

A Memorable Trip to Bedale.

This year a squad of 30 Irish competitors headed across the Irish Sea to compete in the UK Regional Tetrathlon Championships in Bedale, Yorkshire in June.

A lot of training had been put in across the board from the competitors and their coaches, John Flood over shooting, Peter Flynn-running, Anne Healy-swimming and Jimmy Dermody over the horses.

We arrived in the masses to England, by plane and ferry with 120 supporters on Friday some coming early Friday to go for a swim in the pool we would be competing in the following day. The same day the ponies were arriving by 4star travel to the stables in Thornton Watlass Estate. We settled the ponies in for the night and Jerry Brady was there to oversee the arrangements and to deal with any problems that cropped up. In the evening there were games between the competitors from Republic of Ireland, Scotland, Wales, England and Northern Ireland which involved running army style over tyres, crawling under a net on the ground, jumping bales of straw, spinning around a cone and bobbing for apples the we won with the help of Eilidh Prise from Scotland.

The first day of competition dawned bright and early with the shooting, taking place. The boys shot first and they got off to great start with a shot of 940 the best of the Irish boys by James Kavanagh from Wicklow.

Then it was the girls turn and all went well, with the best of the Irish shoot from Grace Dunne and Rebecca Kelly of 920. The shoot was won by Eilidh Prise of the Scots with a perfect score of 1000.

In the swimming we all pushed it to the limit to get those extra metres. There were fantastic swims from both the boys and the girls with swims over 10 lengths from Brian O'Sullivan and Sionann O' Reilly Collins.

After the swimming we headed out to exercise the ponies and walk the XC course with Jimmy Dermody and John Flood. That evening entertainment was held along with a hog's roast and a disco. The Irish participated with fiddle playing by the Savage's and the group song a song specially for the trip called "the Bedale song". It was a great evening of fun and dance.

The next day we rose early for the cross country which was held before the run. We headed straight to the stables to put the studs in and go on another course walk. The boys went out first around the tricky course with few mistakes. The girls went next following in the boys footsteps with no mistakes to be had. Luck had been on our side as we went around the course.

The run followed quickly as we jumped off the ponies to get changed into our running gear. We walked the running track with Chris Pim and got straight into our warm up. Everybody had superb runs with a 4:26 run from James Maher which was the winning run for the boys and a 5:00min from Bella Sherlock who also won the girls run.

It was a very close competition between the Scots and the Irish but in the end the Irish pushed ahead to win both the boys and girls competitions. Also well done to the other boys and girls teams who came in the top 10.

We had a great weekend thanks to the help of all the parents and suppers who travelled with us. But especially to John Flood, Anne Healy, Anne Kelly, Peter Flynn, Chris Pim, Gerry Brady and Jimmy Dermody who trained us on the run up to the competition.

Thank you.

Sarah Dermody.

This is the list of competitors that travelled to Bedale;

Girls: Naimh Curran, Sarah Dermody, Sionann O'Reilly-Collins, Emily Keane, Lindsay Dillon, Lulu Keane, Maebh Jacob, Grace Dunne, Brigitte Murphy, Rebecca Angel, Aisling Wyer, Laoise Fleming, Bella Sherlock, Mary Pat O'Sullivan, Rebecca Kelly and Catherine Brady.

Boys: Brian O'Sullivan, Cian Alyward, Liam Landy, James Maher, Mike Healy, Luke Sutherland, Rory Purcell, Jack Savage, James Kavanagh, Ger Conway, Chris Coakley, Michael Foley, Sam Pim and Pierce Fleming.