

Glorious weather greeted over 253 triathletes at the Salisbury Triathlon last bank holiday weekend where Andover was once again represented well by 6 of its members of which two were taking part in their first ever triathlons. The sprint distance race, organised by Concept sport forms part of their Fast Twitch series which comprised of a 400m pool swim, 19 mile bike and 4 mile run. The well spectated event started at the Five Rivers Leisure centre in the heart of Salisbury where Tony Ebdon put in a great effort to get fastest swim time for Andover, completing the 16 lengths of the pool in 7mins 12 secs with Kieron Parnell close behind recording 7mins 27secs. The bike course took the triathletes out of the Leisure centre along the country roads as far as the A303 for a brief glimpse of Stonehenge, heading back into Salisbury along the tough undulating A360 road. It was Ebdon who once again recorded the fastest bike time for Andover, covering the 19 mile route in 59mins 14secs. closely followed by Will Symonds in 1.05.10 and Richard Woodley in 1.06.31. The run, which headed up to and around the Old Sarum and back via the Stratford-sub-Castle saw conditions quickly heating up and plenty of fluids were being taken on by all. Due to injury, Andover new member and triathlon first timer Sophie Bramble entered the race as part of a relay team and completed the bike course in an excellent time to pass the baton to her stand in runner who as a team finished the race in 1.59.42 placing 221st overall. Kieron Parnell also taking part in his first triathlon completed in 1.58.47 (219th). But it was Tony Ebdon who came in first for Andover after once again putting in the fastest run time for Andover to finally place him 75th overall with a time of 1.34.17. Will Symonds was soon after in 1.44.49 (156th) followed less than a minute later by Richard Woodley who is continuing his great start to the season with a time of 1.45.28 (162nd). Paul Venus who was using the event as a valuable warm up ahead of the UK Ironman 70.3 race in a few weeks time finished with a time of 1.50.12 and 184th overall.

The weekend also saw club member Dan Mason finish his first ever triathlon at the Eton 3/4 distance race held at the Dorney rowing lakes, a venue for the 2012 olympics. Having had disappointment a few weeks ago at the Mallory Park triathlon where the open water swim was cancelled due to water temperatures Dan was keen to finally put his months of hard training to the test. The race included an 800m open water swim a 30km bike and 7.5km run. With a later start time of 2pm the sun was high in the sky and there was little wind which made the conditions a very hot. Dan had an impressive swim placing 43rd out of the 183 competitors with a time of 13 mins 33 secs, who then set off smoothly on the bike for 6 laps of the fairly flat fast course where he soon got into his rhythm overtaking a number people. A good transition two saw Dan head off for three laps of the closed roads course where the heat really started to take effect slowing many runners down, but he battled on to complete his first triathlon and get himself an excellent time of 1.50.55 placing him 87th overall.



