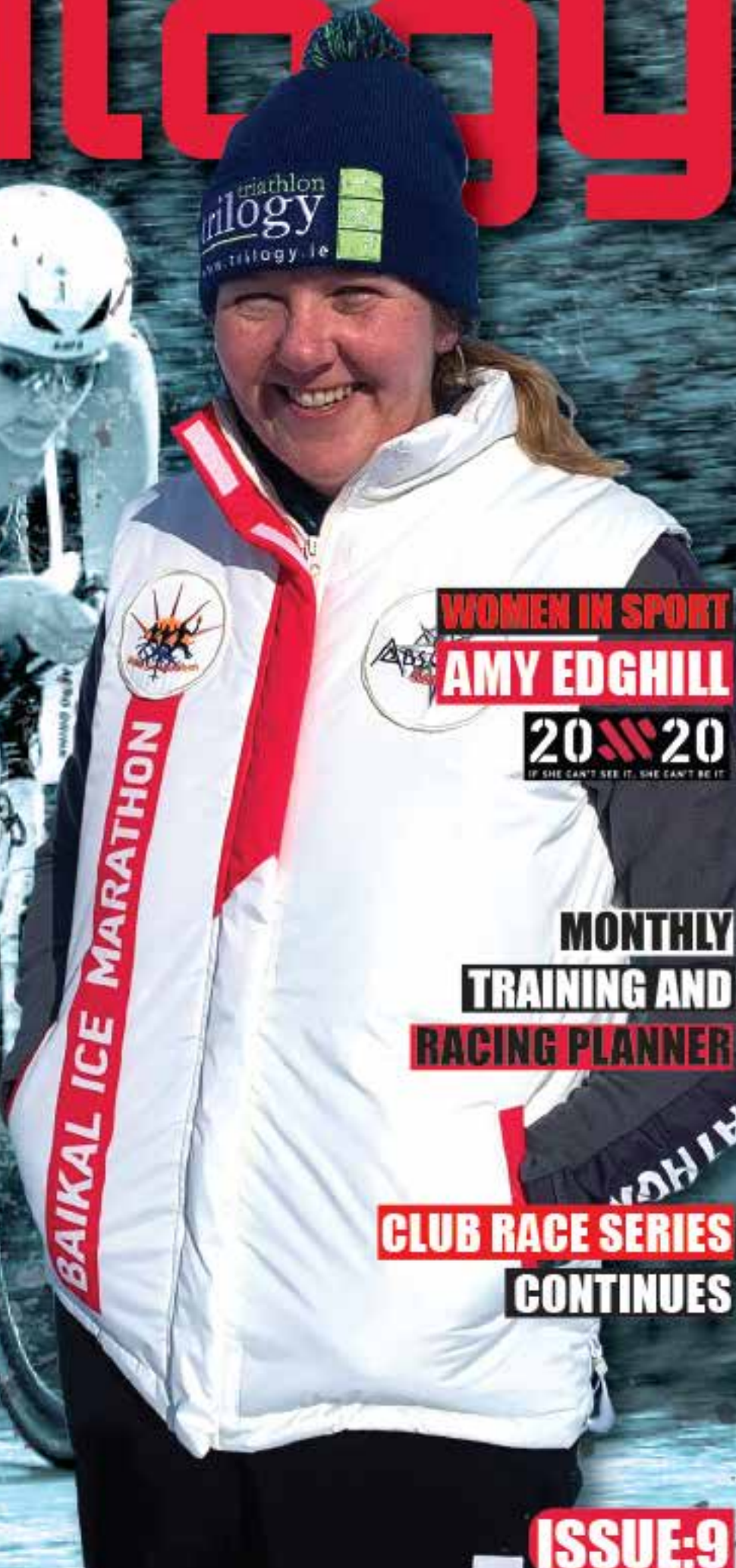


INTERVIEW WITH SINÉAD WEAREN

# Trilogy

SEPTEMBER

NEWS



**WOMEN IN SPORT**

**AMY EDGHILL**

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

**MONTHLY  
TRAINING AND  
RACING PLANNER**

**CLUB RACE SERIES  
CONTINUES**

**ISSUE:9**

# SEPTEMBER INTERVIEW with Sinéad Wearen

Sinéad Wearen's  
Marathon in  
Greenland!

