

PREDATOR
TRIATHLON
CLUB

LOUGHREA SPRINT TRIATHLON

& NATIONAL PARATRIATHLON CHAMPIONSHIPS

OFFICIAL RACE PROGRAMME

SUNDAY 2ND AUG 2015

JUNIOR & SENIOR RACES
10TH YEAR CELEBRATIONS
BLUE FLAG BEACH



750M



20K



5K



TRIATHLON IRELAND



Loughrea Triathlon & Predator Triathlon Club

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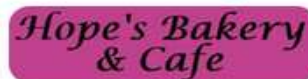
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Loughrea Triathlon 2015 – Race Programme



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Welcome to Loughrea Sprint Triathlon 2015



Ciara McClearn, Chairperson, Predator Triathlon Club

What does triathlon mean to me? It means the impossible is possible!

I entered **my first triathlon** in January 2011. On finding Predator Triathlon club, I met club members Aonghus and Lilly, who helped me, and still help others to get around the first few open swims. Aonghus escorted me into the lake that evening and when the inevitable happened and I panicked, he calmly told me to relax, and let the wetsuit do its job! Not the most successful introduction to open water swimming but it highlights the **importance of club for the beginner and improver as well as the expert level athlete**. I'm lucky that **my family has also embraced the club wholeheartedly** –from my son Eoin helping his Daddy set up transition, taking part in his own race and then cleaning up, to my daughter Eve enjoying the day from a social perspective!

The club, under the direction of **Tony Daley**, has done more for **children's triathlon** than any other, and has been honoured by Triathlon Ireland in being asked to host the **Junior National Championships, National Series Sprint**, and the **Paratriathlon National Championships**. For me, however, the greatest virtue the club possesses is its culture of fostering friendship and camaraderie among those who race in the club colours of yellow, blue, and red.

Today would not have been possible without the **generosity of our sponsors - Thank You**. I'd also like to thank the committee and all those who give their time to make this event the safe and fun day it is – a true reflection of the spirit of co-operation and volunteerism that is at the heart of Predator Triathlon Club. Finally, to all the triathletes taking part - whether your goal is to win, beat a personal best, or to just plain survive, **Enjoy the race!**

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Ireland boasts 3rd highest triathlon participation rates



*The national governing body
for Triathlon Ireland*



**Scott Graham, Marketing, Communications & Sponsorship Manager,
Triathlon Ireland**

It is incredible to think that our young sport of triathlon has experienced yet another year of double digit growth and is continuing to develop at pace. 2015 has seen membership increase for the 10th year in a row and looks set to surpass 10,000 by some margin. We are also expecting to see some 15,000 one day licences issued by the end of the season. At the end of 2014 the International Triathlon Union confirmed Ireland boasted the 3rd highest per capita triathlon participation rates of any country worldwide. The number of clubs has also increased in 2015, up to 87 with many now catering for youth and junior triathletes. They are located all across Ireland and are supported by a dedicated team of TI regional development officers, who are only too happy to assist with your clubs development plans.

Our senior High Performance team have been representing Ireland fantastically on the international stage with Aileen Reid ranked 6th in the world at the time of writing and Bryan Keane also showing some great form as he lies 35th in the World Triathlon Series at present.

While our senior athletes are paving the way, it's encouraging to see an ever growing pool of talent pushing on and looking to break onto the world stage in the coming years. Aaron O'Brien got his first taste of a major games as he travelled to Baku and we have a formidable development, junior and youth squad who are gaining experience at European level. With Triathlon Ireland's paratriathlon programme having only recently being established we've also seen an incredibly quick rate of development both at elite and grass roots level and it's one of the real success stories of 2015. Aidan McGlynn, competing in the elite PT4 category is a newcomer to the sport of paratriathlon but has already made an impact on the world stage

The very best of luck to all the competitors of the Predator Loughrea Triathlon and Paratriathlon National Championships. We hope you enjoy the event and achieve your goal and ambitions, whatever they may be. We must also thank the crew and club involved in the organisation of such a fantastic event and all the volunteers who make it possible.

Visit: www.loughreatriathlon.ie & www.predatortriclub.ie

Loughrea Triathlon 2015: The Event



**Enda Fox, Loughrea Triathlon,
Senior Race Director**

A Chairde,

“Tá án áthas orm Fáilte a chur romhaibh go Baile Locha Riach le haghaidh comóradh an 10ú SprintTriathlon Baile Locha Riach, Paratriathlon Náisiúnta agus Craobh Náisiúnta Sóisearach.”

