

2013 Westport Sea 2 Summit Adventure Race Formguide

This Saturday's final National Series races in Westport will see all 2013 championships as none of the titles have yet been decided.

This Formguide is Based on current known entrants with entries still being taken at this stage.

In the Men's Expert level Supreme event current Series leader Chris Caulfield is looking to consolidate his series lead after unluckily missing out on Killarney due to injury sustained training for that event.

Aidan Mc Moreland would be odd on to take the title if he raced this weekend but has not been spotted amongst the entrants at this late stage so Caulfield should in that case take the title but on the day is likely to be content with chasing a place on the podium after his 4th here last year.

Local Con Docherty is a hotly touted favourite after a recent junior bronze medal in the world triathlon championships. He is a class act and should "on paper" be too good for the field if he can safely negotiate the Reek descent and not push his possible stamina limitations by going too hard early on.

Another top triathlete likely to feature is Achill Roar winner Killian Heery but he will need to have improved his mountain descending skills since Achill to have a realistic chance of victory here.

Jerry O Sullivan reportedly will take his chance in the Supreme and will be interesting to see how he will fare. He is a class act and seldom tastes defeat but might find Doherty and maybe Heery too good this time out.

Nigel Keane and Michael Flanagan have both shown improved form over the season and are both strong on the bike which usually helps here and should be top 6 candidates.

A somewhat "dark horse" who was only 12th here last year but could well make top 5 or better this time out is Christopher Murnane. He has had a couple of good results this year, is a strong runner on and off road and if he has a decent bike legs he might well finish strongly and possibly challenge for the podium.

In the ladies race the reigning Expert champion Marie Boyle arrives here with a 3 from 3 record of victories but both Achill and Killarney were very close fought races. She has a winning mentality that serves her well and she seem set to take the Series win with a decent finish here but the renewal of her tussle with Killarney's second placed Fiona Meade will be eagerly viewed. Both are very strong on the bike and Meade might well have the edge here after losing out by only a few seconds in Killarney but she might well have been still jaded after her Rás Na mBan cycling exploits soon before that and could be running better now.

Christina Mackensie has raced well in a few events this season without wining any but possibly has not given herself a good chance to recover from her 2 Ironman events in between them. She is a talented athlete that should make the podium here and Moire O Sullivan is another that could well

feature here. She is primarily known for her endurance off road running prowess but has not raced since last year having had a baby during the summer. She has been training hard in recent weeks and could well lead many a merry dance with her descending of Croagh Patrick but might find her rivals a bit more race sharp and savvy on the long bike leg back to Westport.

The Sport level Spirit event last year's Sport Series and Spirit race winner Jerry O Sullivan was in the listing but is now understood to be making his Expert race debut in the Supreme. He has missed some races this year through injury so cannot win this year's Series but if fit to race will be a podium contender in the Supreme.

Amongst those likely to take advantage of his absence is Brendan Conway who should be suited by this distance and course and was only 8 second behind O Sullivan here last year so might well make it to the top of the podium this time.

TJ Mc Hugh is another local who has some good results this year and will be chasing the podium spots as will the trio of Martin Nee, Aodhan McAleer and James Kane who all will also be eyeing up the Series points table and each other.

Whilst Kane might well have the better of this three way tussle, the placing differentials are unlikely to allow him the chance to leapfrog Nee and McAleer as all 3 of these seem likely to leapfrog current Series leader Michael Kindregen by the end of the day.

In the ladies spirit race, Catherine Conway leads the local charge and her renewal of their Race 2 Glory battle with Mary Daly will be closely watched as the ladies Sport Series destination is likely to be decided on the outcome also. Conway is certainly the better runner and this course should suit her better than her rival but Daly showed good form recently when winning the Connemara Rough Diamond sport event. Whether that improvement is enough to beat Conway remains to be seen.

Those most likely to fill the remaining positions on the podium include Michelle Traynor and Nicole Forde with Forde possibly having the edge on her close rival.