**She's part of the dynamic duo who organise the 'Club Race Series' and with military precision! Not one to shy away from extreme sports, or a hardy challenge. Sinead chats to us this month about her drive to compete and her journey with Trilogy!**



I got into triathlon after I finished my Sergeants Course in the Defence Forces as I wanted a new challenge. Not a lot of people know this but I was originally a member of Midlands Triathlon Club which I joined in 2004. I competed in two Duathlon Events in Limerick on my mountain bike (which I still have and use) under the Midland Colours.

From that first race, I was learning - I changed my tyres to slicks for the second one! My tenure didn't last too long with Midlands as I was deployed to Kosovo for 6 months with the Defence Forces in 2005 and I also heard that a new club called Trilogy had formed in Portlaoise. I emailed Karl McCann asking how much it was to join. I got the usual response which we all know but sometimes forget – "There is no cost but you are expected to buy a club T-shirt."

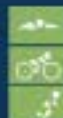


Sinead's Ultra-Marathon 48km in China

I'm delighted that 15 years later, we as a club have maintained that ethos and I'm always very proud to put on the Trilogy colours. When I returned from Kosovo, I met up with 4 other people from Trilogy and we went on a cycle. That was it for me even though I'd never done a triathlon – I was hooked.

During my time with the club, I've sat on the committee for a number of years, been involved in the Women in Sport program that transitioned into the People in Sport, Run the spinning classes, coached the junior section (when we had one), have been race director for TriLaois, incorporating a children's triathlon and I'm currently now working with Dave Murphy organising the Test Series.

I have competed in so many triathlons over the years that I've lost count. Strangely enough, the races I always enjoy the most are the Test Series Races. One of the most memorable times for me in racing was our first open water swim triathlon in Bonmahon. This was in 2006 and as a club, we really hadn't got a clue.





Dave Murphy and Sinéad 'Race Series' organisers for 2020

I think that is what made Trilogy so much fun. I remember Simon shouting at Willie to come back into transition as he had taken Simon's bike.

I also entered my first Olympic Distance race that year and I will never forget how horrendous it was. There was a lady walking her dog during the run section and I wanted with all my heart for that dog to bite me so I'd have a reason to stop.

The following year, I upped the distance to undertake my first (of six) Ironman races. I have actually stood on 7 long distance triathlon start lines but have only crossed 6. A technical issue on the bike was the reason why I DNF'd in Galway.

I have many memorable moments but from a competitive side, 2011 was by far my best racing year. I often finished within the top girls in my age group and ALMOST came in ahead of the Great Niall Kavanagh a few times. Aside from competing in the Europeans and World Championships with the club, I was selected to compete in the Military European Championships in Holland and the World Military Games in Rio de Janeiro.

It wasn't until 2012 that I took steps to get over my absolute hatred of running. To get over this issue, I entered Dublin City Marathon and was delighted to cross the line with a sub 4 time. As I was working full time and in college part time, running soon became my 'go to' sport as it was the least time consuming. To date I've completed 14 marathons, 2 of which were Ultras. I like adventure and I love travel so it was easy to combine these.

My favourite running memory is winning the Marathon in Greenland on the (now almost gone) ice-caps in 2015. I also ran a half marathon the following day which I came 5th in. I also ventured over to China to compete in Conquer the Wall Ultra marathon (not to be mistaken with The Great Wall Marathon which only has 5kms of running on the wall).

This was the most difficult race I have undertaken to date. Over 38kms was on the wall and my Garmin kept on pausing because even though I was constantly moving, it didn't realise, I was climbing vertically! I was exhausted at the end of that race but also delighted that I made the cut off with just 4 minutes to spare and I placed 13th.

Family Affair - Sinéad with her daughter Brónagh. Brónagh completed her first Open Water Triathlon at 6 years of age, in Copenhagen.





Sinead at Lake Baikal in February this year  
Siberia, Russia

This year, I was absolutely privileged to race across a frozen lake in Siberia and while I was annoyed at the time that I came in 4th, I'm over that now and just delighted that I had the opportunity to travel, given the current world circumstances.

The most important thing for me though in the world of multi-sport is Trilogy. The support system we have includes non-swimmers, non-runners and non-cyclists which is unique to our club and we really celebrate when a former 'supporter' crosses over to the DARK SIDE.

