

Triathlon News

I thought I'd put finger to keyboard and give you all an account of some of the more challenging races this year.

In the Big Cheese, a Wensleydale Triathlon on Aug 10th, consisted of a lake swim (which had to be shortened from 1,800m to 400m due to 40mph gusts, waves and flooding), followed by a bike ride of 42 miles of horrendous 1:4 climbs including Buttertubs Pass and then a run of 12 miles up Great Shunner Fell and back into Hawes (no the wind and rain didn't ease off), at one point we were running through thigh deep river flood water.

Sarah Warburton came in an amazing 5th female and I (Lynne) came 1st vet and 7th exhausted female. We also had a male team of Andrew Horsfall, Jon Wright and? sorry, who came a very fast 2nd team.

My other gruelling race was much shorter but in freezing conditions, The World Triathlon Championships held in Vancouver was held on the coldest June day for 55 years. I came out of the sea swim numb hobbled over to my bike, after every lap I lost body heat, towards the end had trouble changing gears and braking then tried to run. Some people had to run with their helmets on as fingers were too cold to undo the clasp. Usually I can get warmed up on the run but couldn't feel below my knees all the way through. We were greeted at the end with blankets and soup.

Though my ordeal was rewarded with my best result yet, I came 7th in my age group, obviously training in Yorkshire hardens us up.

Races to come, Sarah has entered the Hellvelyn Tri another arduous event and I've entered the Vitruvian Middle Distance British Championships, both in September and then Ironman Austria in July 2009 (my 1st one).

Lynne Griffiths

Many Thanks

To all those who sponsored me for the Verdon Canyon Challenge. Whilst I didn't complete the event I don't feel that I disgraced myself (article elsewhere in this issue).

So far (mainly due to the tremendous generosity of Tod Harriers) I have managed to raise around £2500 for the Living Well cancer support group who are hoping to get going later on this year.

Anyone who still wishes to contribute, I am still collecting any sponsorship until early September when I hand the cheque over.

Thanks again
Mandy