous swimmers, the rolling starts that have been brought about to facilitate some degree of social distancing this season have been great for building confidence.

Out of the sea and up the ramp to Transition! This is the Triathlon of hilly transitions – steep ones!

Onto the bike and a steep downhill to the first junction where you take a sharp left and then a right, that takes you out the Waterford road for an out and back cycle route.

The cycle ends back at that junction, this time the sharp turns are immediately before the steep incline back to transition. For those of us that find the technical parts of cycling a struggle this was

challenging. I was relieved to pedal back into transition still safely in the saddle, having managed my gear changes well.

Runners on and ready for another steep hill. One of the biggest challenges of this race is the first part of the run, which is a really steep climb up through the car park, past the golf club where the rest of the run consisted of two laps on the grass of the golf course. The laps were undulating in parts with some fabulous views across the sea on a beautifully clear and sunny day.



Trilogy competitors were well supported by other members that came to watch and enjoy the day.

### The Results

Alan Hewison came first in his age group, which makes him a National Champion!

Mary Fingleton came second in her age group and her sister, Jane Whelan came third. A great day for that family (Alan is their brother-in-law)

Niall Kavanagh came 4<sup>th</sup> in his age group.

Dunmore East never disappoints! The atmosphere is always great.