

2014 Beir Bua Waterford Adventure Race Formguide

The 2014 Beir Bua Waterford Adventure Race features on the National Expert Series list for the first time think coming Saturday and a good close battle up front is likely with last year's first and second, Chris Caulfield and Noel Donohoe likely to again be closely matched.

Caulfield is just after a win in the sport series Connemara Adventure Challenge last weekend and it may prove that a hard race there may curb his speed somewhat.

Donohoe paddling prowess is key to his performance in this race and this year should prove no different though a change to the paddling for this year's race necessitated by tidal conditions (Now to be ~1.5km up & similar downstream as opposed to 6.4km downstream in previous editions) may well prove interesting.

With multiple Sport Series winner Jerry O Sullivan moving up to the longer Expert races this season it will be interesting to see if his class can tell on this course which is not ideal for a strong runner like him. He is a strong biker though and with the overall course length reduced this year he may well take his inaugural Expert Series victory once he does not lose too much time on the paddling stage to Donohoe and Caulfield.

O Sullivan had a good lead in the opening sport Series race in Killarney but in the end only just hung on for victory against Kevin Murphy who re opposes here again. Murphy will be suited by the long bike climb up the Vee and could challenge for a podium spot if in similar form to Killarney.

An interesting pair of Cork entrants sure to figure in the shake-up are Nicky O Donoghue (brother of the all conquering Tim!) and strong runner Kevin O'Brien who is sure to be upsides O Sullivan on the opening run stage but will probably not be as strong on the bike.

Others vying with these for top 5 spots include Damien Cronin, Paul Mahon and Ciaran Dillane.

In the ladies contest the stand out favourite after an impressive finish to the 2013 season in the Killarney race is Cork's Fiona Meade. She will be ideally suited by the biking on this course whilst her most likely rival Moire O Sullivan would be more suited by a course with more mountain running.

O Sullivan has had a good return to form this year already but if Meade is on top form she seems likely to prevail and possibly even get a top 10 overall position.

Amongst those hoping to be vying for podium positions are Mary Mc Evoy, Theresa Kilgannon, Eileen Cronin, Hilary Jenkinson, Marie Sheehan and Marie Sexton.