It is with great pleasure that I welcome you all here today to Loughrea for our annual sprint race which is celebrating its 10th anniversary this year and the National Junior Championships. I would also like to extend a special welcome to all competitors, family and friends involved in the National Paratriathlon Championships which are taking place for the first time in Loughrea today.

Predator Triathlon Club is small triathlon club that has developed in East Galway over the years based on promoting health, fitness and fun through the medium of triathlon in a family based environment. I would like to thank the members of the Senior and Junior club and others involved in giving their time to run these events today.

I would like to thank all our Sponsors for their generous support, along with the Gardai, Civil Defense, Kayak Club, Loughrea Town Council and most of all the local community for their support, without which we would not be able to run this event. A big thank you also to [CASA, our Charity partner](#) this year who do fantastic work in supporting people with disabilities in the local area.



Finally I would like to especially thank you the competitors for choosing to enter our race in such big numbers, and on behalf of the Predator Triathlon Club would like to wish you the best of luck in meeting your goals in a fun and safe race here today. Best of luck to you all!

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Velocity National Triathlon for Children and Youths 2015



Tony Daley, Junior Race Director

The popularity of triathlon in Ireland has been phenomenal over the past few years. Along with the adult population a growing number of children are taking part in events consisting of either, swimming, cycling or running. More events are being staged for children and they continue to grow with races now all around the country. **Predator Triathlon Club** has had a **junior** section for nine years now and during that time they have been providing training and events for children of all ages.

In 2012 the club was awarded the **National Triathlon Championships for Children & Junior's** and has continued to run the event up to 2015. The club is very honoured to be able to stage this event as it showcases everything the club is about. We feel it is a first class event which puts the children first and allows them to enjoy the great sport of triathlon. With a super safe, clean swimming facility, closed roads for the cycle and run and an abundance of volunteers and marshals it has been the standard for other events to follow. This has all been due to the great effort that members, parents and families have put in organising quality events for children of all ages.

It is a very exciting time for the junior members of Predator Triathlon Club which now numbers over 80 children ranging from the age of 7 years to 16 years. Youngsters who have been in the club from the start are now competing at senior level and others will be following them. We now have a great sponsor in the form of **VELOCITY** who have come on board providing racing bikes and other equipment to assist the club. Triathlon for children gives them the opportunity to have fun combining the three activities in one enjoyable event. If children are given the chance to take part in sport at an early age they are more likely to stay physically active. We will be hosting 200 children this year and we hope that each one of them will have a positive, fun filled event and the club will be doing its best to make sure this happens. The club wishes all those taking part in 2015 and safe and enjoyable time in Loughrea at the National Triathlon for Children and Youths 2015.

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Paratriathlon National Championships 2015



Loic Bocquet, Predator Triathlon Club

The National Paratriathlon championships are coming to Loughrea this Sunday and it promises to be a great event. Having only started in 2012, the paratriathlon national championships are growing and attracting more athletes each year.

This year is no exception and, for the first time in Ireland, we will have more than 10 paratriathletes competing for the national titles across four categories (PT1, PT3, PT4 and PT5).

The competition promises to be fierce, between reigning national champions, newcomers and reconverted Paralympic athletes, with ITU points up for grab for those who have ambitions at International level and those looking to represent Ireland at the Paralympics Games in Rio 2016, where Paratriathlon will make its first appearance as Paralympic Sport.

The athletes will take on a 750m swim in the crystal clear waters of Loughrea Lake, a 20K cycle with some undulating hills and a 5k run before to be crowned national champions!



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Loughrea Triathlon 2015 – Ready, Steady, GO!



Start times, finish times....all you need to know:

Senior Sprint National Series Race 2015 Timetable

DATE	START	TIME	AREA/FUNCTION	LOCATION
01/08/15	16:00	19:00	Senior/Para Race Registration	St. Raphael's College Loughrea
01/08/15	16:00	20:00	Viewing of transition, swim, bike & run routes	Long Point, Loughrea
02/08/15	08:00	12:00	Senior/Para Race Registration	St. Raphael's College Loughrea
02/08/15	13:00	14:15	Senior/Para Transition open	Transition, Long Point Loughrea
02/08/15	13:50	14:00	Senior/Para Marshal Briefing	Transition, Long Point Loughrea
02/08/15	14:00	14:10	Senior/Para Competitor Briefing	Transition, Long Point Loughrea
02/08/15	14:20	14:25	Senior Paratriathlon Race Wave 1 Start	50m pool, Long Point Loughrea
02/08/15	14:30	14:35	Senior Race Wave 2 Start	50m pool, Long Point Loughrea
02/08/15	14:40	14:45	Senior Race Wave 3 Start	50m pool, Long Point Loughrea
02/08/15	14:50	15:55	Senior Race Wave 4 Start	50m pool, Long Point Loughrea
02/08/15		16:30	Senior/Para Race Finish	Car park, Long Point Loughrea
02/08/15	16:00	18:00	Post-race meal	Main Ballroom, Loughrea Hotel, Loughrea
02/08/15	16:45	17:15	Senior/Para Prize Presentation	Main Ballroom, Loughrea Hotel, Loughrea
02/08/15		18:00	Senior/Para 2015 complete	

