



The "boys" at the start of Thieveley Pike

## CONGRATULATIONS TO LYNNE GRIFFITHS

On successfully winning the lady vets prize in the Welsh Triathlon championship in Bala this September. (She is Welsh)

She did the mile swim, 40k cycle and 11k run in 2 hours 36minutes.



### In this issue

Results and press reports from recent races

Full Gp, road and fell tables

Whats On (cross country, local fell & road races) and where

### FINAL GRAND PRIX RACES

Sun 29 Oct	RS ACCRINGTON 10K
Sun 5th Nov	RM DERWENTWATER 10
Sat 18 Nov	FL TOUR PENDLE