



TRISudbury Sunday 10th June Press Release

Last weekend we had an individual and relay team enter the A J Bell World Triathlon in Leeds on the 9th and 10th June.

On Saturday, TRISudbury Junior Team Captain Charlie Boldock took part in the Tri Star 3 World Series triathlon in Leeds.

Charlie's distances were a 300m swim, 5km cycle and 2.5km run around Roundhay Park in Leeds. Completing the open water swim in a fantastic time 4mins 59secs, Charlie then went through transition to complete the cycle in 10mins 17secs which was an amazing speed into second transition to run the final leg in 11mins 11secs.

Charlie's final time was 32mins 59secs which was an amazing finish at this event in position 54 overall.

On Sunday we had a TRISudbury relay team enter the standard relay distance at the same event in Roundhay Park.

First Simon Budd represented the team completing a 1500m swim in an amazing time of 24mins 19secs with Pete Hender following and undertaking a very hilly cycle of 40km averaging an awesome speed of over 19mph in 1hr 9mins 37secs and Mark Smith completing the team with a stunning 10km run in 39mins.

The teams final time over a standard distance relay which includes a 1500m swim, 40km cycle and 10km run was 2hr 19mins 43secs.

Not only did the team finish in an amazing time they came second out of 60 relay teams at the event which is a fantastic achievement for the team.

Charlie, Simon, Pete and Mark represented TRISudbury amazingly at a fantastic event, having put everything they had into completing and performing brilliantly for TRISudbury. It is a great representation of hard work and training that the team have been doing over the Winter and Spring months.

This Sunday 17th June we have the third Sudbury Triathlon and first Junior Triathlon. The adult starts at 8am and the Junior at 2pm, please come along to watch and support at Great Cornard Sports Centre.

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.

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