2015 Moxie Race Reports

The Expert Series Moxie Pro race had some great racers toeing the line but as has been the case in recent times the Cavan Kayak / Muckno Tri clubmates Dessie Duffy and Killian Heery looked to be the pair they all had to beat.

Form the off it was Heery who showed super form and speed and he led Duffy with the Jonathan Caulfield, Eric Wolfe and Tim Downing heading up the nearest challenges on the opening bike leg.

On the mountain run Heery continued to gain advantage over the field as Duffy went astray in the mist and surprisingly then pulled out of the race leaving Wolfe to give chase with David Power and James Skeehan catching Caulfield on the run stage.

Into the water and Heery was again excellent in this discipline with John Mollohan then only one to better his time. More importantly he gained time on all of his main rivals as Power, Skeehan and Downing in particular lost out significantly here.

On the final bike leg Heery pressed home his advantage to take the win by in 2h 45' 55" with an astonishing margin of over 12 mins ahead of Wolfe in 2nd with Caulfield 2 mins back in 3rd.

Power was a further 5 mins back in 4th just 7 secs ahead of Skeehan in 5th.

Derek Kiely had an impressive debut performance and took 6th after a good battle the whole way round with his Go Tri clubmate Paul Tierney.

In the ladies race pre race favourite Sarah Galligan pulled up with a niggling injury at the start of the mountain run but by then the gauntlet had been well and truly thrown down by Ellen Vitting who finished behind Galligan in Killarney last year. Vitting was peerless on the opening bike leg (6th fastest overall!) as Maeve O Grady and Galligan gave chase – Each of these 3 ladies were using the event as a final "warm up" for the Beast Of Ballyhoura 72 hour race over the bank holiday weekend.

Vitting , like Heery in the men's race, proceeded to increase he lead over all the subsequent stages and too her maiden Series win in 9th place overall (3h 13' 31") almost 19 mins clear of O Grady in 2nd, Lorraine Horan who held 3rd throughout and Courtney Prestiage having a good mountain run to take 4th.

Eibhiln Cleary made a welcome return to racing at this level in 5th with Ann O Connor in 6th

In the Soprts race the Cavan / Muckno representative and pre-race favourite Kieran Cosgrove led from the stat to the finish with fastest legs posted on a ll land based stages but losing little time int he kayak either.

On the opening bike leg he was pursued by newbie adventure races Laco Faska, Mark Hennigan and Barry Cronin but out on the mountain run Cosgrove move further clear as only Cronin was able to move into 2nd as Aidan Farrell posted the 3rd fastest run of the day and Faska dropped out of contention with a poor run.

Cronin gained a slight advantage on Cosgrove in the kayak stage but it was far too little too late as Cosgrove powered home on the final bike stage to take the win in 1h 50' " some 5 mins clear of Cronin in 2nd with Farrell some 6 mins back in 3rd.

Derek Middleton finished 4th just ahead of the fast finishing Faska in 5th and Patrick Fitzgerald 6th.

In the ladies sport race Caroline Conway made a late appearance in the entries and she too is a lady that has been in training for the upcoming Beast event. The training showed as she took the lead from the start ahead of pre race favourite Debbie Meehan.

Conway, like Cosgrove, posted fastest leg times on all land stages and could afford to lose time to all her main rivals on the kayak stage with Meehan almost passing her but her final bike leg was decisive as she took the win in 2h 16' 41" with a margin of over 2 mins ahead of Meehan in 2nd.

Sandra Caulfield showed the value of a fast kayak leg moving into 3rd ahead of Jill Horan in 4th , Rozanne Bell 5th and Sabina Glynn 6th

SERIES EVENT UPDATE

We have recently been notified by the organisers of the Connemara Rough Diamond that their 2015 event will not take place.

We had been assured late last year that the 2015 event would take place on 26th Sept but this recent notification is indeed regrettable.

Apologies to all who have planned their Series races to include this race.

We do hope you will find alternative races to fit in with your plans

2015 Moxie Pro & Moxie Formguide - Revised

The next Expert and Sport Series events take place this coming Sunday in the west Wicklow setting of Tulfarris on the banks of Blessington lakes.

Based on the Final entry list which is now available for the Expert class Moxie Pro it looks like another dust-up between the top 3 of last year, reigning Series Champion and winner here last year Dessie Duffy, runner-up Killian Heery and Eric Wolfe.

The Cavan Kayak Run / Muckno Tri clubmates both had below par showings in Gaelforce North a couple of weeks back but both can paddle well and are good runners and bikers to will surely figure at the top end as should Wolfe who's certainly should be suited by the bike course.

If these 3 are not on top form however there are others in the field that will give them plenty to do for the win here.

John Wolohan is a top level paddler and should be fastest on the long paddle stage. His overall run and bike fitness has improved and he will hope to hang on to a top 5 position but it seems unlikely that he would make the podium in this strong field.

Other strong paddlers in the field that have perhaps stronger podium ambitions and certainly top 6 chances are Greg Byrne and Barry Cronin with Byrne likely to be the strongest of these as a good all rounder as Cronin is perhaps a little weak on the bike for this level as seen here last year.

A trio from the triathlon world who have strong top 6 claims but who may be somewhat suspect in the paddling department are David Power, Alan Kearney and Tim Downing.

Power lost a huge amount of time in a relatively short paddle when a close second to Cronin in the Blackstairs race and needs to have his own single kayak and execute the stage well to have a chance of doing well here but is in good form based on a good result in Dingle.

Kearney was well positioned after a very strong bike leg in Dingle so this course will suit him but based on last year here, he too will need to improve his kayaking if he is to figure prominently.

