

Mansfield Tri Club – Race Report
Rugby Sprint Triathlon – 13th August 06

Name	Hugh Barnett
Email	hugh.barnett@btinternet.com
Race Name	Rugby Sprint Triathlon
Date	Sunday 13th August 2006
Type	Sprint Triathlon
Distance	400m/20km/5km
Venue	Bilton Grange School, Rugby
Course	Pool swim, on-road cycle, school grounds run
Weather	Raining
Race Contacts	www.rugbytriathlon.co.uk
Competitors	
Overall Result	171/178
Other Result	
Club Results	None
Winner Info	John O'Neill 0:56:19
Race Report	This was the first Rugby Sprint Triathlon and was organised by the Rugby Triathlon Club. It was based at Bilton Grange School on the outskirts of Rugby and consisted of a 400m pool swim, a 20km bike ride down the A45, through Barby village and returning to Rugby via Hillmorton, and a 5k run routed exclusively within the school grounds on a grass surface.

The weather was appalling - it rained non-stop throughout the entire morning, and although this didn't impede the racing itself, it did make it miserable for spectators.

The facilities provided by the organisers were excellent: hot food, bouncy castle for the kids, post race massage, and equipment stalls. It was the first tri I have done where there have been length counters at poolside!

There was a field of 178 competitors but no information was available on where they had come from and the clubs they were representing. I was the only representative of our club at this race, and I couldn't spot anyone from nearby

clubs such as Derby. I entered this race because I lived in Rugby for four years and it was an opportunity for family and friends to come along and see a triathlon at first hand.

Going into the race I felt my preparations had gone well and I was both mentally and physically prepared for it. This showed in my times and performance levels, and I managed to take 10 seconds off my PB in the pool, clock my highest average speed so far on the bike, and put in a consistent pace for the run.

My official split times were:

Swim + T1: 0:13:57

Cycle +T2: 0:51:08

Run: 0:37:47

Overall: 1:42:52

The winner was John O'Neill and he completed this in a time of 0:56:19. The best female result was achieved by Heather Jackson (who incidentally had entered with the fastest swim time of all) and her time was 1:03:52. The best novices were Paul Albrow (1:03:08) and Lisa Wells (1:06:48).

If this race is run again next year I will certainly be entering again and I would recommend it to club members, especially if you are looking for a change of scenery.