

INTERVIEW WITH JOHN CORCORAN

Triology

NEW LOOK!



**AOIFE
MCEVOY**

2020
IF SHE CAN'T SEE IT, SHE CAN'T BE IT

JULY SPECIAL:

**LET'S HEAR IT
FOR THE BOYS**

FEATURING:

PINS 2020

**RETURN TO GROUP
TRAINING & RACING
WITH COVID**

ISSUE 7

JULY EDITION

NEWS

An Interview with John Corcoran

Every month we chat to one of our committee members, July see's us catch up with John Corcoran a member for the past 5 years.

Hello, my name is John Corcoran and I have been a member of Trilogy since 2015. Thinking back my introduction to triathlon was through Niamh Ryan as I was out one night. I wasn't long home from the USA and was wearing a few extra kilos so it was time to get back in shape. Having competed in swimming as a kid in Portarlington I wasn't too phased when Niamh told me it was only 750m we had to swim as part of the race. 30 lengths... 10 minutes I thought to myself... no problem..... I think the drink was kicking in!! But 20K on a bike and a 5k run were something of a challenge at that time.

I think the furthest I had ever cycled was to the Rock of Dunamase and back as a teenager in the 80's long before joining Trilogy. My first triathlon race was a pool based race in Sligo. Great day out. Took off like a rocket in the pool. I knew I was in trouble when the lady counting the lengths was telling me to slow down after 4 lengths..... my heart and lungs told me to stop after 8!! When I reset myself, I was delighted to get out on the bike and finish the run. Great day and great craic after the race with Paddy, Kieran and Niamh also partaking. That was it .. I was hooked.

Since then I have crossed the country competing in triathlons, arctic swims, half marathons and marathons. Even managed to pick up a prize in a national aquabike AG race. Having good training partners is very important in this environment. It's a lot easier to have like minded people around you working and encouraging you all the time. That trait is very much present in our club wherever you look.

Working on the committee for the past number of years I have the role of I.T officer where we try and make it easy for everyone to sign up to classes and buy the club kit.

Covid-19 has pulled the reins on the activities for the start of the year but as we can see light at the end of the tunnel I am sure that our members will be delighted to get back out and partake in the club series races which are always a great session. I'm looking forward to dusting off the TT bike and giving these races a good go.

We are very lucky in Laois to have good cycle routes as well as public pools at our disposal throughout the year. It is a big disappointment to see the PLC close this month. The staff in there are always great to get along with, be it for TRI Laois, the kids aquathon, our swim sessions or setting up meeting rooms for us. I hope it reopens soon.

Looking forward to 2021. I jump into a new age category.... Where did those years go? Age is only a number and I feel as fit now as I did 30 years ago! I have a knee injury that I need to get sorted and when I do, I think I'll plan a half ironman to celebrate the half century milestone!

Best of luck to everyone for the remainder of the year.

Sign up to our race series events and a few T.I. triathlons and challenge yourself!

Yours in Sport

John Coocoran



An Interview with Aoife McEvoy

Every month during the year 2020 we feature one of our female members in support of the National 20x20 campaign. This month Trilogy Women's co-ordinator Ingrid Condell caught up with Aoife McEvoy...

Name: Aoife McEvoy

How long have you been a member of Trilogy? 8 years

What age bracket are you? 30-39 Proud generation millennial (by the skin of my teeth)

Do you have an additional role in the club? No not at present

Did you always play sport?

I played sport growing up, swimming, hockey and tennis. I was lucky that both primary and secondary schools had fantastic sport facilities and a woman in sport was very normal in our house growing up. I didn't play in college and only took sport back up again when joining Trilogy's Women in Sport programme in 2012. My sister (kindly) put her husband and I forward to complete TriLaois for a local fundraiser.

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

It plays a huge role now for me and my family, nearly all trips, social events, outings are organised around a race/ match or with people I have become friends with through Trilogy and Triathlon. I think challenging yourself through sport you can learn many lessons and skills that can be transferred to other areas of your life, working, interviews, networking, learning how to deal with the nerves and pressure and pushing yourself outside your comfort zone.

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

I love them all, however the Sunday long cycles around the Lovely Laois and beyond are my favourite.

What's your favourite Tri distance?

Middle distance (1.9k, 90k and 21k) . But I might change my mind when I am cycling around the Kerry mountains in July!