I'm off the podium side of the house now in the NS and the Test Series however, I still get such an overwhelming sense of achievement when other members in the club achieve their goals.

**Extinguish the word 'can't'  
from your vocabulary..**

Whether it is running an 8k instead of 7, or swimming in open water for the first time, I genuinely get excited when I see new members achieving these accomplishments. A huge stand out moment for me over the years happened this year in an event I wasn't there for. I'm sure Madeline Kavanagh won't mind me saying that what she achieved for herself in this year's first Test Tri was inspirational.

Madeline decided that she was going to get out of the water and finish the swim early but then she stopped, reconsidered how she would feel at the end of the race if she did, so decided to continue. This is the resilience that triathlon gives people and without realising this, the skills we gain that are facilitated within the club, are transferrable to overall life skills.

The advice I would give to new comers is to constantly ask questions. Every one of us was a beginner at some stage so we all know what it is like. There is no such thing as a stupid question. The second bit of advice for new members and EVERYONE in the club is to extinguish the word 'Can't' from your vocabulary.

Everyone can do anything they put their mind too. It has to be broken into smaller steps and may take longer – but you CAN actually achieve your goal.

I'd also say to new members 'Welcome to the Cult that is Trilogy'.

*Sinead*  
*2022*

# An Interview with AMY EDGHILL

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

**Name:** Amy Edghill

**How did you get involved in doing Triathlon as a sport?**

Myself and a good friend of mine played multiple team sports up until college where we could not truly commit to anything due to our roster with nursing. So in April 2017 I went and watched Gary Condell compete in Tri Laois after completing the pins programme and it brought back fond memories of competing for me. So the following week my good friend and I signed up for the Tri-a-Try in Athy and the training commenced. Two years later the training and competing was still ongoing and with great encouragement from Niall Kavanagh I decided to join Trilogy Triathlon Club.

**What age bracket are you?** 19-29

**Tell us something about your sporting background?**

I always loved sport growing up especially running, initially sprinting but now I prefer the longer distances. For years I competed in minimus and tetrathlon (shooting, swimming, riding and running) with the Kildare pony club getting a taste for a sport composed of 3-4 disciplines. Besides that I played school hockey with a fabulous team of people and some tennis in the summer months.

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

Sport has played a huge role in my life both past and present allowing me to compete in events all over the country. Including making family holidays around the competitions and meeting lots of new people along the way who were so wonderful, helpful and supportive.

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

The run for sure as it is the final stage. Once I reach this point my mindset changes as I am so nearly there and I adore soaking up the scenery around the venue.

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

Probably sprint distance- short but sweet and has the most variety of races available.

**How has Covid-19 affected your training and racing for this season?**

To be honest this year I had not signed up for any races in the summer months as I was suppose to travel abroad for the year. So I am only delighted to try attempt finishing out the club series and keep training with trilogy.



**What do you think are the benefits of being involved in sport for women of your age?**

I think the benefits are both physical and psychological well-being for women my age and getting the opportunity to create a more inclusive environment for women is a tremendous idea.

**How do you handle stress or pressure, before or during a race?**

Usually travelling with company helps a lot or speaking with someone who has previously accomplished the race before can help put one's mind at ease.

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

My absolute favourite thing is the constant encouragement and helpfulness from each individual member you meet, it is simply just outstanding regardless of how long you have been a member within the club. As well as that everyone's level of commitment and enthusiasm is frankly something I will seek to aspire towards if ever lacking motivation.

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

Natayla Coyle who's currently working towards her third Olympics competing in modern pentathlon which is unfortunately now postponed until next year. Every day I'm also inspired by all the females within the club each setting their own personal goals, some of which I could only dream of achieving.

**What are your goals, either short term or long term?**

This year I hope to finish the Naas Duathlon series in October. Then continue working towards achieving longer distances in the future I worked towards an Olympic distance last year. I must also practice my cycling particularly staying down in the tri-bars as my confidence with that is not yet perfected.

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

"Live, laugh, love" or when racing "what doesn't kill you makes you stronger"

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

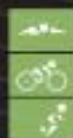
The most important for me is inclusivity the practice of including all people ensuring nobody is excluded no matter how much or little the person can do, aiming to unite women to create a cultural shift in people's perception of females in sport.



