

Beverley Triathlon
23 August 2009
Report by Kay Farrow of Beverley Athletic Club

Beverley Leisure Centre played host to the first Beverley Sprint Triathlon last Sunday and 184 competitors completed the course successfully.

The triathlon was organised by Firebird Events of York and consisted of a 400m swim, a 20k cycle ride and a 5k run. These distances are much shorter than Olympic competitions and allow experienced and novice triathletes to compete together.

Competitors were divided into groups for the swimming component, each group being allocated a timeslot to swim 16 lengths of the pool with four people to a lane.

After climbing out of the pool competitors proceeded to the transition area on the field. It was then simply a matter of putting on cycling shoes and helmet and heading out onto the road with their bike.

There were no concessions on the roads and competitors raced alongside all the other Sunday morning traffic. The cycle route went up Swinemoor Lane, followed the northern bypass to Molescroft and then completed a loop to Leconfield and Cherry Burton before returning to the leisure centre via Swinemoor Lane.

After racking their bike and changing their shoes, competitors set off for the final event - the 5k run. The route was not ideal as runners had to cross the railway line twice. Event organisers did not expect this to be a problem for most people but several trains were running during the course of the triathlon and some competitors were caught at the crossing when the barriers came down. Race marshals were on hand to record delay times to deduct from the finishing time. The route took runners past the Minster, into Long Lane, Woodmansey Mile, Lincoln Way, round the park and back via Willow Lane and Long Lane.

Complex events like this depend on technology to produce accurate results. All competitors had to wear a timing chip for all three components and they could check their position on the computer screen at the finish. As the slower swimmers started first, the winner of the competition was not necessarily the first person to cross the finishing line and final results were not available until all competitors had finished.





Three members of Beverley Athletic Club completed the event, two of them competing in a triathlon for the first time. They all thoroughly enjoyed the experience.

The winner was Edward Charlton Weedy of White Rose Triathletes in 55 minutes 37. First lady and sixth overall was Melanie Hayward of Barracuda Triathlon Club in 61 minutes 43.

Beverley AC finishing times

Olly Johnston 64 minutes 59; Jonathan Sage 67 minutes 21; Ian Husband 73 minutes 14

Photos by Kay Farrow of Beverley Athletic Club

Olly Johnston of Beverley AC relaxes after completing the Beverley Triathlon

Kevin and Melanie Hayward receive their prizes