

Dale on form in latest triathlon

MANSFIELD Triathlon club member Chris Dale came sixth overall in the Nottingham Triathlon with a finish time of 1:01:31.

The gruelling 750m swim, 20km bike race and 5km run was also completed by Gareth Castledine, who came 23rd in 1:07:49, and Hugh Barnett in a time of 1:59:41.

Promising Callum Goodyear finished third at the Sutton Harriers Centenary five mile race held at Teversal in a time of 31 minutes to take home his first race winnings.

Gareth Castledine competed in the Jagermeister 10k as part of the Nottinghamshire Police Championship team and was the first placed Nottinghamshire Police member, with an overall place of seventh.

Castledine was also a member of one of the four teams Mansfield Triathlon Club entered in the recent British Triathlon Team Relay Competition held at the National Watersports Centre in Nottingham.

All four teams did very well with the first Mansfield team home in 105th place out of 475 teams in a total time of 3:33:26.

Almost 2,000 competitors took to the waters of Holme Pierrepont for a 400m swim, before completing a 15km bike and 5km run.