

Triathlon News

Brian Campbell and Heather Wilson from HiElbow Triathlon Club, Antrim competed at the Commonwealth Games Triathlon Event. In the men's race 32 competitors took part and Brian finished a respectable 17th position with a time of 1:59:34.99. In the ladies race 25 competitors took part and Heather completed with a competitive time of 2:12:46.92 gaining 21st position. Well done to them both!

On 12th March HiElbow triathletes Bryce Irvine and Alan Graham took part in the 3rd and final Duathlon race held in Limerick and brought home great results. 80 athletes took part and Bryce repeated his great performance of two weeks ago and came in 8th with a time of 00:51:15. Alan Graham also performed well coming in 22nd position with a time of 00:55:35.

On 11th March HiElbow triathletes Kevin McAllister, Ian Lyle gained 1st and 2nd positions respectively in an Aquathon race held at Limavady. This race involved a 1km swim followed by a 5km run. 26 athletes took part. Kevin McAllister finished in an excellent time of 00:30:11 and being one of Ireland's top juniors is one to watch in the future! Brother and sister triathletes Richard and Louise Clarke also performed well coming in 6th and 22nd places respectively.

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