

Dan Mason was in action for Andover on Sunday 28th June at the For Goodness Shakes sprint triathlon held at the Dorney Lakes in Berkshire. The race saw the triathletes split up into their respective age groups which allowed for some highly competitive racing of which Mason started in the 35-39 category in the 3rd wave of the day against 47 other competitors. The distances included a 750 metre open water swim, a 20km cycle and a 5km run. Dan put in a strong swim which was reflected in his time of 13mins 35 secs which saw him exit the water in 9th place once again showing his continued improvement in this discipline this season. Onto the bike, which was a four lap affair around the paths of the lake, he averaged 20.5mph and completed in a time of 36mins and 35secs slipping only a few places back overall. By now temperatures were rising and the sun was high in the sky as Dan headed out for the first of two laps on the run route, which again took the competitors around the lake. Dan found the first lap tough going but soon got into his stride on the second and passed a number of people eventually finishing the run in a time of 25mins 11 secs and the whole race in 1hr 18mins 11secs which placed him 16th in his age group and 99th overall out of a total of 369 competitors.

Also racing for the club on the same day, was Paul Holmes at the Wimbourne Summer Sizzler triathlon. The race was made up of a 400m pool swim, 16.25 mile bike and a 4.5mile run. Weather conditions were also hot and sunny which made for a great days racing for all of the 100 competitors who took part. Unfortunately no split times were provided by the organisers but Paul finished in a total time of 1hr 31mins and 23rd overall.

Elsewhere Peter Dennett travelled to Russia to run in the St Petersburg marathon. The 26.2 mile run was to be part of his final preparations ahead of the Ironman Switzerland triathlon which Dennett will be taking part in on July 12th. In contrast to the weather experienced by most in the UK that weekend, heavy rain and humid conditions greeted the 555 runners in Eastern Europe. But Dennett, an experienced marathon runner, did not let this affect his race and he posted some excellent split times over 10km, 20km and 30km where he felt comfortable and strong, eventually finishing in a time of 3hrs 45mins and 19secs placing 233rd and fastest Briton.

The Andover Triathlon is fast approaching and will be held on Sunday 19th July in the beautiful surroundings of Farleigh School in Red Rice. Details of how to enter and helpful information about Andover Triathlon club can be found on.



