

Gaelforce North 2013 Formguide

All roads lead to Donegal for the Gaelforce North event this Saturday.

In the men's Expert series race 2012 winner Adian Mc Moreland is the favourite and should collect the spoils if back to the sort of form that saw chase home Tim O Donaghue ahead of a strong field in last year's Gaelforce West event. His current season form is somewhat unknown however so if not up to his best then a strong challenger could run him close but he should have too much in hand if fully race fit.

One certain to mount a challenge is Shaun Stewart who was the winner of the Conquer Cancer Coastal Challenge race in Donegal last July beating no less than 2011 GFN winner Garry Crossan in the process and no doubt will have plenty of practice on the course.

The strong favourite for the vets title and a podium certainty if back anyway close to his best form of a few years back is Robbie Bryson. His pedigree includes some amazing records including the fastest ascent ever of Snowdon, Irish veteran cycling champion and being a member of the winning Irish Mountain Running team and placing 4th individual at the 2001 Mountain running world championships!

Others likely to feature in the top 5 include the improving vet Stephen Perry and Darragh Mc Shane.

In the ladies expert race the strong favourite based on 2013 form is Kate Cronin.

She was 4th here last year from wave 2 but since then she has proved to be a force to be reckoned with and could well make top 10 overall here.

Suzanne Kenny was 2nd recently in Dingle and is likely to repeat that here with vet favourite Joan Flanagan likely to complete the podium

In the Sports series sprint race 2012 winner Steve Sweeney returns in search of a repeat win but might well have to settle for a podium position this time round.

The irrepressible Jerry O Sullivan makes the long trip from Munster as he seeks to repeat his 2012 series win. Whilst still a bit short of his top form of last year due to niggling injuries he is a great competitor and tends to eek out victory by close margins and could well do so again here.

The one most likely to run him close is another Munster man, former rower and recent triathlete convert Michael Casey O Shea, who showed great cycling form in particular to take the spoils in the 2013 Headless Horseman event. This course might not be as favourable to his strengths but he should still go close if race fit.

Last year's second Noreen Mc Gee will be looking to at least repeat that placing again this year and could well take the win in the ladies sprint field whilst vet winner Claire Quinn should well repeat that performance and probably reach the podium overall also after her 4th here last year.