Junior National Championships 2015 Timetable

DATE	START	FINISH	AREA/FUNCTION	LOCATION
01/08/15	16:00	19:00	JUNIOR RACE REGISTRATION	ST. RAPHAEL'S COLLEGE, LOUGHREA
01/08/15	16:00	18:00	VIEWING OF TRANSITION, SWIM AREA, BIKE & RUN ROUTES	LONG POINT, LOUGHREA
02/08/15	08:00	09:00	JUNIOR REGISTRATION OPEN	ST. RAPHAEL'S COLLEGE, LOUGHREA
02/08/15	09:00	09:45	JUNIOR TRANSITION OPEN	LONG POINT, LOUGHREA
02/08/15	09:50	10:00	JUNIOR RACE BRIEFINGS FOR ALL RACES	LONG POINT, LOUGHREA
02/08/15	10:30	13:00	JUNIOR RACES START	LONG POINT, LOUGHREA
02/08/15	12:30	13:15	JUNIOR TRANSITION REOPEN TO REMOVE EQUIPMENT	LONG POINT, LOUGHREA
02/08/15	13:15	13:30	2015 JUNIOR NATIONAL CHAMPIONSHIP PRIZE GIVING	LONG POINT, LOUGHREA

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Loughrea Triathlon 2015 – 10th Anniversary Sponsors

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www.glenisk.com

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RUN SPONSOR



Peter Forde Physical Injury Massage Clinic
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www.physicalinjurymassage.ie

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& Cafe

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www.glenisk.com

Glenisk is the Cleary family business. From Killeigh, Co. Offaly, our family has been producing delicious organic yogurt and goats milk products for over 25 years. Using only the finest natural ingredients and milk from Irish family farms, our yogurts are as good for the environment as they are for you. The latest addition to the Glenisk range is our Greek High Protein Yogurt – an authentically strained yogurt which is packed full of protein, fat free and full of taste! These yogurts are great for pre and post exercise, an anytime snack and are versatile in the kitchen replacing higher calorie ingredients!

Peter Forde – Physical Injury Massage

Clinic: My interest for sport & remedial massage therapy started following injury after injury from competing in multiple sports. I have suffered many of the injuries associated to each discipline & can relate to people with their injuries when they attend my clinic for differential diagnosis & injury treatment. To offer the best service to my clients I have done additional courses in Personal Training, Advanced Dry Needling and Electro-Therapy, Advanced Kinesiology, Taping & Strapping, Occupational first aid level 5, sport first aid (pitch side). Since qualifying I have gained extensive experience working with both sporting & non-sporting clients tailoring my techniques to suit people from all walks of life-whether you are injured from a sports related incident or from repetitive strain injury associated with your job.

RUN SPONSOR



Peter Forde Physical Injury Massage Clinic
Bothar na Míne, Ballybane, Galway
www.physicalinjurymassage.ie

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Loughrea Triathlon 2015 – 10th Anniversary Sponsors

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West Side Cycles is your one stop shop for all your cycling needs, for Bicycle Sales , Repairs & Bike Hire. We cater for all, from a Kids first bike, basic everyday bikes, Commuter bikes, Off-Road Mountain Bikes, Tri-Bikes and Adventure Race Bikes, as well as road racing enthusiast and competitor. We offer a large range of Brands & styles of bicycles, clothing, Accessories & spare Parts , And can offer Galway's only Drop-in (One Day Bike Repair Service) for Servicing or Repairing your bicycle needs can all be handled in our professionally equipped workshop.

Velocity Bikes: The team here at Velocity is made up of Dan (DC Customs), Mark, CEO of Turas Bikes and our chief mechanic and wheel builder guru Sir Lloyd. It's fair to say that between us all we have all the bases covered from Road racing, all mountain, touring and vintage bicycles. We ship our bicycles and parts worldwide and pride ourselves on our turnaround time and attention to detail.