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

(Trilogy) The social aspect, I prefer to train in company, the diversity in the club between men/women and all ages. I love that no matter what level you are in triathlon you can train alongside each other, for example at the track sessions whether you are 7min per km runner or 4min you can do the same session at the same time. Also you could end up running with a different group then you cycle/swim with as people can have varies abilities depending on the swim/cycle/run it makes the club more inclusive compared to other sports and means everyone gets to know each other and help each other.



Who's your female sporting hero past/present?

Well we don't have to look too far for sporting hero's/role models. I would say every female in the club is their own hero. For me it would have to be 'The Trish Nicholls' – there doesn't seem to be much Trish has not tried her hand at. She is always incredible supportive and great at sharing all her tips and tricks (and wetsuits). Trish has a marathon PB I can only dream of and has represented Ireland in Triathlon in multiple countries and is often top of her age group in Ireland's National series.

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

J.F.D.I – Can you guess?

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

I think the confidence it gives younger women/teens to stay in sport is fantastic. I believe we are lucky in triathlon and in particular in TrilogY. We have very supporting male members that have encouraged and supported all women whether at training/racing. Plenty of times over the years I could of turned up to training/racing with no other female or 1/2 and it was never an issue.



Aoife McEvoy

Aoife's first Ironman in Galway 2016



Flag made by the Lynch's mum for Challenge Galway. The club support at that race was one of the best experiences ever!



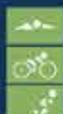
Let's hear it for the BOYS!

The 20x20 campaign is to highlight 'women in sport' in the year 2020. This month we decided to shine the spotlight on a selection of men in the club. We asked them a quick fire round of questions and here is what they had to say....

Willie Fitzpatrick



Joined Trilogy: Started Club 2004
Role in club past: Former Chairperson
Favourite discipline: Bike
Favourite distance: Ironman
Favourite Race: Hell Of the West
Greatest Racing Achievement: Completing Three Ironman



Hugh O'Connor



Joined Trilogy: 2013
Role in club past: Treasurer for 2 years
Favourite discipline: Enjoying running a lot these days
Favourite distance: Sprint
Favourite Race: Dunmore East is super
Greatest Racing Achievement: Ironman 70.3 Dunlaoghaire 2019
Training and day itself was fantastic.



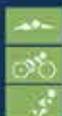
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John Lambe



Joined trilogy: 2014
Role in club present:
Gear Officer @johnnyshop
2014-present
Favourite Discipline: hmmm Battle between bike and run. The bike!
Favourite Distance: Half Ironman.
Favourite Race: Ironman 70.3 Dublin.
Greatest racing achievement: Ironman Barcelona 2018.



Dave Murphy



Joined Trilogy: 2010
Role in club past: Former Chairperson
Favourite discipline: Post Race Hydration - Okay if I had to pick one..
CYCLE
Favourite distance:
The Fast & Furious Spint
Favourite Race: Dublin City Triathlon
Greatest Racing Achievement:
Sub 10 hours at Challenge Roth 2019



Let's hear it for the BOYS!

Billy Treacy



Joined Trilogy: 2012

Role in club past: Committee Member, Race Series Director 2018/19

Favourite Discipline: Bike

Favourite Distance: Sprint

Favourite Race: Dungarvan 2019

Greatest racing achievement: Ha!

I can't think of any racing achievement worth listing here.

I haven't done that many races in reality and haven't ventured long or ever won anything. I enjoy the buzz of the training but nothing beats the buzz and excitement of race day.

The prep, the anticipation, the nerves the thrill of getting the swim out of the way (swimming isn't my thing), the chill starting out on the bike, the wind the hills, the buzz of passing people, the frustrations of being passed..seeing the familiar Trilogy gear en-route, giving a nod or a word of encouragement ...

T2 & the run ... where my legs feel like they don't know what they're supposed to be doing soooo slow! the finish-line buzz & the congratulations, the banter and the slugging. Sure, isn't every race completed an achievement?

Jonathan Forrest



Joined Trilogy: I joined in 2011 to help me with my swimming, I had done a Tri or two but still could not swim the 750m without stopping. Role in club: Currently I am a regular club member, although previously I have been in the Chairperson role and the IT. role.

Favourite Discipline: I really enjoy the bike most, Then running, especially cross country. swimming is the necessary evil to get to the bike.

Favourite Distance: I prefer doing the endurance races like middle or full distance. A race should be an adventure.

