

Triathlon News

Local triathletes from Hi-Elbow Triathlon Club took part in Omagh's half marathon on 25th March 2006. Results: Gary Bloomer 1hr 27 mins; Bob Davidson 1hr 32 mins; Keith Clarke 1hr 38 mins; Maureen Dennison 2hr 03 mins and Hazel Reid 2hr 09 mins.

In the more recent Larne half marathon, on Saturday 1st April our local triathletes produced more running! Results: Gary Bloomer 1hr 26 mins; Robert Lamont 1hr 33 mins; Terry MacAllister 1hr 52 mins and Colette Meenan 2hrs 10 mins.

Brother and sister triathletes Richard and Louise Clarke participated in Olympian Novice Aquathon on Saturday 1st April. Richard finished overall in 4th position with a time of 00:25:24 and Louse 21st with a time of 00:34:37.

Well done folks, keep the good work up!

The Hi-Elbow Triathlon Club will be hosting a "TRY" series in June, consisting of three events. The details are as follows:

Event 1: Wednesday 7th June there will be a Duathlon – 5k run, 15k cycle and 2.5 run. For kids of 10-12 yrs: 1k run / 5k bike / 0.5k run. For teenagers of 13-15 yrs: 2k run / 10k bike / 1k run).

Event 2: Wednesday 21st June there will be an Aquathon - 400metre pool swim / 5k run. For kids of 10-12 yrs: 10-12 yrs 200 meter swim / 1k run. For teenagers of 13-15 yrs 400metre swim / 2k run. 400m=16 lengths of 25m pool.

Event 3: Wednesday 5th July there will be a 'Try'athlon - 250metre pool swim / 15k cycle / 5k run. For kids of 10-12 yrs: 10-12 yrs 200 meter swim / 5k bike / 1k run. For teenagers of 13-15 yrs: 400metre swim / 10k bike / 2k run.

ANYONE at any level of sport can have a 'TRY'! All children & youth cycle stages will be on grass within the grounds of the Antrim Forum.

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.

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Hi-Elbow Triathlon Club