

Killarney Adventure Race Formguide

All roads lead to the southwest this coming weekend for what is now the largest one day adventure race in the country.

The size of the entry is well matched by the quality of the field and although the former Series and race reigning champion Tim O Donoghue is absent abroad there is a super strong line-up.

Dessie Duffy is on a roll and will be looking to formally wrap up the Expert Series with his 4th win in a row here following on impressive victories at Gaelforce West, Achill ROAR and more narrowly at Moxie Pro recently.

Whilst well known for his cycling strength his mountain running has improved drastically this year and he seems to be the slight favourite in this star studded lineup.

Last year's winner Adian Mc Moreland was a long way adrift of Duffy and Eric Wolfe in the Achill ROAR but will be better suited to this course. He will fancy his chances of getting ahead of Wolfe though he too has shown better mountain descending technique this year and is likely to challenge Mc Moreland for podium positions.

Jerry O Sullivan has targeted this race all year and reportedly has an individual path carved up Mangerton with his numerous training runs. He is in super form as he seeks to make the Expert podium as he did when 3rd at Gaelforce West. His strong running will again be suited to this course and if his cramping problems of past races don't cause issues then he should be in contention for a podium place.

Cork's Paul Tierney is an experienced ultra distance mountain runner that can bike a bit too and he will be looking to do battle for a top 5 spot with former race winner Adrian Hennessy and likely vet winner Peter Cromie who makes the long trip south from Limavady for the event. Other likely top 10 contenders include David Power, Chris Caulfield, newcomer Mark Wolfe, Barry Cronin and the Tipperary pairing of Paul Tierney and Stephen Teeling Lynch

In the ladies race Moire O Sullivan looks to make it 4 Series wins on the trot and will be quietly fancied to do so here on a course that should suit her running strengths. She has already wrapped up the Series with a 2nd in Dingle but will certainly be put to the test by a strong ladies field.

Her strongest challenger is likely to be Fiona Meade who narrowly missed out on victory here last year by a mere 7 seconds.

She has not been seen on the adventure racing circuit since winning Waterford and doing only the opening bike leg at Dingle earlier in the year but her fitness is in no doubt as evidenced by her recent victory at the National Road Biking championships.

Her cycling strength will serve her well here and she is a good mountain ascender but O Sullivan may just have the edge with her technical descending skills needed to distance herself from Meade who will be favourite if close to O Sullivan starting the final bike leg.

Outside this pair the other podium spot seem up for grabs with a number of ladies in contention for top 5 spots.

These include Linda O Connor, Christina Mc Kenzie, Avril Copeland, Yasmin Kenny, Lorraine Horan and Sarah Mulcahy but with a large entry there may well be some less well know ladies showing form in the race.