Not only do we sell brand new and second hand bikes, we can also take existing bicycles and simply make them better, more original, lighter, tougher and most importantly.....a one of a kind bike that's better than it was when it left the factory.

JUNIOR RACE SPONSOR



Velocity Bikes
Oranmore, Co. Galway
www.velocitybikestore.com

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Loughrea Triathlon 2015 – 10th Anniversary Sponsors



O'Briens Sandwich Cafes - Aonghus McGuinness: Back in 2004 I was originally in the garment business. I was looking for a new challenge and one day while I was going through an airport I spotted the O'Brien's brand. After doing some research into the franchise I decided to take the plunge and start the business in Liosban business Park. We had to fit out a 2000sq foot premises from scratch! We designed the premises to include 64 seats as well as a large kitchen so we could offer a catering service. Now with 2 vans we deliver a quality corporate catering service from early morning breakfast meetings, business lunches and cater for evening product launches too. The combination of great customer service from our team, quality food and a good brand are essential ingredients to the success of the business now in its 11th Year.

Irish sports brand **Amphibia** was born in 2010 with a successful appearance on Dragons' Den. Since then it has grown from 1 item – a triathlon bag – to 9 products for triathlon, cycling & swimming. Additional products are being added to the portfolio during 2015 and the brand is being exported worldwide, a real Irish success story. Numerous international athletes use Amphibia products including the fastest female triathlete in the planet Gwen Jorgensen and World Champion Cliff Diver Orlando Duque. However Amphibia remains committed to local events and athletes and is delighted to support the Loughrea Triathlon along with top Irish athletes like Bryan Keane and Kevin Thornton.



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Loughrea Triathlon 2015 – 10th Anniversary Sponsors



Tranquillity Leisure and Spa at the Raheen Woods Hotel is the leisure experience of today for you and all the family, offering a 20 meter deck level pool ideal for a relaxing swim or a rigorous workout. Our spacious gym is equipped with the very best in cardio and resistance equipment. Our Kids play centres 'Kardio Kids' provides a spacious, fun and safe area for your child to play. Our Spa area is an oasis of calm and relaxation offering an extensive range of treatments. Regular special offers available, why not pamper yourself? Suitable for hen or group booking, treatment, use of pool, Jacuzzi, steam & sauna room glass of wine ONLY €40. Free crèche 3 mornings a weeks. Call 875300 to arrange a free leisure trial.

West Coast Equine's Jurgen Bodamer qualified in Ludwig-Maximilians-University Munich, Germany in 1994, and completed his doctorate in Hannover in 1999. A 100% equine practice, specialising in surgery.



Located in the heart of Salthill, Galway. Founded by Michael Gallagher M.I.S.C.P Chartered Physiotherapist. **Baily Point** specialises in the treatment of neck and back pain, Sports injury rehabilitation/team coverage, acupuncture/dry needling, chronic pain management, fracture and surgical rehabilitation and orthotic assessment.

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Loughrea Triathlon 2015 – 10th Anniversary Sponsors



APOS Ltd is a specialist clinical Prosthetics and Orthotics provider operating throughout Ireland. We are involved in the manufacture and fitting of specific Prosthetic and Orthotic devices to clients with a wide range of pathologies. At APOS Ltd we pride ourselves in our innovative and creative design of Prosthetic and Orthotic devices. We strive to provide the highest quality Prosthetic and Orthotic services for our patients. The company employs internationally experienced clinicians qualified in both Prosthetics and Orthotics.

Duanes Hardware is located in the heart of Kiltullagh. We are a family owned and run business established since 1940's. Here we aim to provide a wide range of building and farming supplies to our customers spread over the west of Ireland. We are a one stop shop for all your home, construction, farm and grocery needs all under the one roof.



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Predator Triathlon Senior Club: A Look Back



O'Brien's[®]

Aonghus Mc Guinness, Predator Triathlon Club

Back in 2004 I had just moved to Athenry, set up my own business in Galway and was keen to get out and meet new people. Seb Locteau was living a few doors down from us and one day spotted me going up and down the pool. He stopped me swimming and said *"Angoose, you seem ok at swimming, would you like to join a Triathlon club"*? I had to ask him what a triathlon was! Soon I had joined a handful of other enthusiastic adults cycling to the golf course and back and then running around the hotel. Sessions increased with some outdoor core sessions which involved a lot of muscles that had lain dormant for some time!

