

# TRI-ING TIMES

The newsletter of SLHTriClub.

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

## RESULTS.....RESULTS.....RESULTS

### SLHTriClub Aquathlon 5/5/07

Results for this on reverse.

### Crawley K2 Aquathlon 12/5/07

We had three juniors representing SLHTriClub, Hannah Field, Amy Mitchell and Jenny Hewwett. Results to follow

### Crystal Palace Tri 27/5/07

1. Dion Harrison 1 02 59, 13. **Andy Collins 1hr-7 (3<sup>rd</sup> Vet 40, Club Sprint Champ)**, 28. **Ruth Hutton 1hr-9 (1<sup>st</sup> Lady Overall)**, 35. Matt Chapman 1hr-10, 57. Rob Crozier 1hr-12, 90. Martin McCarthy 1hr-16 122. Andrew Longley 1hr-18, 252. Phil Blatch 1hr-27, 413. Lorraine Hewett 1hr-43 462. Anita Asghar 2hr-5

### Hillingdon Tri 27/5/07

1. Darren Treadaway 1hr-13, 6. Brian Hennessy 1hr-22

### Sussex Triathlon 3/6/07

1. Chris Birch 1hr-5, 7<sup>th</sup> Ruth Hutton 1hr-10 (1<sup>st</sup> Lady overall), 60. Matt Chapman 1hr-22

## London League

We are currently in 3<sup>rd</sup> place but 2<sup>nd</sup> could be achievable if we get strong large teams out. The outstanding fixtures are :

Hillingdon triathlon.....15<sup>th</sup> July

Clash of the tritons.....18<sup>th</sup> August

## Dates for your diary

Club informal Aquathlon	1pm 9th June	Caterham Pool
Tour de France Prologue	7 <sup>th</sup> July	London
Tour de France Stage 1	8 <sup>th</sup> July	London-C'bury
Club informal Aquathlon	2pm 21 <sup>st</sup> July	Caterham Pool
Tri training w/e (IMUK)	17/18/19 August	Sherbourne
Southwater Training day	tbc	Southwater
Tour of Britain Prologue	9 <sup>th</sup> Sept	Crystal Palace

## Training times

Swim Pool.....Mondays 8:15pm-9:15pm & Fridays 7:45pm-8:45pm Caterham  
Open water.....Some Wednesdays through summer ask for details, Southwater

Bike Main ride Sundays 9am SLH Clubhouse. Thursdays 6:45 SLH Clubhouse  
Midweek TT's ask for details.

Run Tuesdays 6:45 SLH Clubhouse & Crystal Palace track  
Thursdays 6:45 SLH Clubhouse. w/e's ask for details.

## SLHTriClub Aquathlon 5/5/07

### JUNIORS

<u>Under 8's</u>	<u>25m swim, 1k run</u>		
1 <sup>st</sup> Boy	<b>Oliver Southall</b>	15m 11s	
1 <sup>st</sup> Girl	<b>Emma Hutton</b>	15m 17s	
<u>Under13's</u>	<u>250m swim, 2k run</u>		
1 <sup>st</sup>	<b>Kate Baker</b>	18m 34s	5-14 + 13-20
<u>Under 15's</u>	<u>400m swim, 3k run</u>		
1 <sup>st</sup>	<b>Jenny Hewnett</b>	24m 17s	7-50 + 16-27

### SENIORS

1 <sup>st</sup>	<b>Jenny Grant</b>	34m 01s	8-57 + 25-04
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Here are the swim splits for other competitors that ran off course.

Phil Blatch	5-48
Ruth Hutton	5-59
Lee McCarthy	6-12
Matt Chapman	6-17
Rob Crozier	6-44
Andy Evans	6-50
Aidan McManus	7-08
David Baker	7-28
Liz Rapley	7-48
Harvey Hughes	7-58
Matt Robins	8-08
Colin Young	8-17