

## **07/06/2010 – Andover Triathlon Club – Latest race reports**

### **Ironman Lanzarote**

Four members of Andover Triathlon Club travelled to the island of Lanzarote to take part in one of the toughest Ironman Triathlon races in the world. Paul Holmes, Tony Ebdon, Baz Farquhar and Paul Woolfe spent the best part of the last 6 months training hard, regularly, for many hours at a time and most of which during the cold UK winter to tackle a course on the Spanish island, which has a reputation for hot humid conditions and high winds.

The distances for the Ironman race were a 2.4mile sea swim, 112-mile cycle and 26.2 mile marathon of which there is a 17-hour cut off finishing time. Almost 1600 competitors lined up at 7am on Saturday 22nd May for a mass start in the Atlantic Ocean. First out of the water for Andover was Paul Woolfe with an excellent time of 1:09:09 followed closely behind by Ebdon in 1:10:06, then Farquhar 1:13:52 and Holmes in 1:43:50. The scenic bike section was a hot, hilly tour of the island through lava fields, deserted landscapes and up steep volcanic roads. Ebdon had a very strong ride to complete the gruelling course in 6:33:22, with Holmes, Farquhar and Woolfe entering T2 almost 45 minutes behind having all cycled also very respectable times. Onto the run and it was Holmes who faired best over the 3-lap course completing the marathon distance in 4:28:38 and coming home first for Andover in a total time of 13 hours 14 mins 52 secs. Next in was Ebdon less than ten minutes later in 13:23:51, followed by Farquhar who despite an leg problem finished in 13:46:19 with Woolfe soon after in 13:51:26 rounding off a long but very rewarding day for the club.

### **Little Beaver and Beaver Triathlons + Army Open Water Sprint Triathlon**

Also in action recently were Peter Dennett and Nikki Fleming who both travelled to Belvoir Castle in north Leicestershire to take part in the Beaver and Little Beaver triathlon races. The Beaver race comprised of a 1.9km open water swim, a 50 mile bike and 21km run, which Dennett completed in 5 hours 50 mins placing 224th out of 425 competitors. Fleming took part in the shorter Little Beaver Olympic distance race, which included a 1.5km swim, 40km bike, and 10km run. This was her first race at this distance where she finished in a time of 2 hours 51 mins and 407th out of 627 finishers. Another club member Charlotte Moat also raced for the first time in an open water event at the Army Open Water Sprint Triathlon at the Cotswold Water Park. This included a 750 metre swim, a 20km cycle and 5km run against fellow soldiers from all around the UK. Charlotte had a great race and finished in a time of 1hr 14mins placing 134 out of 162 and was quoted as saying that the Triathlon bug has bit her and the search for her next race is on.

Entries are now open for the annual Andover Triathlon, which will be held on 25th July at Farleigh School, Red Rice. Please see the club website for details.

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

