



IRONMAN ATHY

On Sunday 1st July 2018 Athly Triathlon Club hosted its 1st Full Distance “IRONMAN” Triathlon in Athly town. The purpose of the day was twofold. Primarily to show support for Ger Prendergast - a Dublin based endurance athlete and friend of the club, as he completed another day in his 52 Ironman in 52 weeks challenge #52IN52. Secondly, to provide a long distance training day for our club athletes registered for Ironman Barcelona Oct '18. We have a 22 person team registered to take on that challenge. Both Ironman challenges being used as fundraisers for our chosen charities **MENTAL HEALTH IRELAND & PETER MCVERRY**.

Further detail on each charity campaign can be found on our fundraising pages:

[Athly Tri Club - Charity Fundraising - Ironman Barca 2018](#)

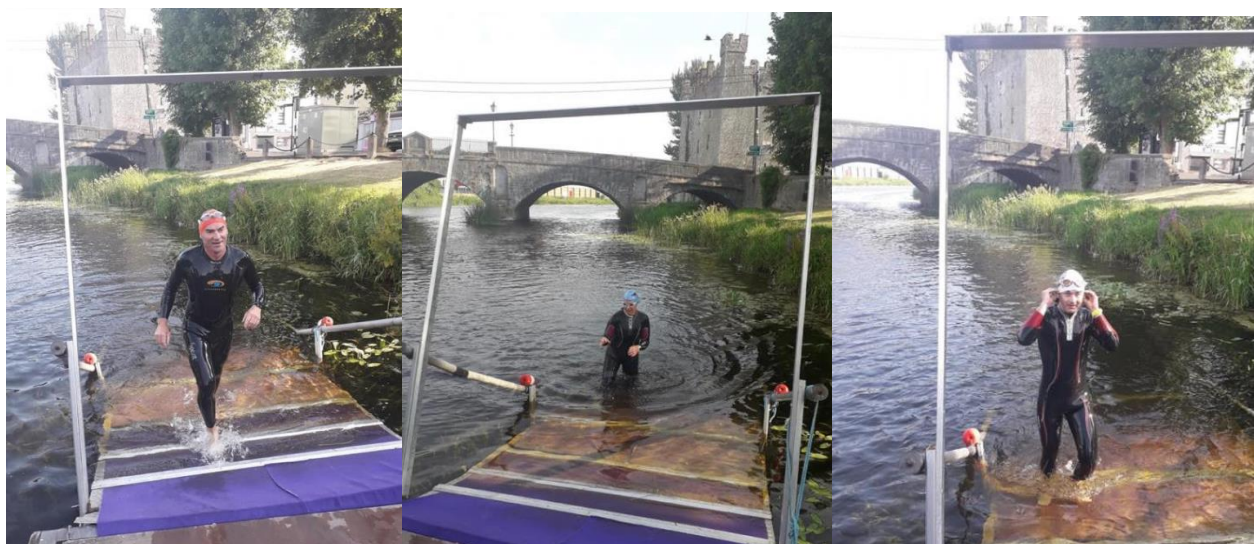
[52 Ironman triathlons in 52 week - Everyday Hero fundraising page](#)



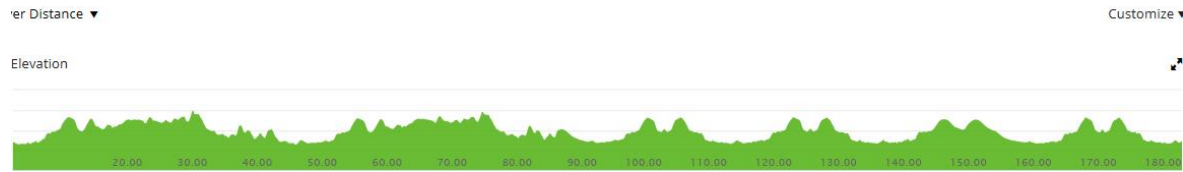
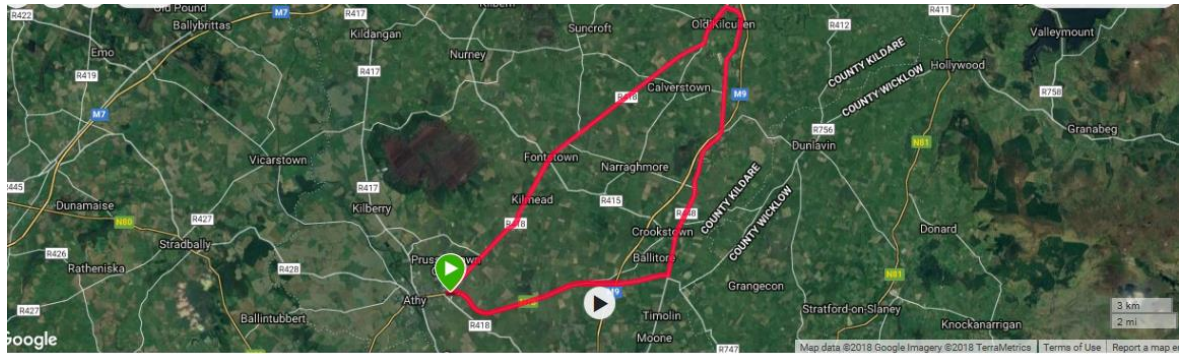
The day itself was organized & ran by a small group of ATC volunteers, with the ongoing support of Richard Daly (Principal of Athy College) kindly providing us with the use of school grounds & members of Athy Rowing club, who provided river safety marshalling. The course was a very simple but challenging one:

The Swim: 3.8km River Barrow Swim

4 lap course from Crom a boo Bridge Upstream 475m/Downstream 475m. The river this time of year is low and slow moving, albeit a little “reedy” in parts. Wetsuits & positive attitudes the order of the day.



The Bike: Open road 180km



Starting at Athy Community School - Cyclists made their way to the Athy Link Road where they completed two 45k laps (Athy Link Road – Kilcullen – Athy) before completing 4 laps of the Athy Link Road to make up the 180km distance. This stretch of road is regularly used by ATC members for group cycles & time trials. The hard shoulder is well surfaced & minimises traffic/safety concerns. It also allowed participants to join for shorter distances during the day. Total elevation 1,030m. Aid stations were positioned at the start of each lap of the Link road (45k, 90k & every 20k thereafter). On course supported provided by enthusiastic family & friends.....





The Run: 21 laps of 2k enclosed course

The run course was designed to be short laps enclosed within the grounds of Athy College. Allowing for a largely flat (140m elevation) & traffic free family friendly course. With a mix of tarmac or grass sections and an aid station positioned at the start of each 2k lap. On the day full tri participants were joined/supported by family and friends, fellow club members (including our Junior members – who were

also treated by Karen Kavanagh our Junior Development officer to an hour of games during the evening run).

To finish the day our junior and senior members joined Ger on his final run lap. Bringing to a close a very successful and enjoyable day for all involved. For the record, Ger's Ironman discipline splits were:



Swim 1hr 7mins, Bike 6hr 20mins, Run 4hr 10mins.

Mighty stuff & we look forward to hosting a similar event later in the year.

