

## **Dungarvan , Tried and Tested Triathlon by John Corcoran**

**Saturday, September 11<sup>th</sup> – 10am**

Trilogy Competitors: John and Monica Corcoran

Getting there:

Clonea Beach, Dungarvan is around a 2 hour drive from Portarlington. Roads are good for the most part with little or no delays along the way.

Registration

We left Port shortly after 6am. With the car packed the night before we eliminated the 'what did we forget' worry. Registration for the event that morning was opened to satisfy the wave allocations. We were lucky to be in Wave 3 which had a later opening of 8am-8:30am. Registration was located just beside the main parking area and transition.

TRANSITION

Back to the car to pick up the bike, bike gear and runners after registration. With all the stickers placed on helmets, bikes and race belts, we were in and out of transition in 20 mins. No fuss, everyone was in good spirits as the sun was starting to poke its head out through the clouds over the bay. While in transition we got talking to the eventual winner before the race as we were looking for anyone with a spare belt. He had one of the elastic laces as a belt! Great idea, sorted. Hiccup No.1 averted.

RACE BRIEF

Race brief was held in the transition area. The swim was broken into three waves: Wave 1 dedicated to juniors while Waves 2 and 3 were dedicated to the not so juniors!

THE RACE

SWIM 750M

The swim of 750m kicked off with Wave 1 competitors entering in pairs at 5 second intervals. As soon as they were off, Wave 2 were summoned to the start line and dispatched. Within the space of a few minutes it was the start of Wave 3 and we were up the front for that. You could see that the waves were not allocated by swim time splits as the entire field of wave 1 and wave 2 were well spread out to sea.

With no acclimatisation it was nice to jump into the sea water after the short run from the start line. Staying out of the wash of other swimmers, the water was so clear you could see the sea bed for the entire swim.

Transition from swim to bike is no more than 100m of a run up a slight incline from the beach and it's a short run to the bike start after disposing of the wetsuit.

The BIKE ROUTE. 23KM

The route could be described as an out and back undulating, technical course (few hills with a nice few twisty bends in layman's talk 😊). Luckily the first few kilometres are flat enough to allow the heart and lungs recover from the swim and get the body set for the challenge. The half-way turning is a sharp turnaround in the centre of the road. From there you know what is ahead of you so it is head down and work harder for home. You are also able to keep an eye on who is coming behind you as you return back to transition.

THE RUN 5.5K

The run is a loop of 5.5km along a combination of quiet roads and walking paths and is relatively flat. Half way along the route you get a very scenic view of Dungarvan town over the bay. Crossing the finish line with the satisfaction of a good race was met with plenty of refreshments. Great Race, Great Day!

HOW WE DID:

This was Monica's 5<sup>th</sup> sprint distance triathlon and second time to take on Dungarvan. With a brilliant bike and run split Monica came in 2<sup>nd</sup> female overall. I came home 16<sup>th</sup> overall, third in my age group after the fourth fastest swim and 10<sup>th</sup> fastest bike split. Loosing free time with a poor T2 and my running needs a lot more work to get me back up the board. Whatever the result it is always humbling to look up the leader board to see age groupers in their 60's ahead of you!

#### POST RACE

Dungarvan is a great town with plenty of places to go for good food. After a celebratory pint and a nice meal it was back in the car for the drive home, dissecting the race performances.... could have... should have... next time.....

Here is a link to some of the photos taken on the day.

<http://dungarvantri.com/dungarvan-triathlon-2021/>