Favourite race: The best race I have done is the Celtman xTri race. Every leg of this race is a challenge and the scenery is amazing. Also I had my parents and sister as a support crew, so being able to share my pastime with them was great.

Greatest racing achievement.

I don't really have a racing pedigree in me, every time I go further or faster than I did before is a win.

PINS 2020

On the 3th February 2020, 31 hopeful triathletes commenced our People in Sport Programme. For many it was a long held ambition to do triathlon and they decided to take their first steps with Trilogy Triathlon Club. Then COVID 19 happened, what happened next?

Who knew what was in store for us in 2020?! After just four weeks into the programme all club group training ceased, until further notice!! Undeterred, these intrepid would be triathletes kept in touch with the Club and kept up their training under the helpful guidance and instruction of our cycle and run coach Denise Murphy.

An ambitious crew, they regrouped and their first challenge was to see if they could attain 2020 km by the May bank holiday. Walking, running and cycling every kilometre counted, particularly so as we were restricted to a 2km radius from our homes.

With that challenge completed, we decided to travel to Ibiza for the June Bank Holiday, location for the 2022 ITU World Championships for Age Groupers and Elites and a distance of 2,674 km. They completed that challenge ahead of schedule which brought us to the end of Phase 1 lockdown and over 5,000km covered.

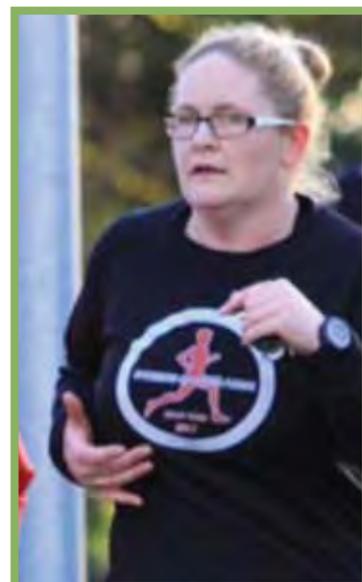
As we commenced Phase 2 lockdown, a 21 day period, we set our PinS the ambitious challenge of reaching 10,000 km before the end of Phase 2 lockdown on the 29th June. We also set individual PinS challenges to do a certain amount of exercise every day for a 21 day period, whether that is running, cycling, walking, S+C classes, pilates, etc.

Now as we reach the end of Phase 2 the PinS have covered over 10,000 kms, walking, cycling and running and as we leave lockdown behind us, are looking forward to preparing to do their first triathlon.

We wish them well.

Marie Brennan

2020 was to be the year I did my first triathlon so I signed up for PinS, the best decision I have ever made From the night of registration and since then we have I been welcomed and encouraged so much. Covid may have put an end to the triathlon but not our training. The leaders of PinS have been amazing, their support and commitment to the programme has helped me to continue training and to get through these difficult times and keep me sane. Many challenges were set for us and I have to say only for them I wouldn't have carried on with training. Some days it was a struggle to get out to walk/run or cycle but it was made easier when you knew so many people were behind you willing you to do your best. Being part of PinS has been a super experience for me and I would like to thank all involved and to say that as a club you should be very proud of what you have achieved



Caroline O'Brien

Am so happy to have joined this club....particularly this year as it really kept me on track during lockdown. Thank you all....!!



Mark Sythes

Trilogy Triathlon Club is by far the best run club I have ever been in. A lot of ground work has to be put in to organise a multisport club. From beginner to the experienced everyone can find their place.

Also a great social atmosphere. Fair play to everyone in the PinS group who helped each other to achieve their training goals

Sharon Dowling

Supporting Vinny around the country for his Triathlons, it seemed inevitable that I would eventually succumb to taking part in one, having a milestone birthday last Sept too was the big push into doing something out of my comfort zone. The training itself has pushed me to be fitter than I have ever been, I've learned to swim and pretty much made my 50th year fabulous. In terms of club support, its second to none, even though we are only competing with our own individual capabilities and goals, the PinS group and the club is willing each other to be the best they can be. Great group of PinS in this strange year.



