



## Pitsford Triathlon Standard Distance 2018

The wind had dropped by Sunday morning and with some warm water and not too warm temperatures, the stage was set for a great race in the beautiful settings of Northampton Sailing Club and Brixworth Country Park. The fact that it was also Father's Day didn't seem to have kept competitors away. As well as individual triathletes the event is also used by Clubs for their club championships and popular with the relay teams too. There were some great performances across the board with the single lap swim being competed in 3 waves and first out of the water was Mark Horsely in 21:09, Mark Gray was close behind in 21:37 followed by Sarah King in 22:50 who went on to win the ladies competition.



Onto the bike, Mark Gray was in great form recording the fastest split of the day of 65:15, followed Ben Smith only 13 seconds behind who was the eventual winner after a strong run time. Tim Webster recorded the third fastest split of the day with a 66:05.

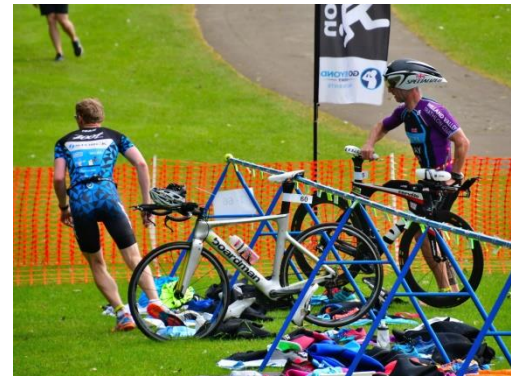


In the ladies race Gemma Royles was absolutely flying on the bike again this year, with a time of 69:11, following was Cath Weiss with a split of 73:47 and Sarah King just over a minute behind with a 74:57.

After T2 it was all down to the run and Matthew Glenn managed to cement his second place with a blistering 38:42.

Niles Beadman and Matthew Clarke made up some good time but were followed by Ben Smith who's consistency was to earn him 1<sup>st</sup> place overall.

In the Men's race it was a close run thing with Ben Smith of Welland Valley Tri triumphing with an overall time of 2:11:31, closely followed by Matthew Glenn from Rugby Triathlon in 2<sup>nd</sup> place again this year in 2:12:13, it was Mark Gray also from Welland Valley Tri in 3<sup>rd</sup> with a 2:13:45 also finishing 1<sup>st</sup> in the M50-54 category.



Back to the ladies race and as with the rest of the race places were changing, Sarah King secured the win with a 2:26:33 just 33 seconds quicker than Gemma Royles from Welland Valley Tri in 2<sup>nd</sup>. Sarah having the edge in the swim, being overtaken by Gemma on the bike and then claiming the victory back on the run. In third place was Sian Hibbs from Glade Valley Tri with a time of 2:30:29.

Overall it was a strong field of competitors with many returning to the event to better their times and we also welcomed a good many first timers eager to experience the challenge of the Standard Distance.



**Podiums:-**

**Left (R -L) Matthew Glenn (for Mark Gray), Ben Smith, Tim Webster**

**Right (L – R) Gemma Royles, Sarah King, Sian Hibbs**



**Relay Teams –**

1<sup>st</sup> Place (centre) – Relay Rumble (Liz Ginns, David Elliott, Jon Clark)

2<sup>nd</sup> Place (right) – WDAC – Amy Kelly, Peter Cowler, Paul Huckle

3<sup>rd</sup> Place (left) – Mackay Gang – Nikki MacKay, Gary Hewitt, Gary McDaniels

There was also some close racing in the Relay Event with a record equalling entry of 11 teams. The top two teams were very close with only 53 seconds separating them; the winning time of 2:14:28 was good enough for 4<sup>th</sup> place overall too. The third place relay team finishing the course in a respectable 2:23:20.

The Club Team prize for the highest placed 3 males and 2 females was retained this year by the Welland Valley Tri Club with some strong placings throughout the club. This is a great competition requiring solid results from each of the five to count.

**Credits**

**Photography** – Adrian Howes, [www.adrianhowesphotography.co.uk](http://www.adrianhowesphotography.co.uk)

**Massage** - Boston Therapeutic Massage, [www.bostontherapeuticmassage.co.uk](http://www.bostontherapeuticmassage.co.uk)

**Sponsors** – Rutland Cycling at Pitsford, [www.rutlandcycling.com/pages/rutland-cycling-pitsford.aspx](http://www.rutlandcycling.com/pages/rutland-cycling-pitsford.aspx)

**Yonda Wetsuits** - <https://yondasports.com/>

**TriSomi Swim Coaching** - <https://www.trisomi.co.uk/>

**Venue** – Northampton Sailing Club, [www.northamptonssailingclub.org](http://www.northamptonssailingclub.org)



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Thank you for supporting the Pitsford Triathlon Standard Distance and we hope to see you back again next year

**Simon Hollis  
Race Director**