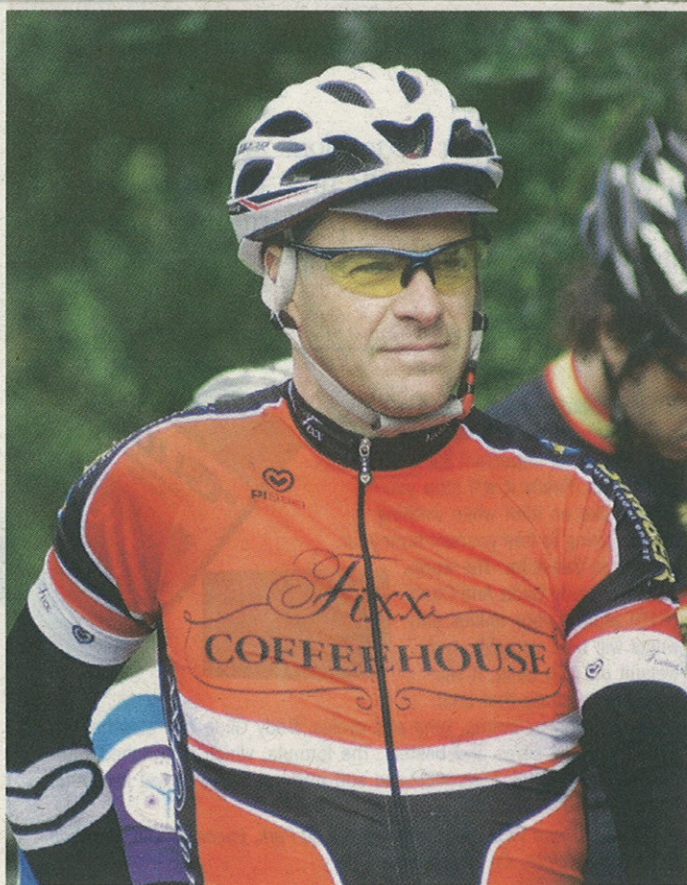


In his shoes

Gavin Lyons



BRENDAN CULLETON

Craig Molloy, 41, triathlete

This is my fifth year doing triathlon.

I started with a charity triathlon down in Brittas Bay for Sporting Proud. A friend of mine asked me to raise some money for his charity. I couldn't say no.

It was an Olympic distance, but the weather was shocking and the swim was cancelled, which I was delighted about. It was just a bike and run. I loved it! I said maybe I'd try a few the next summer and I got mad into it.

I did a few sprint and Olympic distance races that year, and in 2010 I was selected to represent Ireland in the 35-40 age group at the European championships in Athlone. I got to wear the green and I did okay.

I did my first half Ironman later that year in Austria and then I made the decision that I would do the full Ironman distance, which I did the following year in Zurich in ten hours and 58 minutes. I broke the 11-hour barrier at my first attempt so I was very happy.

My next race will be the Lost Sheep down in Kenmare in September. It's a half Iron distance. I think it's one of the best races on the triathlon calendar in Ireland. There are some amazing climbs through the Healy Pass and Moll's Gap. It was the national championships last year and I just narrowly missed out on placing in my age group by less than two minutes.

I had a mortgage business, then obviously the country changed and I needed to supplement my income by getting into something else, so I explored the opportunity of getting into sports clothing, particularly cycling and triathlon gear.

It was an Italian friend of mine who introduced me to the Pissei brand. I loved their product. They are a family business doing personalised team clothing for over 30 years. We got on very well with each other and I said I'd give it a go. That was this time last year. Now my company Velocita (velocita.ie) is up and running.

It's great to be able to combine your work with the sport you love.

I'm heading now for my first real attack on the personalised clothing scene for next year. Clubs will start to plan for next year around now. I'll be selling tri and cycling gear to cycling and triathlon clubs.