Downing has had good showings in Killarney and again has realistic top 6 ambitions if he can minimise his losses on the water.

Others that have decent Series form recently include Jonathon Caulfield who will be suited by this course could do quite well and Gavin Byrne who had a good top 10 finish in Dingle plus possibly Sean Conroy and Paul Tierney if the latter has regained his fitness levels of 2014 who could both sneak into the top 10.

In the ladies race Sarah Galligan won impressively here last year and will be favourite to repeat that with Maeve O Grady likely to prove her closest opposition.

Galligan is strong all round and should have the race sharpness over O Grady who would be suited by a longer and possible tougher course.

Ellen Vitting is a strong runner who could well make a good charge for the podium if she can paddle well along with Dingle winner Lorraine Horan, Lynda Talbot, Eibhlin Cleary and Edel Conroy.

In the Sports series Moxie race Series leader Kieron Cosgrove is a last min entry and looks a strong favourite based on recent winning form and the course here.

Derek Middleton is one with good known form but he was a bit back in Dingle in a strong field but could do much better here.

Brendan Ward who was 4th here last year and Patrick Fitzgerald are others with good form and top placing ambitions as no doubt will some of the dark horses in the open field.

In the ladies Sport race last year's 3rd Jill Horan will be looking to improve but Deborah Meghen will certainly have similar winning ambitions and could well succeed here with Sandra Caulfield also having realistic podium prospects. Rozanne Bell and Mary Collins could also do well here and make the top 5 whilst the returning to racing after pregnancy duo of Caitriona Nic Caba and Barbara Stritch could do well if back to race fitness.

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2015 Dingle Adventure Race Formguide

This Saturday's Expert level race in Dingle has a star studded line up with multiple race winners and National Champions past and present joining podium finishers of the past few years and some other talented athletes on the start line.

Despite the presence of 2014 Series winner and recent Waterford race winner Dessie Duffy the race favourite is probably last year's Dingle winner Tim O Donoghue who makes his season's Series debut this Saturday.

He has again concentrated on road running for the early part of the year and the long running sections will suit him both on and off road and his biking is also strong though possibly a bit behind some of the others in this field.

Duffy's main strengths lie on the bike so this course format will not really suit him but he is no slouch on the mountain and he should make the reigning champion work hard with another course record possibly on the cards if conditions allow it.

A newbie to this race is top level Belgium based triathlete Mark Nolan who is very strong on bike and on foot and he could well challenge these top two if his mountain running and kayaking disciplines do not let him down.

Last year's 2nd Eric Wolfe is back again will be in with a shout of the podium again as will former winner Diarmuid Collins who showed great form to win the Corauntohill race last Sunday but who's biking weakness generally leaves him with too much to do to have a realistic winning chance here in this sort of field.

Jerry O Sullivan had a good result here last year and will be again hoping to play a part in the top 5 placings whilst other with similar ambitions that might just have to be satisfied with competing in this very strong field for top 10 placings include Barry Cronin, Adrian Hennessy, David Power, Kieran Cosgrove, Milosz Wojcik (Sport winner in 2013) and Alan Kearney.

The ladies race looks fairly wide open with podium regulars like Patsy Winters, Sarah Mulcahy, Lynda Talbot, Michelle Daly and Regina Dempsey likely to figure prominently though with lots of newbies like Noreen Harvey of Mallow a/c in the field there could be a surprise result here.

In the men's sport race with many of the usual suspects option to do the longer race the men's race looks fairly open with challenges coming from the likes of John Paul O Connell (4th in Waterford recently and 4th here last year) and Derek Middleton who was 6th here last year whilst the evergreen local Sean Tagney who is strong on the bike which the sport course slightly favours could be in with a podium shout if his running has improved.

The women's sport race has some high calibre athletes entered with triathlete Lorna Wolfe likely to be the favourite if she can run down a hill and kayak successfully.

If not then Maeve O Grady is a strong all-rounder who should make the podium and others looking to figure in the shakeup include Judith Malcom, Karen Nolan, Stacey Masterson and Hilary Jenkinson.

2015 Beir Bua Waterford Adventure Race Formguide

The 2015 Beir Bua Waterford Adventure Race features as the opening Expert National Series race this weekend based in Cappoquin.

Based on the currently available provisional entry list top of the race predictions has to be 2014 expert Series winner Dessie Duffy who was unbeaten in the 2014 Series and will look to continue those winning ways on a course that should suit him.

Joining him on the long trip from the Monaghan / Cavan border is Kieran Cosgrove who could well prove to be best of the rest in the podium battle. He had a good race when dead heating with Jerry O Sullivan (2nd here last year) in the 2014 Achill ROAR and will also be suited by the cycling aspect of this race presuming he can safely negotiate the kayak stage.

Noel O Leary is a likely late entry that will be suited by the kayak stage in particular and could figure in the race for the podium

John P O Connell could well be a name of note IF he is the same John O Connell who regularly heads the results at Munster mulitsport events. If he is one and the same then he could well give Duffy a good run for his money but it remains to be seen how the kayak stage might evolve.

Paul Mahon was 6th here last year and will be looking for a top 5 finish and possibly top vet in the rankings after Cosgrove.

Not yet entered on the provisional list are others such as Chris Caulfield and Noel Donoghue who would be suited by this course if they were to show.

In the ladies contest there is no standout favourite currently entered but Sarah Mulcahy looks set to improve on her 4th place finish here last year and 6th placed Marie Sheehan similarly should improve up the rankings.

Kara Reilly, Maria Kiely and Sarah Duffy are others that will be looking for a top 5 finish in an open looking contest currently