

Tweed Festival Slalom

K1L: 1 K Eveleigh, Forth. 2 E Kerr, Forth. **J:** 1 B Bouglas, Selkirk High School. 2 W Gentleman, Selkirk High School. **K1P1m:** 1 F Watson, Forth. 2 E Pearson, Leithen Water. **K1M:** 1 D Cuthill, Forth. 2 D Forbes-Cryans, Forth. **K1S:** 1 C Fisher, Leithen Water. 2 C Hotchkiss, Leithen Water.

23rd Inter-Club Finals

K1LP/1: 1 H Burgess, Kingston, 81.01. 2 S Chynoweth, Stafford & Stone A, 82.94. 3 H Bailey, Stafford & Stone B, 83.75. **K1L2:** 1 R Bate, Stafford & Stone A, 93.23. 2 K Woods, Bala & Rugby, 103.61. 3 S Atkinson, Proteus & Packers, 107.16. **K1L3:** 1 B Barratt, St Albans & Hertsmere, 111.28. 2 A Carrington, Sutton Bingham, 120.65. 3 K Paddock, Manchester, 124.99. **K1MPA:** 1 R Neave, Stafford & Stone A, 70.82. 2 N Stevenson, Manchester, 73.91. 3 T Wakeling, Mold & Yat, 75.77. **K1MPB:** 1 R Vasey, Stafford & Stone B, 72.90. 2 N Buckley, Bala & Rugby, 74.88. 3 J Bailey, Stafford & Stone A, 79.38. **K1M1:** 1 A Burgess, Stafford & Stone B, 84.41. 2 D Bain, Stafford & Stone A, 84.96. 3 A Martin, Cleveland, 87.15. **K1M2:** 1 J McTighe, Kingston, 88.18. 2 K Bain, Stafford & Stone B, 88.29. 3 H Mayer, Stafford & Stone A, 90.23. **K1M3:** 1 L Larkin, Kingston, 94.74. 2 A Nash, Sutton Bingham, 103.23. 3 A Moorcraft, Stafford & Stone A, 109.84. **K1MV:** 1 S Briggs, Matlock, 80.29. 2 P Gooding, Stafford & Stone A, 87.23. 3 A Norman, Salisbury, 87.44. **C1P/1:** 1 G Pitt, Stafford & Stone B, 79.55. 2 M Proctor, Stafford & Stone A, 80.66. 3 G Wells, Manchester, 85.88. **C1.2-4:** 1 J Hamilton, Kingston, 99.71. 2 R Hodge, Shepperton, 101.82. 3 M Wilson, Stafford & Stone A, 102.59. **C2:** 1 Roden/Roden, Stafford & Stone A, 88.94. 2 Rudkin/Davies, Kingston, 95.09. 3 Willett/Holdworthy, Stafford & Stone B, 96.75. **K1LT:** 1 St Albans & Hertsmere, 130.31. 2 Stafford & Stone A, 142.53. 3 Manchester, 161.52. **K1MP/1T:** 1 Stafford & Stone B, 89.59. 2 Stafford & Stone A, 90.19. 3 Manchester, 96.09. **K1M2/3/VT:** 1 Essex, 114.41. 2 Matlock, 115.04. 3 Stafford & Stone A, 115.80. **CT:** 1 Stafford & Stone A, 112.69. 2 Kingston, 119.59. 3 Stafford & Stone B, 129.53. **Club:** 1 Stafford & Stone A, 35. 2 Stafford & Stone B, 78. 3 Kingston, 104.

