

Triathlon News

Local athlete Bryce Irvine from the Hi-Elbow Triathlon Club, Antrim gained an impressive 8th position out of 79 at the recent Duathlon Series held in Limerick on Sunday 26th February. This race consisted of running 3.8km, cycling 16km and then running another 3.8km. His excellent time of 50 mins 35 secs put him only 3 mins between himself and the winner. The next stage is on March 12th. Let's hope he can put on another impressive race!

On Saturday, 4th March some hardy 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. The bad weather had an impact on the sessions which resulted in a swim and low key run session. Richard Clarke, Bryce Irvine, Alan Graham and Gary McCappin joined others from Newry, Lisburn, Belfast and the local area. The training sessions were broken up by a lecture on bike maintenance from Wheels in Motion.

The Hi-Elbow Triathlon club meets 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 interested, contact the club either through the website at www.hielbow.co.uk or come down at any of the sessions mentioned.

Jo-Anne Kee
Hi-Elbow Triathlon Club