

Up the Creek Race Report: Mairead Elliott



I was really looking forward to this race all week; as this time last year it was my first triathlon. Driving up there with my mam, I was more excited about the day ahead than nervous, it also helped that I wasn't facing into another olympic distance!

Pre race was filled with chat, a bit of to and fro with gear, a little jog up the first hill of the run course before quickly making a dash back into my wetsuit and we were in the water. The start was quick, one blast of the horn and were all off. I got dunked at the first buoy, a little disorientated in the middle of the course thinking I was further down the marina than I was, in all the swim felt longer than it should have.

Out of the first transition I finally managed a mount for the first time this year! :) Onto the bike and I was off trying to catch as many as possible before the run section. The bike course was challenging, but I felt I was going well with the new bike (thanks Stephan for sponsoring me with it) and managed to move up from 18th female to 8th by the end of the bike section. It was also great to see a gang of GoTri colours leading after the turnaround point!



Onto the run course, I had some motivation to keep my pace up as I could see two ladies from Limerick Tri ahead, I eventually caught them around the 3km mark and tried to push on as I knew there was a nice downhill section coming up. Unawares to me I crossed the line as 6th female on the day! :) I was delighted when I saw the results, it was a massive improvement for me since last year. Without a doubt the improvements I made on Sunday started to happen when I joined the club in Sept last year and it was great to see the success of the whole team when we retained the club title. :) P.s We need some GoTrie road graffiti for HOTW!!