

NATIONAL SERIES UPDATE

With 9 races completed in the National Series the rankings are starting to take shape. Myself and Will are more than happy to see so many Piranha members racing and it really shows in the National Series rankings. To date we have 75 men and 36 women who have completed at least one race.

To find your ranking and points you go to this link

<http://www.triathlonireland.com/Events/Series-Rankings/>

Or go to the TI website and select EVENTS and in the drop down list select SERIES RANKINGS then select VODAFONE NATIONAL SERIES and you can filter by overall, AG or Club.

In the club championships the Men are currently leading the way with 6 Piranhas placed in the top 20 positions overall. The women's position is not as good with GoTri Ladies leading the way at the moment. But we do have a number of strong results so far and by the end of this month (which includes Ennis Tri, Wicklow, 2 Prov, King of the Hill, Top of the Mourne, Lough Rea and Belfast) we will have a much better idea of where we all stand.

Races left in the National series are as follows

10/07/2016	Wicklow Town Black Castle	Standard	Closed
16/07/2016	Two Provinces	Sprint	Closed
23/07/2016	King of the Hill	Sprint	Closed
23/07/2016	Top of the Mourne	Standard	AVAILABLE
09/07/2016	I Tri 2016	Sprint	AVAILABLE
31/07/2016	Loughrea Sprint Triathlon	Sprint	AVAILABLE
31/07/2016	Belfast Titanic Triathlon	Standard	AVAILABLE
06/08/2016	Sligo Triathlon	Standard	AVAILABLE
13/08/2016	Caroline Kearney	Standard	AVAILABLE
13/08/2016	Lough Neagh Triathlon	Sprint	AVAILABLE
20/08/2016	Tri the Hook	Sprint	AVAILABLE
28/08/2016	Vodafone Dublin City Triathlon	Standard	AVAILABLE
03/09/2016	The Lost Sheep	Middle	Closed
10/09/2016	Blacksod Point Challenge Triathlon	Standard	AVAILABLE
11/09/2016	Jailbreak Triathlon	Standard	AVAILABLE
17/09/2016	Pulse Port Beach Triathlon	Sprint	AVAILABLE

As you can see there are a few races closed already but there are 12 races open for entry, 7 of which are Olympic and 5 which are Sprint. Just as a reminder, for the National Series you need only do 4 races but you must do one Sprint, one Olympic and 2 others which could be any distance i.e. 3 Sprints and 1 Olympic will be OK. In the National Series some people are showing as NYQ = Not Yet Qualified which means they have not done a sprint and an Olympic distance race yet.

If you are considering an Olympic race then Belfast might be a good option (Sunday 31st July) on the Bank Holiday weekend! It is a safe swim and a flat bike and run course. It is also a well organised race with a good transition area a 2 lap bike and 4 lap run.

We hope to be reporting on more Piranha success's after the 7 national series races which take place during July.

PIRANHA HANDICAP LEAGUE

While this has all been going on Will has been results downloading, handicapping, calculating, checking and double checking to get the Piranha handicap league up to date. It has been a time consuming job but his experience in NAMA has given him a solid background in how to use excel and all its formula's. We have come up with a handicap system which in its first year might see a few bandito's but it's only a bit of fun but serious bragging rights!!

The league is taking shape and will be much clearer when everyone has done 4 races. The difference with our League is you can do any 4 races (i.e. all Sprints) and everyone is in with a chance of winning. There will be a nice prize for the winner and runner up in each league and everyone who completes 4 races will get a free gift. We will be keeping the League up to date on a weekly basis from here. If you find we have you down for less NS races than you actually have done please lets us know.

Please find the Male & Female league standings at the bottom of page

So far Piranha Triathlon club have done ourselves proud with massive numbers attending races like Carlow, Westport, Kilkee and another big turnout heading to the Sprint champs 2 Provinces race on Saturday 16th. It was fantastic to see every Piranha who had finished in Westport go back up the finish area to cheer on the later finishers and something other clubs were impressed by so let's remember to do that.

