

## 2013 Dingle Adventure Race Formguide

This Saturdays Expert only level race in Dingle promises to have the highest standard up front this year with all podium finishers of the last 3 years lining up alongside some highly regarded newcomers to the scene.

The race favourite is undoubtedly last year's Expert Series and Dingle winner Tim O Donoghue who makes his season's Series debut this Saturday. He has concentrated on road running for the early part of the year with impressive results on the competitive Munster scene and his return to the hills at last Sunday's Carruntohill race produced a fairly comprehensive victory over several of his Dingle rivals. The long running sections will suit him both on and off road and his biking is also very strong. Last year's 2<sup>nd</sup> Adrian Hennessy and 3<sup>rd</sup> Diarmuid Collins both raced on Carruntohill last Sunday and will again look to make the podium but 4<sup>th</sup> placed David Power will probably have improved more since and this trio will again be very closely matched. Collins will need to minimise his losses on the bike if he is to overcome the other pair on the long road run to the kayak but Hennessy and Power are both in good running form so this will be an intriguing battle for sure.

Some others that are short on adventure race form but likely to be in the reckoning include Robert Patterson who showed excellent running form when second to the national sport champion Jerry O Sullivan in the short Monster Mac race but the one they all have to watch out for is Eric Wolfe.

This family name is better known in triathlon circles with Eric's sisters competing at international / pro level in recent years but Eric himself has competed at top national level and is fresh from a win last weekend at the double Olympic distance race in Athy.

He is likely to set a fierce pace on the bike and how he handles the testing ascent and more importantly descent of Mount Brandon will decide his fate. He clearly has the pedigree and form to make the podium and possibly give O Donoghue a real challenge if in touch coming off the mountain and recent dry weather will make the descent less likely to pose him serious problems so a super race should be in store.

Chris Caulfield has had a win in Waterford and two series runner up placings in Monster Mac and Moxie Pro already this year but this is a runner biased course and he will probably have to be content with a likely win in his first year vet category with Johnny Mc Cabe likely to win the super vets and also make top 10 if back to his best form of a couple of years ago.

In the ladies expert race another Waterford race winner Fiona Meade will have a good chance to take her first series win but her strength is cycling so that is not ideal for this race. Suzanne Kenny is a strong runner who could challenge Meade if back to her best form as evidenced when placed at last year's Sea 2 Summit whilst Linda O Connor will be looking to follow up on her 2<sup>nd</sup> in Monster MAC with another podium finish here.

Lucy Curtayne, Eibhilin Cleary and likely vet winner Bernie Condron are others looking to close out the top 5 though with some UK and USA racers in the field there could be some new faces in the prize winners enclosure 😊

theLast year's third Paul Mahon is likely to again have a close battle with Sean Tangey and Anthony Cornforth for top vet finisher as he did in Killarney last year with all aiming for top 10 finishes.

In the ladies race last year's winner Fiona Devane is in good form as evidenced by her recent Monster MAC win but Cork's Fiona Meade was a very impressive winner in Waterford and could well upset the Kerry lass who is hoping for a repeat of last year's victory. With Maeve O Grady listed but believed unlikely to race as she is currently doing the Trans Germany bike event, it is likely that her fellow Defence Forces colleague Lisa Mc Mahon can make the podium after a good win in the Blackstairs last weekend. Last year's second Roisin Hickey, Eibhlin Cleary, and top vets Pauline Brady and Hilary Jenkinson look likely to battle it out for the remaining top 5 positions.