Amanda Kirwan

I have always been someone that has participated in some form of sport down through the years. I am a mother of three young boys and I was itching for a new challenge. I was encouraged from a Trilogy club member Ingrid Condell to join my local triathlon club. I made the leap and what a fantastic decision it has turned out to be. What stood out for me was the variety of sport in the club, from running to swimming, cycling, strength and conditioning, pilates classes to name a few. It is a club that has something for everyone, no matter what age, size or ability level you are. I was encouraged from my very first day by long-standing trilogy members and also from new PinS. The patience and guidance was second to none in particular for me in the area of swimming which I was not at all confident in. Eimear took us all under her wings and guided us through week by week, I now look forward to my first open water swim, something I thought I would never be able to do. With the lock down of the economy, came the closing of pools and running and cycling together. This did not faze the club as they came up with various challenges to keep us all going, one I am currently undertaking is the Middle Distance challenge, forty five minutes of exercise each day for twenty one days. Each challenge is unique to everyone's current circumstances and for me, mine had to fit around and incorporate family life. We embedded it into our lifestyle at home. Some days I would run and the boys would cycle, other days we would all cycle, we did core sessions, it varied from day to day. For me it is important to pass onto the next generation, the importance of physical exercise both for your physical and mental health. The club has facilitated this in abundance. Even on days where I would not be feeling up to it, the friendly messages from fellow members got me going and this is so important for motivation. I do not feel as a PinS that the Covid crisis has prohibited me in any way in terms of achieving my goals. It was just another challenge to navigate. Joining Trilogy Triathlon Club has been a very positive decision for me, the dedication, commitment and encouragement from club members is second to none. Onwards and upwards!!



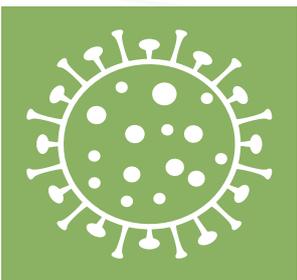
COVID Training & Racing

Group Training and Club Racing is BACK!!!! We all shouted with glee as the news broke. However, there are some strict guidelines which must be met and adhered to by everyone in order for us our return to training and club racing over the coming months!

- All training sessions must be booked in on the Trilogy webpage prior to training/racing session (No registration = no training/racing)
- A screening questionnaire is required from each participant. The questionnaire safeguards the club from those exposed &/or representing Covid19 symptoms. It is incorporated with the online registration by confirming "no" to all questions asked.
- Each lead trainer will co-ordinate each session in groups of 15 or less where required.
- Where possible, maintain social distancing during training.
- Carry a bottle of hand sanitiser and use regularly
- Do not share bottles of water
- If using equipment wipe clean before and after use
- Trilogy Covid19 Safety Officers complete risk assessment for each Trilogy session/race to ensure they operate safely and meet all social distancing, contract tract and hygiene requirements.

Keep safe, don't hesitate to contact us with questions or concerns you may have:

Lmcwey77@gmail.com , Susanwall79@gmail.com, Nharper@yahoo.ie



Coronavirus
COVID-19
KEEP APART



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4 Run 10.00am EMO	5 Test Duathlon #4 Heath
6 OW Swim Barrow Athy	7	8	9	10	11 Run 10.00am EMO	12 Test Triathlon #1 Athy
13 OW Swim Barrow Athy	14	15	16	17	18 Run 10.00am EMO	19
20 Test Aquathon Barrow Athy	21	22	23	24	25 Run 10.00am EMO	26
27 OW Swim Barrow Athy	28 Time Trial #3 Ballybrittas	29	30	31	1 Run 10.00am EMO	2
Training & Racing schedule					July 2020	

MONDAYS...

Mondays
Open Water Swim for all levels
Beginners
Meet at 6.20pm in Emily Square
Water 6.25pm
Meet at 6.55pm in Emily Square
Water at 7.10pm
(buddy system in place)

All other athletes swim for 7.30pm
Due to Covid restrictions and tracing
please register on www.trilogy.ie

SATURDAYS.....

Vinnie is BACK!!
Outdoor run catering for all levels meeting at
EMO for 9.50am ready to run at 10am SHARP
Please register on www.trilogy.ie

CLUB CYCLES.....

Please note: current TI guidelines do not permit official club cycles and bricks on open roads (with the exception of time trials), however TI members can train together in groups of up to 15. This advice may change in the course of the month



IMPORTANT INFORMATION FOR TRAINING AND RACING



Have Clean
Hands



Cover Mouth
when Coughing
or Sneezing



Avoid Touching
Your Face



Avoid Contact
or Hand Shake



Keep 2M
Distance