



Mental Health & Suicide Awareness Charity Cycle



Marc Flavin 2nd overall at National Series Nass Duathlon

MENTAL HEALTH & SUICIDE AWARENESS CHARITY CYCLE

Each year, the amazing Liam Brazil hosts an incredible cycle around Waterford to raise funds for SOS (suicide or survive).

Well done to all our gang that did the 50k (actually 55.6! which 2 of us moaned about for the whole of the remaining 5k lol) or 30k route.

Conditions not the best as typical for our Emerald Isle of late, plenty wind but luckily rain mostly stayed away.

Thanks to all the Marshalls and all the catering - great food stops and all for a good cause.

NASS DUATHLON

Race report Marc Flavin

Tried and tested had 2 competitors head to Punchestown, for Rd 9 of the Duathlon national series. On what was a very windy day on an open course.

Alan Gibson, who is starting to become a regular at Duathlon got his first Top 10 in a national series and another age group win.

Marc Flavin had a fine 2nd place behind a young Triathlon Ireland development rider. A second podium for Marc in a row.

All Duathlon roads now lead to the national champs in a few weeks.

Well done to Naas tri club, great event and location.



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Alan Gibson who cracked it in Nass Duathlon finishing 10th overall and 1st in his age group.



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