

TRI-ING TIMES

The newsletter of SLHTriCLub.

www.slhtriclub.org.uk

Great Britain Qualification

It is good to see that Ruth Hutton won her age group at the Dambuster Triathlon last Sunday and therefore qualifies for the GB Triathlon Team at the World Championships at Hamburg in September. Good luck to her there.

RESULTS.....RESULTS.....RESULTS

We are well into the season now so do let me have any results.

Swiss 70.3 Triathlon (Half Ironman) 02/06/07

228th Rob Crozier (31st a/g) 4hr 57min 39sec

Sussex Triathlon Sprint 03/06/07

7th **Ruth Hutton (1st Lady)** 1hr 10min 48sec

60th Matt Chapman 1hr 22min 09sec

Weymouth Middle distance 03/06/07

134th Francis Staunton (35th a/g) 5hr 02min 34sec

European Duathlon Champs 15/06/07

50th Andy Collins (9th a/g) 2hr 04min 00sec

249th Dave Parkinson (12th a/g) 2hr 33min 14sec

Windsor Triathlon O/D 16/06/07

22nd Jim Burdett (6th a/g) 2hr 11min 16sec

Dambuster O/D 23/6/07

30th Jim Burdett (6th a/g) 2hr 08min 10 sec

Ladies 5th **Ruth Hutton (1st a/g)** 2hr 14min 04sec

85th Chris Costiff (9th a/g) 2hr 41min 26sec

Mid Sussex Triathlon Sprint 24/06/07

66th **Harvey Hughes (1st a/g)** 1hr 23min 39sec

140th Alex Waterman (20th a/g) 1hr 33min 40 sec

176th **Sandra Hughes (1st a/g)** 1hr 41min 45sec

London League

We have made a very good start to the London league season. We are currently in third place, but know we can do better. There are two events left in the series, next one being Hillingdon Triathlon on 15th July. Get your entries in. Speak to Rob for details.

Dates for your diary

Tri Training w/e

tbc

Lechlade

Tour de France Prologue

7th July

London

Tour de France Stage 1

8th July

London-C'bury

Club informal Aquathlon

2pm 21st July

Caterham Pool

Tri training w/e (IMUK)

17/18/19 August

Sherbourne

Southwater Training day

tbc

Southwater

For further details please refer to the website or ask Nigel, Rob, Andy, Lorraine, Chris

Hot News: Jim also qualifies for GB team