

**Mansfield Tri Club – Race Report**  
**Last Minute Triathlon – 24<sup>th</sup> September 06**

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<b>Race Name</b>	Southwell Last Minute Tri
<b>Date</b>	24 <sup>th</sup> September 06
<b>Type</b>	Sprint Triathlon
<b>Distance</b>	400m/18k/5k
<b>Venue</b>	Southwell Leisure Centre
<b>Course</b>	pool/hilly cycle and run
<b>Weather</b>	Mostly dry with the occasional light shower
<b>Race Contacts</b>	Pacesetter Events - <a href="http://www.pacesetterevents.com">www.pacesetterevents.com</a>
<b>Competitors</b>	Entry field drawn from across England
<b>Overall Result</b>	338 out of 349 finishers
<b>Other Result</b>	12th out of 12 teams
<b>Club Results</b>	Stephen Melhuish 23; Anton Newell 43; Mike Jones 52; Jonathan Shepstone 89; Mike Hankin 126; Helen Crossley 156.
<b>Winner Info</b>	Nick Dunn 0:51:39
<b>Race Report</b>	This was the closing event in the Pacesetter Events calendar for 2006 and was a re-running of the season opening Southwell triathlon that was held in May. There were 7 entrants from the club including a relay team that featured two debutants: Gemma and Lewis.

The weather was mostly ideal for racing. The morning was cool and overcast. There were light showers during the time that Jonathan and Mike Hankin set off. However this passed and Mike Jones, Anton, Helen and Stephen M all came home in sunshine.

The day had some incidents, one of which was Helen getting knocked off her bike by a careless driver at the Lowdham roundabout. Fortunately she was not seriously hurt and was able to complete the race in a time that would have bettered her May time were it not for the delay the accident caused.

Mike Jones managed to knock 3 seconds off his May time and both Anton and Stephen came in under an hour.

The relay team performed well and everyone delivered their best times yet. My pool time was 11:22 which compares well to the 12:46 I did in May. My swim split today was 13:01. Gemma's bike split was 60:49 and Lewis' run split was 21:44, giving an overall time of 1:35:34.

One of the features of the Last Minute Tri is that being the season closer it has a more informal atmosphere about it. It's a good job too because when I was waiting at transition for Gemma to return there were a few people unfastening their helmets before getting back to their bike racks, and this would normally have attracted a penalty from the referee. The people I observed doing this were not penalised in the final results. However, despite the more relaxed atmosphere it was still a serious race and two people have got a DQ recorded against their times - naughty boys!

Apart from the racers today we had five other club members turn up to give support so big thanks to them for taking the time to do that.

For quite a few people the race today represented the closing of their season. My season ends in three weeks' time at the Leicester Duathlon in Sutton Bonington. Another new challenge.

Hugh B.