There are still many training sessions to do, early morning pool swims, sea swims with jellyfish stings, wetsuit rash, long bike rides, long runs, 5km Parkruns to half marathons, sore back sides, sore muscles, cramps, stains and pulls etc. etc. but we do all of this to stay healthy, look great and feel great. We also do all of this to go out and race or complete triathlons. Finishing time matters to some, finishing position matters to others but at the end of the day no matter how fast or slow you are there are another 100 people standing on the side lines cheering you on saying fair do's to them, I could never do thatand how many of you were that person 3 months ago, 6 months, 12 months ago or longer. So give yourself a pat on the back, keep up the training and see you out there racing for PIRANHA TRIATHLON CLUB AND FOR YOURSELF!!

Cheers

Johnny Wallnutt

Top 5 Men in the Piranha Handicap League

Top 5 After H/C Applied	Full Name	2016 H/C Per Race	NS Points After H/C	NS Points
1	Kevin Beades	(9.20)	395.54	432.32
2	David Cahill	(12.00)	394.87	442.87
3	Stephen Cawley	(8.73)	386.85	421.77
4	David O'Shea	(4.38)	386.51	404.03
5	Richard Doyle	(20.47)	379.75	461.64

Top 5 Women in the Piranha Handicap League

Top 5 After H/C Applied	Full Name	2016 H/C Per Race	NS Points After H/C	NS Points
1	Martina Duignan	8.73	316.980	290.77 1
2	Karen Fenton	14.96	294.879	249.97 4
3	Siobhan Forman	(6.52)	284.613	304.18 4
4	Daireen Gill	(4.12)	274.916	287.26 7
5	Lorraine Carrabin	(5.35)	274.132	290.19 4

Full List of Piranha Men in the Handicap League

Full Name	NS Points	2016 H/C Per Race	No of races completed	NS Points After H/C
Kevin Beades	432.32	(9.20)	4	395.54
David Cahill	442.87	(12.00)	4	394.87
Stephen Cawley	421.77	(8.73)	4	386.85
David O'shea	404.03	(4.38)	4	386.51
Richard Doyle	461.64	(20.47)	4	379.75
John Macken	260.76	16.85	3	311.32
Simon Lawlor	265.30	13.90	3	307.00
John Lyons	270.84	11.63	3	305.74
Tom Mcenery	341.06	(12.85)	3	302.52
Richie Dooley	305.22	(0.92)	3	302.47
Aidan Hughes	282.71	5.97	3	300.62
Ivan Eustace	329.73	(10.19)	3	299.14
Paul O'Donovan	311.42	(5.32)	3	295.46
Stephen Eustace	315.91	(8.60)	3	290.11
John Wallnutt	332.02	(15.32)	3	286.07
Michael Barry	344.81	(21.23)	3	281.14
Gareth Robinson	308.10	(9.04)	3	280.97
Michael Foley	197.26	4.65	2	206.56
Dara Lawlor	181.32	11.92	2	205.15
Gordon Grant	206.55	(0.95)	2	204.65
Ruairi Hayden	194.15	4.48	2	203.12
Killian Nolan	201.36	0.45	2	202.26
David Bradish	180.30	10.07	2	200.44
Ger Fennelly	186.87	4.89	2	196.66
Cathal O'sullivan	203.09	(3.40)	2	196.28
Aidan Canny	176.18	9.17	2	194.52
Morgan McGuire	212.91	(9.74)	2	193.42
Ciaran Long	198.99	(3.47)	2	192.05
William Owens	215.61	(12.31)	2	190.99
Ross Condy	195.75	(2.81)	2	190.13
Ian Allen	204.31	(7.18)	2	189.95
Marc Coyle	173.24	8.13	2	189.51
Mark Pringle	167.49	9.62	2	186.73
Declan Cunningham	204.41	(9.41)	2	185.59
Peter Sweeney	185.24	(0.11)	2	185.03
Pierre Bestue	196.26	(7.39)	2	181.49
Bernard Hanratty	193.93	(6.46)	2	181.01
Roger Rice	108.71	(2.53)	1	106.19
Barry O'Mahony	99.33	2.95	1	102.28
Sean Barry	110.50	(11.38)	1	99.12
Steven Moody	105.38	(6.42)	1	98.97
Carles Guerrero santiago	105.37	(8.66)	1	96.71