Ski Jump Slalom

K1WP: 1 L Blakeman, 199.68. 2 F Pennie, 201.2. 3 L Donington, Holme Pierrepont, 209.24. **K1W1:** 1 G Evans, Llandysul, 110.15. 2 H Millband, Holme Pierrepont, 115.10. 3 P Griffin, Manchester, 119.63. **K1WSe1:** 1 G Evans, Llandysul, 355.83. 2 S Wood, Stafford & Stone, 393.01. 3 H Millband, Holme Pierrepont, 641.37. **K1MP:** 1 C Walsh, Central, 177.77. 2 R Hounslow, PeakUK, 179.72. 3 R Neave, Stafford & Stone, 182.19. **K1M1:** 1 P Haynes, NEWB, 90.71. 2 T Quinn, Lower Wharfe, 90.86. 3 A Lewis, Bala, 93.38. **K1MSe1:** 1 G Montgomery, 241.03. 2 S Lazarus, Bala, 242.89. 3 L Allwood, Green Star, 245.62. **C1P:** 1 D Florence, 190.05. 2 S McIntosh, Arrowcraft, 195.94. 3 A Marshall, Central, 203.27. **C1.1:** 1 M Lister, White Rose, 100.51. 2 Z Franklin, Shepperton, 103.24. 3 J Shaw, Ribble, 104.59. **C1Se1:** 1 M Lister, White Rose, 239.00. 2 R Westley, 250.79. 3 J Shaw, Ribble, 353.64. **C2P:** 1 Roden/Roden, Stafford & Stone, 229.15. 2 Turnbull/Pitt, Click Let, 256.03. 3 Ibbotson/Ibbotson, Green Star, 288.93. **C2.1:** 1 Roden/Roden, Stafford & Stone, 96.77. 2 Holliday/Evans, Holme Pierrepont, 115.46. 3 Marshall/Marshall, Dronfield Baptist, 120.76. **K1MVP:** 1 P Parker, Viking, 532.46. **K1MV1:** 1 P Parker, Viking, 104.47. **OffP:** 1 P Haynes, NEWB, 225.63. 2 P Tuffin, Holme Pierrepont, 252.20. 3 T MacIntyre, 286. **Off1:** 1 T Jones, Bala, 86.59. 2 R Holdway, Stafford & Stone, 90.70. 3 A Wild, Holme Pierrepont/Green Star, 91.15.

Tryweryn Slalom

K1WP: 1 C Harrower, 247.25. 2 H Burgess, Kingston, 256.58. 3 M Franklin, Shepperton, 260.19. **K1W1:** 1 H Millband, Holme Pierrepont, 126.69. 2 L Weir, Rogent's, 127.29. 3 S Robson, SB Hotties, 129.85. **K1MP:** 1 C Walsh, Central/Sandline, 200.26. 2 D Paxton, Llandysul, 205.97. 3 R Hounslow, PeakUK, 206.51. **K1M1:** 1 J Abbott, Mold/Bala, 98.12. 2 S Walker, Llandysul, 101.21. 3 S Lazarus, Bala, 102.53. **C1P:** 1 D Florence, 210.57. 2 m Proctor, Stafford & Stone, 224.55. 3 C Radmore, Cool Blue, 227.88. **C1.1:** 1 R Westley, Lower Wharfe, 109.07. 2 J Shaw, Ribble, 109.59. 3 N Cresser, St Albans, 112.28. **C2P:** 1 Roden/Roden, Stafford & Stone, 252.33. 2 Lister/Davies, Bala, 356.13. 3 Marshall/Marshall, Dronfield Baptist/Holme Pierrepont, 410.73. **C2.1:** 1 Roden/Roden, Stafford & Stone, 108.78. 2 Marshall/Marshall, Dronfield Baptist/Holme Pierrepont, 127.06. 3 Lister/Davies, Bala, 127.8. **K1MVP:** 1 P Parker, Viking, 360.24. **K1MV1:** 1 P Parker, Viking, 124.09. **C1VP:** 1 S Pitt, Click Let, 264.34. **OffP:** 1 T Blackwell, Maesteg, 237.47. 2 S Walker, Llandysul, 247.2. 3 M Wilson, Stafford & Stone, 247.48. **Off1:** 1 T Jones, Bala, 94.44. 2 A Wild, Holme Pierrepont, 96.76. 3 R Holdway, Stafford & Stone, 96.86.

Historic performances in largest quadrathlon British Championships

150 elite endurance athletes were treated to great conditions for this year's Awesome Foursome Quadrathlon in Bude. Weather and sea conditions were perfect along the north coast of Cornwall for the race which combines swimming, cycling, kayaking and running.

