

Women's Report 2018

Time Trials

Karen Hull had another very successful season competing in the local TT events. Karen took the Silver Medal in the Master's category at the Ulster 25 mile TT in Omagh and 10 mile TT championship on the very fast Frosses Road course. Karen has also been competing at Duathlon and has had a lot of success in this area too.

Karen also won the women's club league and club championship.

Road Racing

It has been a quiet season for the Phoenix women on the open road racing. Jennifer Holmes was starting to show some good form at start of season but was involved in crash that put her off competing for the rest of the season. Hopefully she will be back next year.

Julie Rea competed in one open road race, Killinchy GP finishing 3rd. Julie 's hoping to be back for 2019 with her new knee.

Cyclocross Racing

Julie Rea had a good season in 2017/2018. She finished on the podium in a number of races and won the Foyle CX race. She also finished 10th in National CX championships at Wicklow.

Leisure Cycling

All the women in the club have been busy taking part in a number of the tough Sportive's around the country. The most notable being the Pink Ribbon Tour. Karen Jack took part in this 3 day event that covers 440 km from Mullingar to Kinvara and back to Mullingar. The Phoenix ladies have also been spotted at the Inishowen 100, Tour of the North Coast and our own Phoenix Sportive. The Ladies have also been active at the club runs every week with a few new faces filtering their way through the groups.

We also had an excellent talk from Bryan McKinney about how to structure our training and nutrition to our own specific cycling.

Upcoming Events

Our Annual Bun Run will hopefully take place on 20th October weather permitting and we have 3 strength and conditioning sessions with Mary Hunter organised in the coming weeks.

Julie Rea

Women's Representative