



TRISudbury Sunday 29th July Press Release

TRISudbury have had an amazing weekend with the junior team competing at Framlingham Triathlon on Saturday and Duncan Cox competing at Tri-Farm Triple Crown Triathlon.

On Saturday 9 of our juniors turned out at Framlingham Triathlon amid sun, wind and rain but returned amazing performances. It was so inspiring to watch and gives great confidence in the future of the club. Well done to Ben Boldock, Charlie Boldock, Will Bradley, Henry Newman, Harry Wilson, Jamie West, Zac Miller, Isabella Johnson and Hannah Johnson.

Results were amazing with Charlie Boldock finishing in 7th place and Will Bradley finishing in 11th place within their age groups.

Their distances and results were 9-10 year olds 120m swim, 2km cycle and 1.2km run which included Ben Boldock who finished in an amazing time of 20mins 14secs.

11-12 year olds 220m swim, 4km cycle and 1.8km run, Will Bradley finished with a great time and position of 24mins 52secs, Henry Newman completed the distance with a superb time of 26mins 57secs.

13-14 year olds 280m swim, 6km cycle and 2.4km run, Jamie West completed this distance in a fantastic time of 39mins 21secs, Charlie Boldock finished 7th with a time of 27mins 46secs, Zac Miller finished with a time of 33min 10 secs and Harry Wilson completed the triathlon in an amazing time of 36mins 52secs.

15-16 year olds 400m swim, 8km cycle and 3km run, Hannah Johnson finished in a great time of 32mins exactly and Isabella Johnson completed in an awesome time of 44mins 1second.

Duncan Cox completed a 800m open water swim, 18km cycle leg and 5km run which is amazing for someone who has only swam in open water 3 times. It was hosted by Trifarm near Chlemsford, Duncan achieved some amazing split times averaging 19mph on the bike and with a run under 24mins.

Stuart Lakey smashed another Ironman distance at the Outlaw in Nottingham this weekend achieving a 2.4m swim, 112mile cycle and 26.2m run at the end. The conditions were not ideal but Stuart finished in a fantastic time of 15hours 21minutes.

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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