

Connemara Adv Challenge 2013 Formguide

Whilst the 2012 race winner Jerry O Sullivan is absent as he recovers from an injury sustained whilst winning the sport section of the MonsterMAC 2 weeks ago, last year's 3rd, 2011 & 2010 2nd Diarmuid Collins returns in search of an elusive win here. He will be re-opposed by Chris Caulfield who chased him home last year and who won ahead of Collins here in 2010. This pair seem set to fight out the podium positions with local Brendan Conway whose early season form has been good as evidenced by a 2nd in Harlequin Adv duathlon in March. Caulfield will know the course well but might be caught for speed having raced for the past 3 weekends though Collins similarly might be somewhat fatigued having completed the 24 hour TEAR race last week as part of the winning Outfront team just ahead of Caulfield's Moxie Racers.

This could well give the chance to Conway to take a maiden win after several placed efforts if he makes the start line.

Behind these the vets Anthony Cornforth, Brian Keogh (3rd here in 2010) and 2012 vet winner Paul Mahon will all be aiming for top 6 placings along with Aodhan Mc Aleer.

With a very close race in prospect up front for all and no standout favourite there are definite prospects for a newbie to come and shake up the usual suspects as happened last year with 2nd placed Gearoid Hynes and the rough off road section could take a few scalps from those electing to chance their road bikes for this section.

In the ladies race the favourite has to be Kate Cronin who burst onto the scene in 2012 with a close 2nd in Gaelforce West. She is in good running form with several hill run wins in recent weeks along with a 2nd in the Limerick 1/2 marathon last weekend and she look set to collect the spoils here on a course that favours runners more than cyclists if she has a trouble free cycle.

The remainder of the podium places are up for grabs with Sarah Galligan seeming most likely to chase Cronin home. Others that may well feature are recently returned traveller Aoife Nagle who could figure if back to her best form of a few years back and vet Misty Price who seems likely to take that title ahead of Hilary Jenkinson.