Competitors from across Europe arrived at the crescent carpark next to the Bude Canal for an afternoon start for this ultra extreme event. The race makes the most of the dramatic coastline and the historic canal. The course begins with a 1,000 metre sea swim within the partial shelter of the Bude breakwater, then a gruelling 30km cycle ride including some of the steepest coastal hills in the country, then onto the canal for 10km of marathon canoeing and a final 10km crosscountry run to finish. Incredibly, this year's winner, Steve King, a firefighter from

Hereford, completed the course in an amazing 2 hours 37 minutes and 47 seconds!

The unique combination of swim, cycle, canoe and run creates an event that appeals to traditional triathletes, marathon canoeists and surf lifesavers. With every athlete having strong and weak disciplines this is a race where the lead is always changing; supporters and spectators alike are left uncertain as to the outcome until the athletes cross the line for the final time.

This year's event will be remembered, as always, for the awesome 1 in 3 hill climb at Millook and also for the subtle change of venue from the canal wharf to the crescent carpark, a change which went down well with athletes and spectators alike.

The field was packed with previous champions including local triathlete James Marshall from Kilkampton and Lee Sampson from Bude, this year swimming for one of the Bude based relay teams. In the women's race world quadrathlon champion Helen Parkinson from Bideford was the athlete to beat and in the over 40 women's class world age group champion Jean Ashley from Chester would be hard to catch.

First out of the swim this year was Bude lifeguard Dan Bentley (who, combining with Dave Miller, would go on to win the pairs event). Chris Stuart from the Army Triathlon Association was next with James Marshall and Steve King not far behind.

By the end of the gruelling cycle section Chris Stuart had increased his lead and looked like he was well clear of the chasing group as he started the kayak stage. As in many years gone by, the kayak stage proved to be the turning point of the race as top triathletes like Iain Hinds from Barnstaple found the going tough, paddling slow general purpose kayaks, whilst others, including Steve King, were in their element, paddling fast streamlined and unstable marathon racing kayaks. Steve hauled in Chris Stuart and finished the kayak stage with an impressive 5 minute lead; now it was all down to the run with Chris looking the stronger as they started the final 10km of crosscountry running to the finish!

Meanwhile, Helen Parkinson had extended her lead from Lucy Otto from Birmingham and Jean Ashley had overtaken Ali Martin, an RNLI development officer from Looe. In the relay section Brett Higham, representing the Bude Nipper's Coaches, had closed the gap on the leading relay team, giving their runner, Paul Cottle, a fighting chance in the final stage.

It was further back in the field that the big story of the day was developing as local schoolboys were stamping their own names into the history books. Year 10 students from Budehaven School, Ashley Walter and his partner, Mike Garrett, were combining well in the senior pairs event, Ashley completing the swim and the kayak whilst Mike completed the cycle and the run; these two would beat strong competition to take 3rd place in the pairs race. If that's not impressive enough then further back in the race was Adam Thompson, a 13 year old from Fowey School, completing the entire race himself as the youngest ever individual competitor, who would win the junior title in a time of 3 hours 58 minutes and 38 seconds!

At the front of the race things were hotting up as messages came back from the course that Chris Stuart was closing down on Steve King. As the two of them came into sight of the finish line there was less than 50 metres separating them but a last burst from Steve ensured that he would take the title this year. Rob Shaw ran the fastest final leg of the day to give Lee Sampson's relay team a close win of the Nipper's Coaches in the relay event, Helen Parkinson and Jean Ashley won their classes, David Hallam, a firefighter from Essex, won the over 40 men's class, Paul Belcher, a teacher from Atlantic College, won the over 50 men's class and Peter Tambin picked up a special award for the only over 60 man to compete.

It was a very successful day for all involved. The organizers, TNT Explosive Sports, would like to thank all the competitors but, most of all, the volunteer marshals and safety teams that make this event possible to run each year.

Next years event is scheduled to take place on Saturday 4th October. Anyone interested in entering as an individual, a pair or a relay team should contact me at hammond.family@virgin.net

Simon Hammond