



## TRISudbury Sunday 1st July Press Release

It was a big weekend for TRISudbury both adult and juniors with the adults attending in great numbers at the Outlaw Half Ironman in Holkham and the juniors smashing their target event at the West Suffolk Triathlon in Culford.

Both events were on Sunday with the team attending both in force and achieving amazing times, smashing their PBs and having an awesome, fun day in the sun.

First, the juniors took on the West Suffolk Triathlon in Culford, there were 8 team members who did fantastic on a warm day. They included;

Esme Quayle who smashed her first triathlon in 10mins 50secs which included a 50m swim, 850m cycle and 600m run and came third overall in her age group.

Ben Boldock and Violette Davy who achieved a great time of 21min 42secs and 16mins 44secs respectively in TRIStar 1 which was a 150m pool swim, 1.7km cycle and 1.2km run.

Will Bradley and Henry Newman who finished in 22mins 58secs and 25mins 40secs respectively in TRIStar 2 which comprised of a 200m swim, 3.4km cycle and 1.8km run.

Charlie Boldock, Harry Wilson and Aiden Priday who completed TRIStar 3 in 28mins 11secs, 36mins 49secs and 35mins 34secs respectively which was a 300m swim, 5.1km cycle and 1.8km run.

It was brilliant to see so many juniors competing in sunny conditions.

We had 27 triathletes competing and achieving some awesome results at the Outlaw Half Ironman in Holkham which is a 1.2mile swim, 56mile cycle and finishes with a 13.1mile run. We had a mix of individual and relay teams taking part in hot, sunny conditions at a fantastic event run by OSB events.

Results were :

Mark Smith 5:07:12

Simon Daniel 5:12:47

Team Simon Budd, Pete Hender, Tom Codling 5:13:34

Jonathan Gray 5:19:34

Ian Ledieu 5:31:16

Jon Powell 5:44:12

Aaron Noble 5:55:02

Christopher Thornton 6:01:00

Team Murray Baker, Stuart Beal-Collins 6:22:20

Team Laura Stanton-Davis, Gail Forster, Debbie Harman 6:23:14

Team Dawn Buckland, Carly Moody 6:43:56

Sam Derry 6:51:40

Team Hodgson Georgia, She, Dean 6:53:48

Jessie Humphries 7:15:54

Sarah Farley 7:19:33

Sarah Clarke 7:34:00

Lindsay Hobden 7:53:24

Stuart Lakey swim 49:22 run 3:37:02

All of the team worked hard in tough conditions and smashed some PBs against last years results.

ENDS

Notes to Editors

TRISudbury is Sudbury's Triathlon Club which is open to juniors age 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.

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

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