

Triathlon News

Now that the triathlon season is over (yes we are wimps we don't brave the freezing temps), I thought I'd give you a run down of some of the significant events this year.

First there was a mad rush to qualify for the world championships in Hamburg and all the events booked up fast, I managed to enter the last qualifier in Pugney's, Wakefield and got through.

The race in Hamburg, Sept 1st, was full of difficulties, firstly the Alster, a river with huge brown inner city lagoons, made up the swim course which ran under 3 long narrow dark bridges, at not a pleasant 13 degrees. It felt like a very long 1500 meters, two hefty German women helped to haul us out at the end.

A long run into transition then the bike course swept through loops of the cities red light area, negotiating tight bends and turn around points. One of our team came off and broke her shoulder, the ambulances kept whizzing up and down picking up the pieces. I coped ok with just one near death experience.

The run was flat, which for some reason I find harder than hills, but was well supported so I felt encouraged to push for most of the 10k. A nice touch is the tradition of flag distribution on the run into the finish, so I managed a bit of a wave, before collapsing in a heap.

I did the race after a nasty 9 day gastric virus (couldn't eat or train for 9 days before the race), but



Lynne at the world championships in Hamburg

tried my best to ignore it and finished in 49th place, only a few minutes down.

In August teams from Calderdale Tri entered the national triathlon relays in Nottingham, in the women's team, 3 of the 4 were Tod Harriers, Sarah, Jennifer and me. We came 16th, brilliant for our first time.

Simon had a great race in Antwerp's middle distance event, 1.2k swim, 50 mile bike, 13 mile run, though couldn't find where he came, sorry Simon.

Sarah came in first woman, at the Pendle tri, Sept 16th, amazing as it was her first individual event, so expecting great things next year!

Then I raced in Bala, also on Sept 16th a qualifier for the world champs in Vancouver next year. It was a stormy day with 20mph winds making the lake seem like a rough sea. I seem to do well in adverse conditions and had a great race coming in 3rd place with my fastest time to date and managed to qualify again.

So now I aim to join in with a few fell races through the winter and try not to get injured in the process, this year it was my knee, the year before my foot. It's much more hazardous out on the fells.

Lynne Griffiths

(Sorry I've missed a lot of races out, perhaps there should be a 2nd edition.)

Forthcoming Fell Races

By Colin 'not much to say for himself this month' Duffield

Sunday 21st October 11:30am

Withins Skyline BM 7 miles / 1000ft

Penistone Hill Country Park, Near Haworth.

Popular, well fagged,[well flagged? – ed] and generally muddy. No doubt followed by the usual chaotic prize giving with random amounts of chocolate being chucked around the room. Best wear some kind of helmet.

Sunday 8th October 11:30am

Race to the Summit BS 4 miles / 800ft

Summit Pub, Summit, Near Littleborough

One of Allan Greenwood's races, and he generally puts on a good do. From the main road up to the White House and back via Chelburn Reservoir. Short, frantic, and fast.

Saturday 3rd November 1pm

Shepherds Skyline BM 6.25 miles/ 11500ft

Shepherds Rest Inn, Tod

A Batman production. All manner of marshalling and general admin jobs available if you ask him nicely. The weather's always warm and sunny and the ground's always dry. Would I lie to you?

Forthcoming road races

From Mel Blackhurst

Sunday 14th October-10.30am **Gin Pit 5**.Trail race from Miners Welfare Club,Gin Pit Village. £8 on day.

Sunday 21st October 11am-**Waddington 10k** Road Race,near Clitheroe.A scenic route on quiet, undulating roads.

Sunday 28th October 10am -**Accrington 10k**,In our Grand Prix so more details elsewhere.From Highams Playing Fields,Thorneyholme Road.£6 to pre-enter,extra £1.50 a day.

Sunday 28th October 10.30am-**Holmfirth 15**.A tougher option than Accrington and no road points!! The route is an undulating two lap course,taking in" the last of the Summer Wine "sights!

Sunday 4th November-Another chance to qualify for the road championship! **Through the Villages 8.4 miles** 10.30AM. Details elsewhere in the Torrier.£6 and an extra £2 on the day.

Sunday 4th November 10.30am **Guy Fawkes 10** from Ripley Village,Harrogate.Best to pre enter as very popular.

And another thing...

<p>The nights are getting darker, the fell are getting wilder, and there's a cold wind up the Mankinholes. This means that it's the time of year when more and more organisers are going to start specifying kit requirements. Best bet is keeping everything in your car and then you won't be caught out.</p>