Patrick Beirne	102.95	(6.24)	1	96.71
Brendan Hennessy	101.99	(5.28)	1	96.71
Patrick Loughnane	100.43	(3.72)	1	96.71
Aidan Jones	100.37	(3.66)	1	96.71
Brendan O'brien	99.53	(2.81)	1	96.71
Robert Keenan	98.46	(1.75)	1	96.71
Gerard O'Loughlin	98.35	(1.63)	1	96.71
David Bray	96.94	(0.23)	1	96.71
Gerry Maher	96.24	0.47	1	96.71
Shane Gavin	94.87	1.84	1	96.71
Neil Ferguson	91.71	5.00	1	96.71
Gerard Vowles	91.08	5.63	1	96.71
Adam Goslin	89.12	7.60	1	96.71
Simon Montgomery	88.96	7.75	1	96.71
Ziemowit Sobieraj	88.17	8.54	1	96.71
Louis Coyne	87.27	9.45	1	96.71
Jamie Olden	85.12	11.59	1	96.71
Conor Barron	82.43	14.28	1	96.71
Ken Hughes	81.45	15.26	1	96.71
Martin Dunne	93.39	3.05	1	96.44
Frank Kehoe	94.49	1.81	1	96.30
Ivan Pedrazzini	81.86	13.40	1	95.27
David Cullen	93.92	0.78	1	94.70
Myles Conduit	89.70	4.86	1	94.56
John Fay	88.31	6.06	1	94.37
Conall Heron	89.81	4.55	1	94.36
Nick Walsh	96.51	(3.82)	1	92.69
Hugh Larkin	92.90	(6.54)	1	86.36
Darragh Moore	86.05	(0.36)	1	85.69

Full List of Piranha Women in Handicap League

Full Name	NS Points	2016 H/C Per Race	No of races completed	NS Points After H/C
Siobhan Forman	304.18	(6.52)	3	284.61
Claire Gorman	294.05	(10.45)	3	262.69
Martina Duignan	290.77	8.74	3	316.98
Lorraine Carrabin	290.19	(5.35)	3	274.13
Daireen Gill	287.27	(4.12)	3	274.92
Karen Fenton	249.97	14.97	3	294.88
Judy Van den ancker	217.18	(12.98)	2	191.22
Ciara Brady	202.80	(4.07)	2	194.65
Fiona Kelly	186.77	9.37	2	205.52
Gina Sheppard	183.85	8.46	2	200.77
Megan Smith	180.63	0.20	2	181.03
Debbra Walters	178.25	2.22	2	182.70
Aine Burke	171.02	11.86	2	194.73
Joanna Peart	169.14	7.26	2	183.67
Deirdre Breslin	165.32	5.84	2	177.00
Brianne Mulvihill	111.42	(18.49)	1	92.93
Rachel Hayes	110.17	(17.69)	1	92.49
Anne O'leary	105.06	(12.13)	1	92.93
CRISTINA DE LA TORRE PAREDES	102.51	(9.58)	1	92.93
Antje Danneberg	102.13	(2.64)	1	99.49
Tara Whyte	101.60	(8.67)	1	92.93
Belinda Vazquezberge	95.40	(2.48)	1	92.93
Louise Bennett	93.57	(1.36)	1	92.22
Marie Moran	93.13	4.75	1	97.88
Amie Hanley	90.50	2.43	1	92.93
Aileen Mccarthy	90.24	2.69	1	92.93
Aisling Costelloe	89.73	3.20	1	92.93
Siobhan Champion	87.59	4.69	1	92.28
Deirdre O' halloran	86.92	6.00	1	92.93
Jill Donegan	85.59	7.34	1	92.93
Nikki Dwyer	83.61	9.31	1	92.93
Deirdre Mallowney	82.63	10.30	1	92.93
Muiriosa Ryan	76.30	16.63	1	92.93
Catherine Dolan	75.18	17.74	1	92.93
Regina Bowe	71.61	21.32	1	92.93