

# 2016 Dingle Adventure Race Formguide

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This Saturday's Expert level race in Dingle has as "Same Again Lads" feel about it with last year's top 5 all set to do battle again.

In 2015 the kayak stage was missing due to inclement weather and that may have influenced some of the placings and with only 6 mins separating the top 5 last year it could be a tight finish again this time round.

Dessie Duffy prevailed last year and the surprise here was that he did so on the final road run leg after a much improved bike leg from Diarmuid Collins left him back upsides Duffy coming off the mountain after both had been left behind the trail blazing Mark Nolan in the opening bike leg.

Collins should again be in sparkling form but Duffy has a knack of eeking out the victories and may shade it on the water if it comes down to it as already he has posted impressive Series victories at Quest Glendalough and Blackstairs though this is likely to be a sterner test for him to keep his winning sequence going.

Nolan should be better placed for a more measured effort that could see him take a win here if his kayaking is up to speed and he has practiced his downhill running as he lost 3 mins to his 2 rivals there last year.

Eric Wolfe is a good all rounder who will be looking to challenge like David Power who has shown improved form this year already but both of these sometimes struggle on the water and this is not a place for a weakness such as that to show up.

In any case it seems likely that Duffy's clubmate Killian Heery may get the better of them both with a good all round performance though whether he is strong enough to get amongst last year's top 3 remains to be seen.

Barry Cronin has been working on his biking weakness and this course favours runners but whether he has improved enough to challenge the aforementioned likely top 6 remains to be seen with the strong biking Paul Morrissey, Nick O Donoghue and Gearoid Hynes amongst the others looking to make top 10 .

In the ladies contest Moire O Sullivan showed plenty of her old self after a year off the scene with an emphatic win in Quest Glendalough and she looks likely to have a great battle with last year's winner Emma Donlon who is on the comeback trail as Emma Hand who is on the list is not due to start with injury.

Donlon beat O Sullivan by a mere 34 seconds here in 2014 and another close contest might just go O Sullivan's way after a good preparation and focussed training spell.

Last year's winner Lorraine Horan is likely to be best of the rest ahead of the possibly closely matched Denise Carey, Patsy Winters, Sarah Mulcahy, Claire O Sullivan and Grainne Read.

In the men's sport race last year top 2 of Kieran Cosgrove and John Paul O Connell will do battle again as they have several times already this year.

As always they should be well matched but there seems no real reason to doubt that Cosgrove should again prevail by a small margin over O Connell with Seamus O Connell hoping to take the final podium position as has been the case in 2 of the 3 Series races already this year.

2014 winner Milosz Wojcik will be intending to spoil the usual 1,2, 3 pattern though and he seems likely to have a close battle with Cosgrove for the win here if on form.

Last year's 4<sup>th</sup> placed Brendan O Brien might just repeat that performance in this instance ahead of others like Derek Middleton who had a poor race here last year and Paul Byrne who will both be hoping to make top 6 but others might spring from a very large pack to challenge them also.

The ladies sport race sees Previous winner Deirdre Nagle and Fiona Meade do battle and this could prove a fascinating contest with their relative running and biking strengths respectively and it could well come down to the kayak leg to decide this one.

Breege Smith attempts to add to her good early season results (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in 3 races) and she should again make the podium here.

Kerry native Ailis Brosnan is one that has a serious pedigree in the competitive running sphere including some great mountain running results some 15 years ago. She will be a serious contender if in that sort of form here and may be the one most likely to trouble the on form Smith and others.

Deborah Meghan and her Wicklow Tri clubmate Rozanne Bell might prove the best of the rest though with such a huge entry the sport race seems likely to throw up a few surprises.