

# Transition temptations

## Montgomery Canal Triathlon

This was just a great warm up to our quadrathlon season and a perfect day out down the historic canal. I have done this event five times now and have really enjoyed the challenge; its great pre race training and a good opportunity to support the Montgomery Canal Trust. We were blessed with a beautiful day, no wind and bluebird skies. I had hoped to crack the 4 hour mark this year... but just missed it by a couple of minutes!

240 athletes/fundraisers started the journey to bike, run/walk and then kayak the 35 miles following the towpath of the Montgomery Canal. The journey starts in Newtown and finishes in Lower Frankton, running along the towpath and in the canal all the way, 17 miles biking, 11 miles running and 7 miles of kayaking/canoeing with the majority using Canadian canoes (in pairs). The more competitive ones amongst us start first at 8.30 (in groups of 6), leaving the ones taking it 'a bit less competitive' to start at a more steady pace! I must say if I'd seen the tea, cakes and sandwiches at the transition areas I might of been persuaded



to take my time but there were plenty at the finish, too! The race is extremely well organized and the marshals very supportive all the way; it is a beautiful canal and a real pleasure to support the Friends of the Montgomery Canal Trust in helping them raise money to help restore this historic canal!

**Jean Ashley**

## Masters shine in perfect conditions

### Brigg Bomber

The latest round of the World Cup, which was also the British championship race, was held in Brigg, England. This well established event which opens the British quadrathlon series was run with its usual excellent organization. This year the weather also co-operated, being dry, hot (but not excessively so) and a bit breezy. It is a middle distance race, comprising 1,500m swim, 7km kayak, 40km bike, 10km run.

The River Ancholme was not too cold and had no flow to impede the swimmers or kayakers. The bike route had to be changed from previous years because of the poor condition of some of the roads at the furthest point of the regular course. Instead we did two laps on good tarmac, very flat and giving opportunities for some fast times. Occasional crosswinds were the only hazard with which we had to

contend. The run course was the same two lap circuits that have been used in recent years, again flat but going out through the town centre and then along the river in open countryside there is enough variety to keep one's interest.

The event was dominated by age group competitors, taking the overall podium positions in the men's and women's races. Ferenc Csima (HUN) led the swimming and gradually increased his lead on Michael Mason (GBR) in the kayak and bike legs. Mason managed to pull back a couple of minutes on the run but not enough to prevent Csima finishing two minutes clear of him. Leos Rousavy (CZE) was out of the water from the swim in second place but was overtaken on the kayak course by Mason and then lost more ground and came in 3rd. The three Masters 40 racers were well clear of the fastest elite competitor, Steve Clark (GBR), in 4th place.

In the women's race Helen Russell (GBR) led from the beginning and, building up a big lead, it was only during the run that the second lady, Helen Dyke (GBR), could begin to close the gap by nearly 5 minutes. These two Masters 40 ladies were joined on the podium by the Masters 60 Mary White (GBR).

A big thank you to Lincsqad, a club for multisport athletes, who organized the event. They did a very great job and made everyone welcome. Everything worked smoothly and the marshalling was outstanding.

**John Kavanagh**



Rousavy, Csima, Mason.



White, Russell, Dyke.

- 1 C Ferenc, Magyarország, 2:35:40. 2 M Mason, GB, 2:37:52. 3 L Rousavy, Ceska, 2:42:18.
- 4 S Clark, GB, 2:45:50. 6 N Unwin, GB, 2:52:13. 7 WillBrisGrowHesp, GB, 3:00:36.
- 8 H Russell, GB, 3:04:12. 9 N Farnell, GB, 3:11:55. 10 C Carter, GB, 3:13:20.
- 11 Taylor Swift Fan, GB, 3:13:28. 12 H Dyke, GB, 3:13:44. 13 Jacowites, GB, 3:14:04.
- 14 P Tindall, GB, 3:13:42. 15 K Blakey, GB, 3:15:30. 16 G Barnes, GB, 3:16:55. 17 D Hinch, GB, 3:20:52.
- 18 P Jumeau, GB, 3:21:13. 19 R Breyer, GB, 3:21:56. 20 S Beedham, GB, 3:22:24.

## Cole and Russell lead all the way

### Dearne Valley Quad

It was a brilliant sunshine day for the Dearne Valley quadrathlon, our second trophy race of the season, lots of passion for our sport with nonstop smiles as juniors, first timers and seasoned quadrathletes crossed the finish line! Organizer Mark Benton and his team of volunteers and marshals hosted a great race for us all; their enthusiasm and friendliness shone through to make their second time of running the event a huge success. Thank you; you did yourselves proud again!

The kids' races got underway at 8:30am and everyone seemed to be having a good time. Those that were fast were giving it their all but those that weren't so fast were supported well the whole way around. The ethos of the Manvers Waterfront Boat Club is one of inclusivity and giving everyone a chance, which is just how it should be; this was

clear throughout the weekend and it was good to see the kids giving it their all. One or two gave a little too much and returned from the bike bloodied and bruised after overcooking it on a corner or capsized their kayaks but from what I saw they all continued and had a good time despite a few mishaps. The kids' presentations were made at around 9:30am. The jubilant podium finishers collected their certificates, proud parents cheered and the adult quadrathletes and triathletes assembled ready for their races.

It was a real mixture of athletes racing, 50 in total with 27 doing the quad and 23 the triathlon with 18 of those BQA members so plenty of national trophy points ready to be picked up! There were plenty of athletes giving the quad a go for the first time and they looked like they had given everything and had a great time! BQA members took the top