

## Bodmin Triathlon, Sept 9<sup>th</sup> 2012

The weather stayed dry for the latest running of this popular event which had a full field of 200 athletes taking part. The bike course was slightly changed from previous years and is about 1 mile longer, otherwise the event is unchanged.

We met up in the transition area before the start to exchange pleasantries, advice on setting up the bikes and run kit, and generally chatting to relieve those pre-race nerves !

Marilyn was first in the pool from our group and had a steady race to finish first in the 60+ age group and solidify her first place in the series. The rest followed at times according to their estimated swim time with Chris starting last. Richard counted lengths this year and so swam the correct distance ! Fortunately Marilyn also counted as her lap counter was missing, Richard's advice obviously being listened to.

Everyone had an event free cycle leg, 2 competitors didn't fair so well as one overshot a roundabout and one fell off going fast downhill. Both were returned to the Dragon Centre by ambulance but fortunately were not seriously injured.

The run at Bodmin is pretty tough at around 5 miles in length, starting with a pretty steep uphill section straight off the bike and then going round Lanhydrock before coming up to the house from the bottom gatehouse. A great run by Dave saw him take fastest StAT runner from Chris, who also missed out on the fastest bike to Mike by a few seconds and to Richard in the swim. Overall though Chris was the fastest, proving that you have to be good at all 3 disciplines to succeed.

Well done to Jackie Piper for finishing only her second tri, I hope that you do many more.

### Results from today

	Swim	Bike	Run	Overall
Chris Phillips	07.42	50.45	43.49	1.44.02
Dave Speake	10.25	52.36	43.06	1.48.18
Mike Crane	10.10	50.33	49.42	1.52.41
Garry Player	08.34	51.26	54.35	1.58.44
Richard Duane	07.34	54.18	58.39	2.02.53
Steve Covus	11.11	58.02	51.21	2.03.39
Jackie Piper	11.06	1.02.03	54.20	2.10.14
Marilyn Mitchell	13.05	1.04.11	1.02.45	2.23.20