



TRISudbury Sunday 15th July Press Release

TRISudbury have had an amazing Sunday with triathletes at the Open Water target event of the season, Alton Water Triathlon, TriForce Junior Triathlon in St Albans and the one and only Ironman Bolton UK.

First of all we had our TRISudbury Juniors, Charlie Boldock and Ben Boldock in St Albans competing at the TriForce Junior Triathlon.

Ben finished in 20mins and 50secs completing a TRISStars1 distance which is a 137m swim, 2km cycle and 1km run.

Charlie finished in 28mins 55secs completing a TRISStars 3 distance which was 274m swim, 6km cycle and 2.2km run.

There were 19 members who competed in the Standard distance Alton Water Triathlon on Sunday which included; Shan Bendall 02:41:48 with an age group position of 2nd, Mark Smith 02:21:26 with an overall position of 3rd, Relay Team, Duncan Cox, Karen Chambers and Natalie McLaren 02:40:50, Relay Team Sam Derry and Murray Baker 02:37:43, Relay Team Jon Powell, Pete Hender and Drew Quayle 02:31:57, Jonathan Gray 02:27:45, Andrew Bigg 03:14:11, Dawn Buckland 03:02:18, Christopher Thornton 02:47:23, Ian Ledieu 02:32:52, Paul Walker 03:24:01, Charis Hunn-Smith 03:23:53, Lindsay Hobden 03:29:33 and Tom Hunn-Smith 03:05:31.

There were 6 TRISudbury team members which also competed in the Alton Water Sprint Triathlon which is a 750m swim, 20km cycle and 5km run which included; Relay Team, Suzanne Frost, Sarah Clarke and Emma Thistleton 01:24:37, Carlene Hare 01:41:05, Sue Tetley 01:44:15 and Boo Edwards 01:50:57.

To have 25 competitors competing on a very hot Sunday was amazing, the event was well organised, in a fantastic venue and the triathletes were accompanied by an amazing support crew.

And finally but by no means at all least, triathletes, Tony Ellis and Dave Schindler completed the Bolton UK Ironman on Sunday which is a 2.4mile swim, 112mile cycle and 26.2mile run. It is an amazing achievement for the guys to complete in hot conditions. Tony finished in 13hours 26mins and Dave finished in 14hours 29mins.

ENDS

Notes to Editors

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

TRISudbury will be holding GO TRI events throughout the Summer, check the website for more information, GO TRIs are small events for those new to triathlon who would like to give the sport a try. There will be an Aquathlon (Swim - Run) 27th July and an Aquabike (Swim - Cycle) 3rd August.

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