Soon we started organising a few races. A duathlon was run from the Raheen Woods Hotel in Athenry to raise some funds for the club. In the summer of 2005 I got involved with helping and sponsoring the first Triathlon based at Long Point, Loughrea. That year we ran an Olympic race, a sprint race, a women's 'tri a tri' and gave the kids a 'splash and dash' too. There were over 400 competitors that day. We had to improvise back then and my van as used as part of the finish line! 2015 marks the 10th anniversary of the Loughrea Triathlon - it's always a great event and at *O'Briens* we are delighted to continue to sponsor the event.

Predator Triathlon club has come a long way -with a membership of over 200 including the junior club, the familiar blue and yellow gear can be seen out on the local roads cycling or competing at events all over the country.

Visit: www.loughreatriathlon.ie & www.predatortriclub.ie

Predator Triathlon Junior Club: Our Rising Stars!



Maeve Noone, Predator Triathlon Club

Predator Triathlon Club was the brainwave of Seb Locteau, a proven triathlete over all distances, including the Ironman. Athenry had never heard of triathlon until Seb started coaching swim sessions, and open water swimming was not something many Irish children would have experienced, short of dipping a toe in the freezing cold Atlantic, but as time went on this group was swimming easily and enjoying the experience of outdoor swimming.

At that time Predator was the only junior club in the country, and as a result there were no junior races to compete in. To address this, the club organised a number of events, culminating in the first official club triathlon in 2005. From there the junior club grew and grew. Tony Daley took over at the helm from Seb as junior coach, ably assisted by Lilly Muldoon, Ciara McClearn and a fantastic team of parents. A progression system was developed – Cubs, Leopards and Tigers - to introduce new members to the sport, and enable them to progress to the Junior Squad, and from there to the ranks of the Senior club. Predator Junior club has been the template for many others and Tony has provided advice and guidance to many other clubs.

The Junior club has been tremendously successful and has provided the younger members with not just a fun, safe and professional environment in which to gain a solid foundation in the sport of triathlon, but also with skills and friendships for life. Many podium spots have been achieved along the way but the ethos of the club continues to be participation and enjoyment, as opposed to winning at all costs.

One of the greatest reasons for the success of the club, and one of its core strengths is the involvement of parents and their willingness to help out at training all year round. Many parents have undertaken courses with Triathlon Ireland, Swim Ireland, Cycling Ireland and Athletics Ireland. Led by Tony Daley they work together to cater for the large junior club membership. It is with the hard work and dedication of this strong team of leaders that ensure that its members will continue to develop and ensure the success and longevity of the sport and the club for many more years to come.

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Predator Triathlon Club – Senior Member Profiles:



Una Reddington, Senior Club Member:

I joined Predator Triathlon Club because I wanted to swim in the lake as I'd just moved away from the sea. Lilly (aka club super hero) recommended a wetsuit and I turned up for a Wednesday evening swim session. I was assured that the suit would not choke me and jumped in!



I swallowed litres of water in that session but I was hooked! By the end of that Summer I was swimming 750m in about 25 minutes and I took part in my first triathlon in Loughrea.

Fast forward to today....I now swim 750m in 15 minutes and I've done 7 or 8 triathlons, a bunch of runs and outdoor swimming events. What's more I've benefited from the incredible Club swim sessions in the pool, Sunday cycles, running and circuit training sessions. Add to that the Killary 2k swim (twice!), duathlons and acquathons, and even mountain biking - all in my Predator gear!

People ask me what **my favourite part of triathlon** is and I find it difficult to answer. Getting a bike was brilliant, with Predator sourcing my first bike for me. I've learned a ton of bike skills and I've enjoyed the many training cycles. I had been running for years but joining the club has been game changer for me as I realised I had the potential to run a lot faster. Consequently I've been motivated to do more runs and have taken 20 minutes off my half-marathon time since I joined Predator!

Last but not least the greatest thing has been the people. The amount of tips, tales and inspiration you get from people in the club is immense. Doing triathlons, runs, swims etc can be kind of nerve racking even when you're not competing to win (yet....!), but it has given me a lot of confidence and motivation. Now I want to do more triathlons, a marathon, a half Iron man and go on cycling and swimming training holidays! And to think that it all started because I wanted was to swim in the lake!

