



Ewan Joseph, under 12 boys winner.



Alanna Baron won the under 15 girls.



Cliff Odgers.



Jean Ashley.

Jacqueline and John by the end of the paddle. Pete Chappill, another BQA member, had a good solid paddle, overtaking a lot of paddlers in sea kayaks and plastic kayaks; they were all doing really well in the conditions but having to work very hard in these smaller kayaks without rudders. Meanwhile, on the run, Helen took the lead from Cliff and went on to win in 1:45:42. Cliff ran well and finished 2nd in 1:46:24. Jacqueline, having a swift transition, went out in 3rd place but very close behind were John and me. John tried to hang onto me but with the long course quad still in his legs he had to drop back. I moved into 3rd, finishing in 1:52:05 with John 4th just 15 seconds behind, 1:52:20. Jacqueline held onto 5th, 1:54:44, with Pete in 6th, 1:57:44.

It was also good to see athletes racing from Lincsqquad; well done to first timers 7th Wayne Smith, 1:59:38, 11th Andrew Lawson, 2:06:05, 12th Sallie Joseph, 2:07:04, and a fantastic first time achievement for 26th Amanda Clements, 2:36:47.

It's always good to perform well on race day but the real stars of the day were those first timers that gave it their all, too; it was so good to see people from all walks of life participating and to see those juniors taking on the challenge, every single one of them finishing with a great sense of achievement afterwards.

A huge thanks once again to Mark Benton and his support crew at Manvers Waterfront Boat Club, an excellent day full of firsts for many people, everyone finished safely and with smiles which were Mark's wishes, so bask in your glory, keep training and we hope to see you all next.

A very special mention must go to John MacLeod, our first ever Vet 70 competitor; he finished 22nd in 2:24:32. In his younger days John was a GB slalom paddler and competed in the 1972 summer Olympics in Munich. He successfully coached junior and senior GB kayak teams from 1979 to 1981, culminating in 7 medals being won by the GB team at the 1983 world championships; he worked through to the Barcelona Olympic Games and beyond, all voluntarily. Within his coaching and management years, 8 world championship gold medals have been awarded to the GB team. In 2009 he was appointed as canoe manager for the London 2012 Olympic Games and Rio 2016, responsible for both canoe sprint and canoe slalom, both events being extremely successful. John has been a key player in design and commissioning of both Nottingham (1987) and Lee Valley (2011) canoe slalom courses and the very lake participants had all been competing on, Manvers Lake! Well done, John; you are now the number 1 GB Vet 70 *quadrathlete!*

John Ashley

QK9-12: 1 E Joseph, Lincsqquad, 28:12. 2 H Ball, 33:30. 3 S Portess, 36:09.

QK13-15: 1 A Barron, 35:00. 2 C Thoday, Manvers Tri, 38:31. 3 F Ball, 45:55.

Clare Birch shot at Sandringham

Norfolk Superhero

It was only the weekend we had been waiting for all year and here it was; the forecast was good, no wind, no rain and maybe a little too much sun. Riddy had done her back in dancing in heels the previous Saturday and head marshall Cath was on crutches with a shattered hip. Luckily Jess had rung round and we had the best setup to a Superhero ever. As usual, the Rudd Marquee boys, Peter, Cliff, Seany and John, all had their tops off and by Thursday the marquee was up, Anton Wimmer had bought in the drinks, Phil Ellis had set up the water (thank goodness, never so much needed by so few for so long) and bought the Monster Superhero Bar that lives in a barn, Alec Lochore had set up the transition zone and the flags were flying against a blue sky and a green marsh.

We also had extra help from Super Steward Will Garnett, who was shimmying up tent poles to attach Adnams banners, Vicki Ringer setting up the bar and Lucy Birkbeck doing all the heavy carrying round the office. Sarah Green, dropping in prizes for the Holkham Country Fair, stayed and ended up unloading 98 kayaks with Niall, who had just popped in to show his face. Mark Lapping, Phil Ellis and Simon Wilson Stephens were out marking the course and everything was feeling calm. Charles and Brygida Bourne of Urban Armour, our wonderful medal sponsors, even treated us to a delicious Hero pub takeout.

Friday check in and the rumours were flying around... Was Niall really doing the Superhero again and who is this Alan Hill bloke...? Apparently it was going to hit 30 degrees on Saturday at about 2pm when everyone was on the run. What colour are the T shirts this year? Who had got last minute places from the waiting list...? There were two new brothers whose name began with B; someone said they were

from Yorkshire. Were the red and white kayaks faster or slower than the others? One of our sponsors couldn't make it to the safety briefing so we worked out which was last year's winning kayak from the curled up old stickers and bagged it for him. That caused quite a bit of consternation. Bikes and Ironman T shirts were being openly paraded through the field. There was the sound of annual Superhero friends greeting each other, Algy's popcorn being scoffed and Pink Ladies taking scissors to their T shirts, obviously wary of suntan lines.

Captain Martyn Flitcroft treated us to an excellent safety briefing, stressing the importance of hydration and common sense, and Mark and Simon gave us all a good chat about sandbar tactics on the swim and outlined the importance of comradeship. Delicious carb loading supper was prepared by Sara Stocks of Great Granola, who we are so pleased to get to help us with our food every year, as this is the only event for which she caters (lucky us). Lots of new faces both amongst the marshals and competitors meant we were looking at the biggest event we had ever staged and we couldn't wait. We are always so happy to welcome new people to the Superhero but we also realise that the same people returning every year gives us that unique atmosphere that is always commented on. (We are thinking of bringing out a 10 year T shirt so do get in touch anyone who wants and deserves one.)

We woke up in our Jess painted bespoke pink, blue and star painted caravan to an even hotter morning than anticipated. A later start due to the tide meant marshal safety briefing and bacon butties started at 8.30. When tags out opened in HQ at 9.00 the field came alive to the smell of sun cream, fear and rubber. Danny and his mate from Holkham were there on parking, Tri Harder were in the field (even bringing a wetsuit for Nic Bizley, who had forgotten his), Fat Birds were sorting out bikes,