

Hart triathlon results 2010

Swim 400m pool swim

Bike course 12.01 miles

<http://www.mapmyrun.com/run/united-kingdom/fleet/566127264710783840>

Run course 3.49 miles

<http://www.mapmyrun.com/run/united-kingdom/fleet/814127289541650004>

Results from the 420 finishers

Position		cat / cat position					swim		bike	run		total time
Overall												
37	Howell Reed	m40	10	male	Andover Tri	00:07:29	103	00:38:34	00:22:03	18	01:08:06	
123	Chris Oliver	m40	33	male	Andover Tri	00:07:15	87	00:42:56	00:26:11	142	01:16:22	

Chris Oliver & myself travelled to Fleet to tackle the Hart Triathlon on Bank Holiday Monday.

The event is a well-established, fairly short race, which would be ideally suited for a first triathlon, even if it were a little early in the season. The weather was unfortunately not spring like, instead being cold & windy with an odd short shower throughout the race, which was a shame as it made the bike leg particularly, very cold.

The swim was the usual 400m affair, but they organised it with a steady stream of competitors, rather than the usual wave start. When one competitor finished their 400m the next one jumped in and started...unusual, but worked well.

The bike course was undulating, but not testing, with only one notable short, hard climb and a few drags. It was extremely well signposted & every junction was marshalled too. The course was a mixture of pleasant country lanes and about two miles on the A30, which proved to be fine too.

The run, however, was unusual. It was pancake flat and followed the course of a small stream and the river Hart. However, it was a proper X – country, with the whole thing being run on rough farmers fields, tracks and footpaths. It included 3 styles to negotiate, a river crossing which involved about 5 metres in the river (calf deep) and then up the bank on the other side.

The race attracts a large field, which fills up quickly (420 finishers this year!) and a mixture of first timers and lots of seasoned competitors...with loads from Farnham tri club.

I would thoroughly recommend the race to anyone for the future.

For a local venue, cheap race (£24), with a decent t-shirt, good organisation and friendly event.... you cannot go wrong.

I would say it is a must do race for most. Give it a go!!

It would make a cracking event for our own club championships and I will perhaps look to suggest this for a future year.

Howell

PS. I must admit I was pretty pleased with my 37th overall, 19.9 mph average on the bike and a run split of 6.17 min per mile.

There is life in the old dog yet!

Oh... and thanks to Dan Mason for riding over to cheer on the two of us...always nice to hear a friendly growl, telling us to go faster!!

He was so friendly; I even gave him a lift home in the car.