



And we're back for 2024 - Duathlon season well underway, Open Night success and Paddy's Day brick next weekend.

OPEN NIGHT - FRI 8TH MARCH

Thanks a million to all our prospective new members for turning up - was lovely to meet you and introduce you to our club - www.triathlonireland.com to sign up or keep an eye on our socials for sessions to come along too. Thanks to Tony & Siobhan in O'Mahony cycles for sponsoring our €20 vouchers for our potential members and to James Fitzgerald at TriHub for the gear.

Anyone that missed it - come along to our Paddy's Day brick to find out more or ask any of our committee members or club members for advice or to point you in the right direction.

As our chairman said we are a social and beginner friendly club who love to introduce you to our sport and of course eat cake and have the pints :)

QUEST KENMARE - Sat 9th March

Well done, Oliver Kelly, for completing Quest Kenmare. It is said to encompass the amazing mountains of the Beara peninsula and boutique charm of Kenmare Town. Oliver chose the 28km Challenger route, which consisted of a cycle, run, cycle, run, kayak, run.

RACE REPORT BY OLIVER

Oliver is doing adventure racing with 2 years. Great to mix it up with running & cycling & kayaking. Today was tough. Windy but dry. The rain stayed away just as we finished. As expected, Kerry is hilly with dodgy backroads. But I avoided a spin in the ambulance.



Open night in Minnie's.

Glendalough is next on April 6th. Some rest tonight. The training paid off today.

TRALEE MARATHON - SAT 9TH MARCH

Tried & Tested was also represented in Tralee, co. KERRY this weekend with Stephen Gray running a marathon in 4h13 (a superb average of 6'01 min p/km).

Race details: The course was hilly and was especially windy by the coast. The route was the original 2013 route. It started outside the Aqua Dome, heading to Ardferf, Barrow, and then onto Fenit.

The route headed back to Tralee via the Spa, the Keries, and Blennerville before the finish line is on the Neil Armstrong Way.

CARLOW DUATHLON - Sun 10th March

Tara's Top 3 Things... 1. FANTASTIC ORGANISATION AND FACILITIES

This was the first ever Carlow Duathlon hosted by Carlow Triathlon Club in SETU Sports Campus in Carlow. This event is part of the Triathlon Ireland National Duathlon Series 2024 and consisted of a 5km run, 20km bike and 3km run. The facilities in SETU were second to none with ample parking, modern changing rooms, warm showers and hot food after the event for all participants and supporters. Well done to Carlow

Triathlon Club for a really well organised event.

2. WIND - FRIEND OR FOE?

The run course started on the athletics track before heading out onto the streets of Carlow and then back into SETU for a lap of the campus grounds. When we got onto the bike leg, I thought I had a motor attached to my bike until we hit the turn around point then it was like pedalling into a hurricane all the way back to Transition. Thankfully all participants got back safely but slightly windswept!!

3. MULTIPLE AGE GROUP FIRSTS FOR TRIED AND TESTED ATHLETES

There were 6 Tried and Tested club members racing today. Clodagh Stapleton and Tara Ni Reachtagain flew the flag for the females both taking first place in their respective age categories. Clodagh had an exceptional race today, controlling and timing each section perfectly to finish strongly and comfortably with yet another age category win this season. Marc Flavin, Alan Gibson, Gary Hurney and Martin Lavan put in great performances also with Marc finishing a hugely impressive 4th overall and taking first place in the M40-44 age group. Alan Gibson also won his age group M45-49.

A special word of thanks to Clodagh's Mam Annette for all the cheering and photos, Happy

Mothers Day to you, I hope you got spoiled after the race. Go team Tried and Tested!

PADDY'S DAY BRICK

Our first outing of the year as a club - be great to see as many new and old faces as possible - our charity this year is Pieta House.

Reg from 10am - roll out at 11am sharp from Stradbally square.

All new people welcome to come along give it a go. Anyone wanting to find out about the club can turn up and have a chat we'll have plenty committee members on hand.

The most relaxed brick session you'll ever find - 20k to Bonmahon and back - you can turn at whenever point suits - some might do Seafields school and back and if you don't fancy the hill turn at the top.

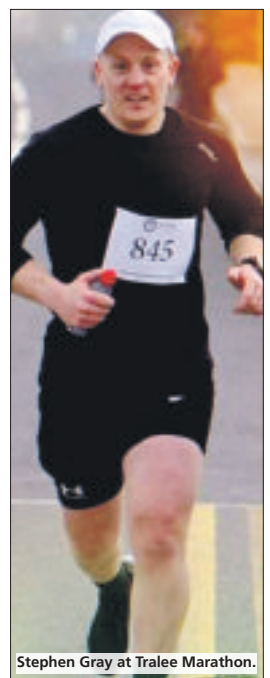
5km run - now it's a bit challenging - but worth the rewards in Whelans Pub after - again some just do a shorter flatter run to the gaa and back.

You can just cycle, just run and you can walk too. Whatever you're comfortable with.

Kids welcome accompanied by an adult on a 1 to 1 basis.

Plenty of time to get back to Dungarvan parade at 2pm!!! No excuses

Reminder all club members to renew membership beforehand pls! Prospective members can come and try as one of their 3 free sessions.



Stephen Gray at Tralee Marathon.

TRIED & TESTED DUNGARVAN
St. Patrick's Day
STRADBALLY BRICK
 Reg: 10AM Start: 11AM
 AFTERWARDS IN WHELANS BAR
 20km Cycle Stradbally to Bunmahon
 5km run around the Ballyvooney Loop OR 5km Walk
 DONATIONS for pieta
 All children must be accompanied by an adult 1 child/adult please
 Bring or bake your own sandwiches and treats to share
 All Welcome TI License Required



Clodagh Stapleton and Tara Ni Reachtagain at Carlow Duathlon.



Mark Flavin, Clodagh Stapleton & Alan Gibson at Carlow Duathlon.



Oliver Kelly at Quest Kenmare.