

Another busy weekend of racing was had by 3 members of Andover Triathlon Club. New member Richard Woodley is progressing well and continued his steady improvement this season by racing at the Marlborough triathlon which is organised by Concept sport. The sprint distance race is made up of a 400m pool swim, a 20mile cycle followed by a 5 mile run. Richard started the swim well and despite congestion in the pool holding him up at times he still put in a respectable time of 8mins 36secs. Onto the bike and the competitors were greeted immediately with a 6 mile long gradual uphill climb which this year was not helped by blustery windy conditions. Richard, however was soon into a good rhythm completing in a time of 1hr 7mins 40 secs. A time of 42mins 49 secs on the run gave Richard an overall finishing time of 2hrs 3mins and 23 secs.

Tony Ebdon was once again in action this time at the Eton rowing lake, a venue for the 2012 Olympics. The race was organised by 220 magazine and forms part of their popular Wednesday evening series. The sprint distance race comprised of a 750m open water swim, 20km cycle and 5km run. With conditions windy but warm it made for a great race, especially on the cycle which is a closed road multi lap route where the triathletes had wind in their faces for part and behind them for the rest resulting in some fast times. Tony continued the good form he is displaying this season by putting in some fantastic times, he finished the swim in 14mins 35 secs, the cycle in 38mins 05secs and the run in 22mins. His total finish time including both swim and bike transitions was 1hr 15mins and 58secs which placed him 40th overall out of 225 finishers.

Finally, Steve Bungay raced at the South Cerney Standard distance triathlon, near Cirencester. This was Steve's second triathlon in 7 days and his first at this distance, which included a 1500m open water swim, 40km bike and 10km run. A strong swim saw him exit the water in a superb time of 28mins 50secs where after a smooth transition he was onto the bike to tackle the 2 lap mainly flat fast course. With cycling being Bungay's strongest discipline he did not disappoint putting in a super quick time of 1hr 4mins and 3secs which equates to around 23.5mph average speed over the total distance. Onto the run, which was the furthest distance he has run in competition for nearly two decades of racing, proved to tougher than expected and it took a few miles to get his legs working, but a determination to finish took hold and he got into his stride making up for lost time passing a number of competitors and finishing the run in 1hr 04mins. After completing in a very commendable total time of 2hrs 39mins and 10secs placing 127th overall, after such good swim and bike sections Bungay was quoted as saying that he'd very much like to have another go at this distance albeit with more focus on running in training.

