

Gaelforce West 2014 Formguide - Updated

In the men's Expert Series Gaelforce West race the only previous winner anticipated to participate is 4 time champion Peter O Farrell though he is not currently listed on the starting lineup.

O Farrell would normally be the stand out contender in this his specialist event but injury this year has given several competitors every chance of getting a first time win over the man who only lost the win last year when puncturing on the final bike stage. He still remains the proven course and distance performer who they all have to beat.

Amongst those listed are last year's 3rd placed Dessie Duffy who was right in contention until the technical descent of Croagh Patrick caught him and several other out.

If he has practiced his mountain running he could well be the one to challenge O Farrell though the multiple Sport Series champion Jerry O Sullivan is one who will be suited by the running nature here but his stamina will be severely tested by this course.

The anticipated fast pace on the first run will be helped by the late entry of Barry Minnock (a 2 17 marathon man a couple of years back) . He has returned to form after early season injury and is a very competent mountain runner and decent biker . He should be right up there on Croagh Patrick but the final bike leg might prove his weak point if there is to be one.

Gaelforce North winner Shaun Stewart is another one in the podium reckoning along with 2nd placed Lonan O Farrell.

O Farrell has experience on this course and it might suit him a bit more than Stewart and 3rd placed Peter Crommie who are both strong Bikers.

Barry Cronin was 4th in GFN and will be suited by the running bias of the course as will the much improved Brian Malone and Garret Bracken who were 5th and 6th up North and will both be looking to make top 10 here.

Eanna Cunnane and Richie Mac Liam have done well in the past in Sports Series events and will be right up with the leaders in the early stages no doubt and will be interesting to see they can maintain their likely early running pace throughout as their current form is unknown.

Kieran Cosgrove took the vets title when 7th here last year and will be looking to repeat that performance with Crommie as his likely vet title rival.

In the ladies contest the multiple winner Emma Donlon makes the line up after struggling with injury when 2nd here in 2013 and again earlier this season.

She took a narrow win over her main race rival Moire O Sullivan in Dingle earlier in the year and this pair look set to dominate the event with Donlon possibly having the edge with her course and distance experience.

The strength of these top two see them likely to possibly make top 20 or certainly 25 overall.

The other places are hard to call with the likes of late entrant Orla Mc Evoy, Paula Prendergast, Michelle Ryan, Shelia Regan and Monica Forde amongst the contenders.