



## TRISudbury Sunday 3rd June 2018 Press Release

TRISudbury have had an busy weekend with the junior team competing in Basildon on Saturday and adults competing at Blenheim Palace on Saturday and Sunday as well as Culford on Sunday.

The team had 4 junior members taking part in the East Essex Kids Triathlon Saturday morning with Charlie Boldock (TRISTAR 3) achieved a fantastic time of 31mins 11secs for a 300m swim, 5km cycle and 2.5km run. Ben Boldock (TRISTAR 1) flew round the course achieving a time of 24mins 36secs completing a 150m swim, 2km cycle and 1.2km run. Henry Newman (TRISTAR 2) finished in 31mins 26secs on a 200m swim, 3km cycle and 1.8km run and for the same distance, Will Bradley finished in 26mins 28secs. The boys were fantastic on what was a hot day!

Saturday 5 members at Blenheim Palace Bloodwise Sprint and Super Sprint Triathlon and another 2 members on Sunday with excellent results. A sprint triathlon is 750m swim, 20km cycle and 5km run. A super sprint triathlon is a 400m swim, 10km cycle and 2.5km run. The members who took part in the sprint were Dawn Buckland who finished in 1hr 37mins 49 secs, Suzanne Tetley who achieved 1hr 56mins 4secs, Nicola Daly Ashworth who completed it in 2hr 8mins 17secs and Sam Derry who completed in 1hr 48mins 31sec. David Potts finished the super sprint in 1hr 22mins 24secs. All completing in warm conditions at an amazing venue. Paul Walker and Julie Woodward competed in the spring triathlon on Sunday with times of 1hr 43mins 20secs and 1hr 41mins 40secs respectively.

On Sunday TRISudbury had several members competing at Culford Triathlon which is a sprint triathlon of 300m swim, 21km cycle and 4km run. TRISudbury has some amazing triathletes putting in some epic performances with age group wins for Shan Bendall and Emma Thistleton. Great times also achieved by Tom Codling, Pete Hender, Sarah Clarke, Lindsay Hobden and Jane Pearson.

TRISudbury also held their first GO TRI of the season which was a junior duathlon event at Great Cornard Sports Centre. A duathlon is a run, cycle, run event of varying distances depending on age group, there were 8 competitors, Charlie Upton, Dominic Clark, Nathan Clark, Archie Wiffin, Alex Cutmore, Matt Ponsford, Tommy Ponsford and Ruby Storey. All athletes were amazing competing on a warm day which was a warm up for the first Sudbury junior triathlon on 17th June. Keep an eye on the TRISudbury website for more events and dates.

ENDS

Notes to Editors

TRISudbury will be holding their third Triathlon on 17th June 2018 as well as GO TRI Events throughout the Summer season.

TRISudbury is Sudbury's Triathlon Club which is open to juniors agree 8-16 and adults of all ages and abilities.

[www.trisudbury.com](http://www.trisudbury.com)

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