

# TRI-ING TIMES

The newsletter of SLHTriClub.

[www.slhtriclub.org.uk](http://www.slhtriclub.org.uk)

## World Champions, National Champions and other fantastic performances.

### IMUK

August saw the hosting of the third IMUK (Ironman UK) at Sherbourne in Somerset. Our recently joined member **Brian Hennessey**, who is a 100k running specialist was on the start line for his first ever Ironman event. The weather conditions were chilly, with wet roads but the rain held off for most of the event. The conditions were ideal for picking up punctures and Brian did not escape, getting one at around 20miles into the 112mile bike leg. Not deterred Brian flew around the bike course and then ran a stunning 2hr 58min marathon, the 7<sup>th</sup> fastest run split of the day to finish a highly commendable 66<sup>th</sup> male overall, (Out of well over 1000 finishers) with a time of 10hr 10mins.

### SOUTHWATER RELAYS

September dawned and the Southwater Relays were upon us. SLH Tri had numerous teams with many members competing in their first ever triathlon. The teams were made up of **Brian Hennessey, Phil Scarles, Andy Collins, Colin Young, Peter Emery, Lorraine Hewett, Kate Hewett, Jenny Hewett, David Baker, Matt Robins, Alex Waterman, Jenny Grant, Sandy Hughes, Jason Simpson, Francis Staunton, Jane Luxton, Grant Barnes and Trudy Kuhn.**

### WORLD TRIATHLON CHAMPIONSHIPS

We had two of our members representing GB at the World Triathlon championships in Hamburg on September 2<sup>nd</sup>. I am delighted to be able to report that **Ruth Hutton** won her age group ( ladies 40-45 ) and was duely crowned as World Champion. **Jim Burdett** raced in the highly competitive M35-40 age group and finished a very credible 44<sup>th</sup> out of 109 finishers.

### BRITISH MIDDLE DISTANCE CHAMPIONSHIPS (Half Ironman)

On Saturday 8<sup>th</sup> September both **Christine and Nigel Costiff** competed in the above Championships at Rutland water in Leicestershire. They both raced strongly and Christine is now a National Champion for middle distance (W45-50) finishing in a great time of 5hr 13mins. Nigel finished 9<sup>th</sup> in his age group.

**The AGM/Prizegiving/end of season bash is to be held at the SPREAD EAGLE, Catherine street Croydon on 10<sup>th</sup> November. Tickets available soon.**