

## Tri the Hook by Ingrid Condell

Saturday 21<sup>st</sup> August 2020

### The Race

A sprint distance Triathlon with the swim at Baginbun beach, beside Fethard-on-Sea, County Wexford. It is run by Hook Tourism and the cycle brings you down through the beautiful Hook Peninsula. The run takes you to Fethard Harbour and ends in St Mogue's GAA grounds.

### The Competitors

Four hundred competitors, 8 of which were from Trilogy. Divided into three waves.

Place	Number	TI Number	Name	Surname	Gender	Age Group	By Age Group	Overall	Start	Swim	T1	Cycle	T2	Run	Race Time					
18	58	10063540	Gary	Condell	Male	"25-29"	T		8:59:45	0:18:25	91	0:01:24	18	0:35:28	11	0:01:26	49	0:18:22	25	1:13:05
51	64	10045576	John	Corcoran	Male	"50-54"	T		8:59:55	0:13:37	19	0:01:51	54	0:37:28	36	0:01:40	98	0:22:50	154	1:17:26
90	109	10087005	Amy	Edgill	Female	"25-29"	T		8:59:51	0:18:45	101	0:01:53	60	0:41:08	103	0:01:38	89	0:21:56	126	1:23:21
101	67	10076342	Monica	Corcoran	Female	"45-49"	T		9:00:00	0:21:59	244	0:01:57	70	0:38:57	58	0:01:54	139	0:19:26	49	1:24:13
176	68	10073076	Rebecca	Condell	Female	"25-29"	T		9:13:31	0:20:12	211	0:02:28	113	0:44:49	180	0:02:13	189	0:22:53	156	1:32:34
265	351	10046467	Jane	Whelan	Female	"60-64"	T		9:42:05	0:26:30	291	0:02:48	150	0:46:25	213	0:03:10	272	0:27:54	265	1:46:46
298	117	10003931	Mary	Fingleton	Female	"65-69"	T		9:42:36	0:27:03	295	0:04:17	247	0:54:19	283	0:02:45	255	0:31:04	287	1:59:28
309	3	10079190	Nuala	Arrigan	Female	"50-54"	T		9:42:40	0:35:35	301	0:06:52	299	0:55:54	287	0:02:16	199	0:33:00	292	2:13:38

### The Conditions

Challenging to say the least! After so much beautiful weather in the summer, someone was out to challenge the perception that the rest of the country have about the 'sunny south east.' Heavy rain throughout the night before, and during the race made conditions really difficult, particularly for the transitions.

The swell in the sea was strong and some of the Trilogy swimmers, more accustomed to swimming in lakes and rivers, found this challenging, but all 8 brave souls completed it in times that pleasantly surprised.

The timing mat for the swim was at the edge of the transition area. To get there competitors had to run up the slipway from the beach, along the road and through a very muddy gap into the stubble field. This added about 2 mins to the actual swim time.

On the exit from the transition area to the bike route was more mud, scenes of competitors carrying their bikes through the mud before putting them down on the road were common!

Although some of the narrow and twisty sections of the road were closed to traffic there was quite a bit of congestion on the road close to the transition area with bike in, bike out, run out, spectators and completed competitors sharing a section of the road. Thankfully there were no collisions. Lots of surface water on the road throughout made careful cycling necessary.

The run had a nice ascent at about 3 kms and the last 1 km was a lap of the GAA grounds to the finish line. The route was testing, due to the uneven road surface and plenty of puddles from the rain.

The sun came back out just as the race finished and warmed the backs of the tractor drivers as they pulled the cars out of the very muddy car parking field!



### The Conclusion

More favourable weather conditions would have made for a very pleasant race however for those that thrive on hardship there was a great sense of achievement having completed it. This is the joy of Irish Triathlons, you could be melting in the sun in Kilkenny in July and then braving the wind and rain in Wexford in August!



### For next year

New Ross Triathlon club have permanent buoys in the water at Baginbun marking the turning points for the 750m swim so the opportunity is there for anyone that wants to practice. The club are very welcoming to other club members that want to tag along with them on Monday evenings and Saturday mornings.