

# One of Irelands top long distance triathletes is joining our team!

## ALAN RYAN – TRIATHLON COACH



Alan has been competing in triathlon for 10 years. In that time he has gone from an ex smoking overweight couch potato to a multiple ironman finisher. Having done his first Ironman aged 38 in 2005, he has to date completed 14 iron distances races all of which he has finished in under 10 hours.

Alan has a number of international age group wins to his name in iron distance racing. He has stood on to the podium at the Ironman World Championships in Kona Hawaii in the very competitive over 40 and 45 age groups. Although concentrating mainly on long distance racing he has also enjoyed some success racing Olympic and half ironman distances domestically. Getting faster with age, this year at forty six years old Alan recorded his first ever overall triathlon win in the Skerries Half Ironman and an overall second at the very popular Kilkenny TriGrandPrix Olympic distance event.

As a time strapped amateur athlete and the father of two young children Alan is unable to log the big hours of training that many of his contemporaries can manage. His training philosophy emphasises quality over quantity, with a little of the unconventional thrown in for good measure. Alan was Irelands fastest finisher in Kona 2007 and 2009.



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