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Predator Triathlon Club – Senior Member Profiles



Pat Foley, Senior Club Member:

Little did I know that following a chance conversation in March 2012 with John Cloonan, a friend of mine, that I would have completed my first triathlon three months later! At 44, a relatively late comer to triathlon, I thought my days of competing in any form of sport let alone triathlon, were well & truly behind me. However after “surviving” my first triathlon in Athy and all that it entailed, the usual story, I was hooked!



West Side Cycles

Having no background in any of the three disciplines and a self taught “octopus stroke”, I decided to up my game and join my local triathlon club. Lucky for me that club turned out to be Predator Tri Club. From the moment I joined the club I was made to feel very welcome and could see that while the club was very inclusive and catered for all abilities from age groupers, para tri athletes to elite, that the underlying ethos was that of a family club. Along with the senior club Predator has one of the largest junior clubs in the country and we are fortunate to have one of the most experienced coaches in the country in Tony Daley.

Many of the senior members are parents of junior members, and volunteer their time and assist with coaching sessions. It never ceases to amaze me how much time and commitment members give - These are the unsung heroes that keep the club and races going year after year. The club has given me and many others over the years fantastic opportunities not only to improve on our abilities as athletes but opportunities to learn new. More importantly it has helped to develop many friendships.

My two kids Mollie & Jack have followed me into the sport which allows me to spend precious time with them in their growing years. I am proud to be a member of Predator TC and while I am not racing in this year's race I will be somewhere on the course in my “high viz vest” along with dozens of other members of the club, happy in the knowledge that others are enjoying themselves in the wonderful but challenging sport of triathlon.

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Predator Triathlon Club – Junior Member Profiles:

Caron Ryan, Junior Club Member

When did you first get into triathlons?

I first got into triathlons three years ago after watching a Predator training session at the lake. I thought it looked cool, wanted to try and I have been addicted ever since! My first triathlon was the Predator Junior triathlon in 2012. I remember that I was nearly last out of the water.

What has been your favourite event?

Sligo Triathlon (in April) is my favourite event to date. The bike course was difficult and I felt like I had achieved something after I had finished. Plus the food was amazing....

What would your most important tip for anyone starting triathlons?

Buy a pair of lock laces! It is very annoying having to tie your laces in the middle of a race.



What sportsperson (across any sport) do you most admire?

I admire Sonia O'Sullivan - her achievements give me the determination in my own races, I also admire triathletes like the Brownlee brothers and Aileen Reid. Also Predator Junior coach Tony Daley, who has seen the talent and potential in every one of us juniors, devoting his time and effort to help us achieve our best.

What other hobbies do you partake in?

I do show jumping and athletics. It's difficult to find the time for it all but it's worth it.

What is your favourite training session?

Swimming in Loughrea lake is my favourite training session. Although the lake is freezing and the fish scare me, I love the feeling of swimming in open water. It's also a great opportunity to "race" against other people in the club, especially my brother!

What one performance to date are you most proud of and why?

My performance in the National Junior championships in Loughrea. It was the first time I really pushed myself to win. It was also a nice feeling to win on home ground.

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Predator Triathlon Club – Junior Member Profiles:

**Ralf Bodamer,
Junior Club Member**



When did you first get into triathlon?

I first joined Predator in Autumn 2013. My dad told me about Predator Triathlon Club and said it would be fun to do. At first I was quite hesitant about it because I didn't know any other members but I went for it and I'm so glad I did because I have made so many friends now at Predator. My first triathlon was the Predator Triathlon 2014 in Kilcornan.

What has been your favourite event?

The Loughrea Triathlon 2014. It was my ambition to compete in it last year. I was looking forward to it and when I arrived at the Loughrea Lake there was a great buzz of excitement, although I was pretty nervous it turned out fine in the end as I won!

What would your most important tip for anyone starting triathlons?

Pace yourself during a race and don't forget it's all about taking part and enjoying what you're doing.

What sportsperson (across any sport) do you most admire?

I admire lots of triathletes like Gavin Nobel, the Brownlee brothers, Jan Frodeno, and Aileen Morrison. I support Bayern Munich, Thomas Müller being my favourite player.

What other sports or hobbies do you partake in?

I play soccer, I compete in my local athletics club and I love swimming.

What are your favourite training sessions?

I love all of them!! I couldn't pick one.

What one performance to date are you most proud of and why?

I took part in the Lough Cutra Triathlon this year. There were a lot of competitors from all over Ireland and the UK and I was delighted to come 3rd in my category.

Visit: www.loughreatriathlon.ie & www.predatortriclub.ie

Loughrea Triathlon - 10th Anniversary Art Competition



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Thank You!

We look forward to welcoming you again in 2016!

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