

Hannah Trust Triathlon

There can not be many more imposing venues for a Tristar race than the magnificent surroundings of Christ's Hospital School, near Horsham. The extensive grounds combined with the grand buildings are both inspiring and intimidating in equal measure. So it was on Sunday 18th July a band of Otters found themselves in this splendid setting. Following the swim the athletes had to negotiate a long run to transition which included a short steep incline before saddling up to race round the school's traffic free roads on which sleeping policemen lay in wait for the unwary cyclist, and then at last to the run course with the final stages on a wide open space which can be mentally dispiriting for the tired athlete. After grappling with the layout of such a large venue and wrestling with the racking system for the bikes the Otters were good to go. Leading the way for the Club was **Toby Nisbet** who if he felt dwarfed by the backdrop showed no morsel of fear and completed his race in fine style. In a remarkable display of endurance **Bethany Lewis** toed the line in the Tristar 1 Girls race despite competing in Chichester less than 24 hours earlier. She followed up a good swim with a sensational bike ride to register the fastest leg of the day and then strained every sinew on the run to finish third overall. Stretched out on the ground at the finish it was clear she had nothing more to give after an outstanding performance. In the Tristar 1 Boys race Harry Stack – **Edward Taylor's** Nemesis - was taking part so Ed knew he would be chasing the game from the outset. In the same race was Farnham athlete, Simon Gray, who had scored well in other Regional Series' races to be just ahead of Ed in the rankings. True to form Harry was out of the pool in a quick time and built on his early lead during the bike stage to allow him an untroubled run to the finish but behind him the Ed and Si Show was unfolding. The Farnham boy was marginally quicker in the pool but out on the bike course Ed took the lead but not by much; however, he had his trump card to play as they headed off on the run and how well he played it with a storming performance that was the quickest time of the day and earned him second place overall. In the same age group and duelling with their personal battles was **Harry Tipton** and **Ben Nisbet**. Harry showed tremendous character after his disappointment at Lewes to put all that behind him with another much improved swim time, a steady bike ride and a typically brave run. Behind Harry, Ben was struggling with the effects of too much breakfast and it is to his great credit that he completed all of the stages despite the discomfort he was in – as in life it is easy to get along when things are going well, it is when they get tough that the tough get going. It may not have been a great result based on times but it was a triumph in terms of spirit.

Place	Name	Age Group	Swim	Bike	Run	Overall
9	Toby Nisbet	Start	00:05:16	00:03:45	00:03:05	00:12:06
3	Bethany Lewis	T1	00:03:58	00:09:32	00:05:35	00:19:05
2	Edward Taylor	T1	00:05:11	00:10:27	00:04:52	00:20:30
7	Harry Tipton	T1	00:05:53	00:11:21	00:05:52	00:23:06
10	Ben Nisbet	T1	00:06:57	00:11:09	00:06:23	00:24:29

Distances	Start	50m	900m	600m
	T1	150m	3600m	1200m