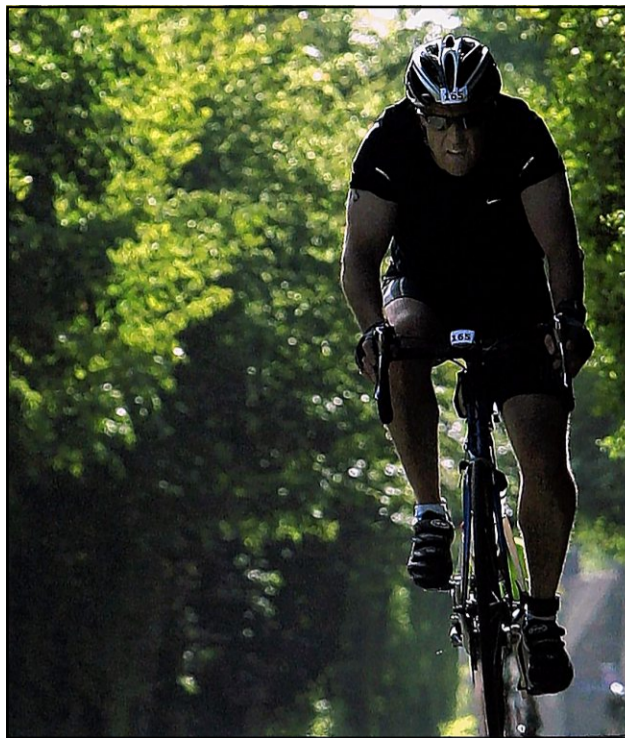


East Grinstead Triathlon



THE THREE DISCIPLINES: The EG Triathlon swim, bike and run attracted hundreds

Photos: RESA20110515G by Sean Aiden

Passion for triathlon attracting hundreds

By Andy Peel

MORE than 400 competitors took to the field of the 26th running of the East Grinstead Triathlon.

Sunday's event, growing in popularity every year, sold out in record time back in January.

First person home overall was previous winner and GB triathlete Colin Dixon in 1 hour 5 minutes 45 seconds.

Superior swim and run splits gave a comfortable victory over second placed Jim Burdett (SLH Tri Club) 1:07:57.

One to watch for the future is Tonbridge Wells' 23-year old Billy

Ziller, who was an impressive third.

Last year's second placed lady, Jill Cliff (Deal Tri) 1:16:28, went one better this time to claim first by a single second from Freddie Sumption of Greenwich Tritons.

As well as practising swimming, cycling and running, triathletes also have to transition between each sport and such a tight finish shows how important it is to be good at all four disciplines.

The EG club was one of the first in the country to have an event specifically for novice ladies.

This year, a total of 53 ladies completed the try-a-tri, with Susie Grant easily taking top spot in 45 minutes 49 seconds from Isobel

Clarke and Lucy Harvey.

Isabelle Hodge from Hove came seventh after breaking her back last October and Caroline Coxall from Oxted was going to reward herself with beer and cake after finishing 13th.

Legend

Membership of the East Grinstead Triathlon Club is going from strength to strength and this year nine debutant club members took to the course, being led home by Roger Taylor in 1:26:48 with Louise Saville (1:36:14) coming top of the ladies.

Local legend and regular entrant Daniel "Don" Cooper met his match this year with four fellow Septuagenarians, including Michael Ormerod of Redhill taking part in his very first triathlon

at the age of 72.

This age category was won by Les Humphrey of Bromley Veterans.

Other notable local performances were Paul Blackmore from Lingfield who came 12th, Bruce Edwards 45th, Richard Shinn 83rd, Caroline Mayne 209th and Nicola Taylor in her first race who finished 264th.

Making the long trip back to their home town of East Grinstead from Devon and North Wales respectively were Roger Sheridan and Simon Stacey.

Stacey came a creditable 78th in 1:24:38 and Sheridan had a storming race winning the 50-59 age group and coming ninth overall.

Perhaps the real spirit of triathlon was captured by the story of Tara Kent.

Having punctured after little more than one mile of the cycle, a friendly marshal came to Tara's aid and contacted the Rev Nick Lamb of Holy Trinity Church in Forest Row.

Without further ado, the Revd Kent lent his folding bike allowing her to complete the race and raise money for Cystic Fibrosis.

If you feel inspired to take part in a great pastime for overall health and wellbeing, entries for next year's race are likely to open around December, or visit the club at www.egtri.com



To buy your local newspaper photos, call:

08444 060 389

[thisisphotosales.co.uk](http://thisisphotosales.co.uk/surreyandSussex)

Inbrief

CYCLING

STEVE Dennis made up for his close defeat in the Sussex 25 mile time trial championship by scoring a stunning victory in the Maldon & District CC Open 25 in Essex.

Dennis (East Grinstead CC) stormed round the course in 54 minutes 5 seconds to finish almost

five minutes ahead of the chasing pack.

The event acts as a qualifier for the South East Sporting Courses competition which is one of his targets this season.

COLTS CRICKET

THERE were superb victories for East Grinstead U10s, U14s and



CONTACT SPORT

■ email: louise.poynton@essnmedia.co.uk
 ■ phone: 01737 783856
 ■ email: kaylee.seckington@essnmedia.co.uk
 ■ phone: 01737 783858