

**Mansfield Tri Club – Race Report**  
**Lincoln Sprint Triathlon – 16<sup>th</sup> July 06**

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| <b>Name</b>           | Hugh Barnett   |
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| <b>Race Name</b>      | David Lloyd Lincoln Sprint Triathlon   |
| <b>Date</b>           | Sunday 16th July 2006  |
| <b>Type</b>           | Sprint Triathlon   |
| <b>Distance</b>       | 400m swim/24km bike/5+km run   |
| <b>Venue</b>          | David Lloyd club, Burton Waters, Lincoln   |
| <b>Course</b>         | Pool; flat cycle; off-road run   |
| <b>Weather</b>        | Bright sunshine and very warm  |
| <b>Race Contacts</b>  | Pacesetter Events  |
| <b>Competitors</b>    | 11 competed from MTC   |
| <b>Overall Result</b> | 266th  |
| <b>Other Result</b>   |  |
| <b>Club Results</b>   | The Colonel 10th   |
| <b>Winner Info</b>    | Lee Bark 1:04:47   |
| <b>Race Report</b>    | This was the first time this triathlon had been run and was based at the David Lloyd club in Burton Waters, Lincoln. |

For a sprint triathlon it had one of the longer cycle legs, this one being a full 15 miles along mainly flat and open roads. The run was off-road using the old A57 and a small lake and required 3 laps to complete it.

The pool in the club was a 25 metre pool and was a bit on the cool side, but that was no bad thing considering the ever increasing temperature outside. This was the second race I had done in a 25 metre pool and clocked a personal best time in the pool of 11:51 - a full 3.1 seconds per length faster than the Southwell Tri, which was done in 12:46. Steve Melhuish got the best swim time amongst MTC members: 8:17.

The cycle route was generally flat and open, with the exception of a really tough hill out of Burton village and onto the B1398. The practice run we did the week before

proved very useful in knowing what to expect on this route, and I'm pleased to say it was less windy than last week, and I managed to achieve my highest ever average speed around this course. Steve M also got the best club time on the bike 40:30, although Craig wasn't too far behind on 41:11.

The run route caused some problems for a few people. It was a 3 lap course, but unfortunately two club members were told by other competitors it was a 2 lap course and that's all they did, rendering their final result unplaceable on the results table. It also felt much longer than 5k, if compared to the Mansfield Tri course. The course itself involved a half-mile or so out and back up the old disused A57 and then a half-mile or so circuit around a small lake - that was one lap and we had to do it three times.

My provisional results are:

Swim: 15:32 260th out of 276 swimmers

Bike: 1:05:04 261st out of 274 bike finishers

Run: 41:30 268th out of 272 run finishers

Next race for me is the Rugby Sprint Triathlon on 13th August 2006.