

HIELBOW MEMBERS ATTEND TRIATHLON ULSTER TRAINING DAY

On Saturday, 4th February several members from the local HiElbow Triathlon Club took up the opportunity for some concentrated coaching at the latest Triathlon Ulster "training day" which took place at the Antrim Forum Leisure Centre.

17 athletes including club members Maureen Dennison, Hazel Reid, Richard Clarke, Bryce Irvine, Darren Johnston and Gary McCappin joined others from Derry, Newry, Lisburn, Belfast and the local area. The training day consisted of a strenuous swim and track session broken up by a lecture on training with a heart rate monitor.

This was the third of five training days organised by Triathlon Ulster. Michael McCarron, the Triathlon Ulster co-ordinator for the sessions went on to explain that the training days were an opportunity for athletes of all standards to make full use of the triathlon coaches and partake in lectures relevant to the sport of Triathlon.

The next training days will be on 4th March and the 1 April 2006. Anyone interested in these sessions should check out the Triathlon Ireland website (www.triathlonireland.com) and follow the links to the training days. But be quick, places are filling up rapidly!

The Hi-Elbow Triathlon club meet for swimming on a Monday and Wednesday night, 7.30-8.30pm at the Forum. Cycling sessions are on a Saturday morning, going from Ellie Mays at 9.15 am. Running is organised amongst the club members. The group is split into different abilities so everyone has a chance to develop their fitness and strength. If you are interested in doing a triathlon, or improving your fitness in a friendly atmosphere, contact the club either through the website at www.hielbow.co.uk or at any of the sessions mentioned.

Joanne Kee
HiElbow Triathlon Club