

Hi all,

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Clear skies greeted the six SLH Tri Club at Hampton Wick Pool yesterday for the second of the London League fixtures. This weeks competitors included Sandy H, Francis S, Andy L, Jon W, Matt R and Rob C. The swim of 426 meters was held in the open air pool where two lengths were swum before moving into the next lane to do the same thing. Twelve lengths later and a short run from the pool and then out on to the roads for the cycle section. The route went toward Hampton Court Palace before turning back on itself and going towards Sunbury. Although the road quality was a little poor in places with either speed bumps, rough surfaces and potholes along most of the way there was no wind and it was really flat. The turnaround point was a mile of so past Shepperton and the return journey matched the outward one with the exception that all cyclists stopped about a mile short of transition to enjoy the short respite offered by the Non Competitive Zone. The timer was stopped for seven minutes for all competitors so they could make there way to transition at a safe pace obeying on the busy road. The clock was restarted at entry to T2 and after bikes were racked the run was the last discipline left. A right turn out of the pool and another 500 meters up the road led into Bushy Park for the remainder of the 5 Km loop. The run like the ride was flat and with clear skies, lack of wind and mild temperatures the conditions were great for running. Goodness Shakes were there at the finish offering up milkshakes to those who could stomach them and water was available for those that couldn't. After two events SLH Tri Club have held onto third position in both the league and the mob match league, the table looks like this:

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Triathlon London League 2007 League Rankings

London Club	Code	Round 1: Dragonslayer 01-Apr	Round 2: TT Race 1 09-Apr	Round 3: Morden 6n6 13-May	Round 4: Crystal Palace 27-May	Round 5: Hillingdon 15-Jul	Round 6: Clash of Tritons 18-Aug	Best 3: Overall Points
Optima Racing Team	ORT	29	29					58
Ful-On Tri	FOT	30	27					57
South London Harriers	SLH	28	24					52
Met Police Tri	MPT	26	25					51
Thames Turbo	TTT		30					30
Serpentine	SER		28					28
East London Triathletes	ELT	27						27
Kingfisher Triathletes	KFT		26					26
Victoria Park Harriers*	VPH	25						25
Crystal Palace	CPT		23					23

Triathlon London League 2007 Mob Match Rankings

London Club	Code	Round 1: Dragonslayer 01-Apr	Round 2: TT Race 1 09-Apr	Round 3: Morden 6n6 13-May	Round 4: Crystal Palace 27-May	Round 5: Hillingdon 15-Jul	Round 6: Clash of Tritons 18-Aug	Best 3: Overall Points
Ful-On Tri	FOT	28	29					57
Optima Racing Team	ORT	30	26					56
South London Harriers	SLH	29	25					54
Serpentine	SER	24	28					52
Thames Turbo	TTT	22	30					52
Met Police Tri	MPT	27	24					51
East London Triathletes	ELT	26	22					48
Hillingdon Triathletes	HIL	23	21					44
Crystal Palace	CPT	21	23					44
Kingfisher Triathletes	KFT		27					27
Victoria Park Harriers*	VPH	25						25
Tri London	TLN	20						20
SAUK Tri	SAT		20					20
Greenwich Tritons	GTT		19					19
Belgrave Harriers	BEL		18					18
Swim For Tri	SFT		17					17
Epsom Z Tri	EZT		16					16

With four races still to go and more athletes showing an interest each week this position can surely be improved upon? Don't forget that Crystal Palace is the Sprint Distance Champs and all London League events are part of this years points trophy. Results of SLH Tri Club individuals are below and a special mention should go to Sandy for her age group win. I've got a few photo's, Danny can you email me so that I can reply to you direct with them please?

Race Num	Surname	Firstname (s)	Cat	Club	Swim	Rank	Cat Rank	Bike	Rank	Cat Rank	Run	Rank	Cat Rank	Total	Rank	Mob Match	Cat Rank
363	Crozier	Rob	M20-29	SLH Tri Club	0:09:20	95	(19)	0:37:09	37	(12)	0:19:53	23	(10)	1:06:22	32	284	(12)
318	Longley	Andrew	M40-49	SLH Tri Club	0:08:35	51	(8)	0:39:17	97	(27)	0:22:56	104	(22)	1:10:48	80	237	(20)
66	Staunton	Francis	M30-39	SLH Tri Club	0:11:23	204	(71)	0:40:32	129	(45)	0:20:17	30	(13)	1:12:12	97	220	(31)
370	Waites	Jon	M20-29	SLH Tri Club	0:09:28	104	(20)	0:38:43	82	(23)	0:24:02	145	(30)	1:12:13	98	219	(24)
123	Robins	Matt	M40-49	SLH Tri Club	0:12:23	254	(63)	0:46:11	256	(67)	0:24:19	158	(43)	1:22:53	222	95	(57)
200	HUGHES	SANDRA	F60-99	SLH Tri Club	0:13:52	294	(1)	0:50:13	292	(2)	0:29:57	279	(1)	1:34:02	287	30	(1)

Rob

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