**20x20**

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

trilogy triathlon  
www.trilogy.ie



# COVID Training & Racing

Everyone is doing a great job so far! We still need to follow the strict guidelines which must be met and adhered to by everyone in order for us keep our return to training and club racing safe 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:**

**EMAIL:** [Lmcwey77@gmail.com](mailto:Lmcwey77@gmail.com), [Susanwall79@gmail.com](mailto:Susanwall79@gmail.com), [Nharper@yahoo.ie](mailto:Nharper@yahoo.ie)



**SUNDAY CYCLE NOTICE: PLEASE BRING A FACEMASK WITH YOU ON ALL CYCLES. IT IS IMPORTANT WHEN ENTERING SHOPS, GARAGES OR CAFES TO WEAR A MASK. AS MOST CLUB MEMBERS WEAR CLUB GEAR, IT IS VITAL THAT WE UPHOLD THE REGULATIONS AROUND WEARING FACEMASKS IN ENCLOSED PUBLIC SPACES.**



Coronavirus  
**COVID-19**  
KEEP APART



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
OW Swim Derryounce		Test Auathon #2 Derryounce			Test Triathlon #3 Castletown	Group Cycle 9am PLC
7	8	9	10	11	12	13
OW Swim Derryounce	Time Trial #5 Ballybrittas				Run 9.30am EMO	Test Triathlon #4 Castletown
14	15	16	17	18	19	20
OW Swim Derryounce	Brick Session Heath at 7pm		Test Auathon #3 Derryounce		Run 9.30am EMO	Group Cycle 9am PLC
21	22	23	24	25	26	27
Test Auathon #4 Derryounce	Brick Session Heath at 7pm				Test Triathlon #5 Castletown	Group Cycle 9am PLC
28	29	30				
OW Swim Derryounce	Brick Session Heath at 7pm	Test Auathon #5 Derryounce				
<b>Training &amp; Racing Schedule</b>					<b>September 2020</b>	

#### MONDAYS...

Open Water Swim for all levels  
 Beginners (buddy system in place)  
 New venue of Derryounce Lake  
 New times 6pm and 6.30pm

Due to Covid restrictions and tracing please register on [www.trilogy.ie](http://www.trilogy.ie)

#### TUESDAYS...

Brick session, The Heath  
 Bike HARD, Run HARD TWICE!

Due to Covid restrictions and tracing please register on [www.trilogy.ie](http://www.trilogy.ie)

#### SATURDAYS.....

Early Bird Start for our Saturday runners at 9.30am Outdoor run catering for all levels meeting at EMO carpark for 9.20am ready to run at 9.30 am SHARP Please register on [www.trilogy.ie](http://www.trilogy.ie)

#### SUNDAYS.....

Sunday Cycles are back, please go with your respective training partners or groups. Groups need to register on our website [www.trilogy.ie](http://www.trilogy.ie)

**trilogy**  
triathlon

## 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



# CLUB NEWS:

## CLASSES WITH EIMEAR

Monday's: S&C 7am  
Tuesday Morning: S&C 9am  
Tuesday Evening: Turbo Bike Session 8pm  
Thursday Morning: S&C 7am.  
Thursday Evening: S&C 8pm  
Friday's: S&C 9am.

PLEASE  
PM EIMEAR  
FOR CODES

## RACE CALENDAR \*\*SUBJECT TO CHANGE\*\*

2 <sup>nd</sup> September	Wednesday	Test Aquathon #2	Derryounce	18:30hrs
5 <sup>th</sup> September	Saturday	Test Triathlon #3	Castletown	08:00hrs
8 <sup>th</sup> September	Tuesday	Time Trial #5	Ballybrittas	18:30hrs
13 <sup>th</sup> September	Sunday	Test Triathlon #4	Castletown	08:00hrs
17 <sup>th</sup> September	Thursday	Test Aquathon #3	Derryounce	18:30hrs
21 <sup>st</sup> September	Monday	Test Aquathon #4	Derryounce	18:30hrs
26 <sup>th</sup> September	Saturday	Test Triathlon #5	Castletown	08:00hrs
30 <sup>th</sup> September	Wednesday	Test Aquathon #5	Derryounce	18:30hrs
3 <sup>rd</sup> October	Saturday	Test Duathlon #5	The Heath	10:30hrs



Not much news this month so I thought I'd share this epic photo taken by Noel Coss of Dave Murphy Battling the River Nore on Sunday morning in Castletown, Co. Laois