

Helston Triathlon 2014 Race Report from 1st June by David Speake

This was a big weekend for triathletes in the UK. The British elites were competing at Hyde Park, London and could be seen on BBC 1 on the Saturday afternoon. This is a measure of how far triathlon has come. Our own group the St Austell Triathletes has grown in number recently adding valuable members to the club and this weekend saw a large group away at Nottingham racing the Outlaw middle distance. Closer to home another group raced in the Helston sprint distance triathlon.

Helston tri consisted of 16 lengths of their 25m indoor pool, 26km cycle on road and 5.5km run on pavement and trail. My personal objective is to improve my times enough on last year's event to make page 3 of the results sheet instead of page 4.

Weather was dry and cool with very little wind so a quicker time was very possible. The problem could be that the chip timing system that Tempus leisure use to record results could play its part in messing your result up. Taking part for St Austell Triathletes were new members Cathy Willows and Denzil Williams alongside Debbie Starkey and myself.

All had a great race and were happy at the end. The chip timing failed into transition but everybody's total time seemed to be measured correct. Debbie had a course PB and claimed a 2nd place age cat award and 4th overall. This means her season is going very well in spite of a bad running injury forcing her to lay off the running training. Cathy had a few seconds improvement on last year and Denzil was the best of our men with a 12th place age cat. I was pleased to say that like Carol Dunster I made page 3.