

PSUK MIDDLE DISTANCE TRIATHLON CHAMPIONSHIPS 2023

On Sunday 18th June 2023 the PSUK Middle Distance Triathlon Championships took place within The Lakesman Triathlon, Keswick, Cumbria.

The venue was stunning and picturesque all centred on the Town of Keswick with the backdrop of Mountains and Derwent water Lake. The organisers of the Lakesman Triathlon kindly accommodated the PSUK championships and added some appreciated touches to the transition area and race t-shirts amongst other things which made the event feel special.

Approximately 65 police competitors entered this popular event of the middle distance.

The water temperature was 21.5 degrees in the shallow calm waters of Derwent Water. The route of 1.9km was relatively straight forward with a long outward section followed by two right turns before coming back to the finish. The mass start of many athletes at 6am made this discipline challenging and rough at times as people looked for clear water.

There was quite a long mainly uphill run from the lake exit towards Transition 1. The crowds including families and local residents gave the athletes plenty of noise and support. This demonstrated how supportive the local population were of this event which hugely benefitted the local economy.

Athletes set off on their bikes from the large Transition 1 which was a car park on the banks of Derwent water. The route initially took athletes through Keswick before setting off on a 90km course out towards Cockermouth, including a loop then back towards Keswick.

The scenery was described as amazing, with smooth roads surfaces and little traffic. Somehow the route was largely flat however coming back there was a stiff head wind on this course well suited to time trialling.

As athletes returned to Keswick on their bikes the crowds were now even greater in numbers. Athletes set off from Transition 2, now quite well strung out, but the air temperature was now up to about 22 degrees making for a tough run.

The 21km run included 3 laps taking in Keswick and the surrounding areas but each lap took in the finish line field of Keswick rugby club. This was where all the entertainment was established with marquees, food stalls, race commentators, supporters and even cheerleaders on the finish straight preparing to welcome each Lakesman finisher.

This was a well-supported event and generated plenty of positive feedback from our police athletes. It's pleasing after a few years of managing the triathlon section how we got to speak with many friends and new faces afterwards from many of our police areas. We are always looking to generate and attract more people into our events and can see police from different areas now building friendships after competing in the sport of triathlon which takes people across many beautiful places around the world proving memorable experiences.

The Provisional results are as follows. Well done to our prize winners who produced impressive performances in competitive fields.

Male

- 1st – Craig CHAPMAN (GMP)
- 2nd – Jack SKELTON (LINCS)
- 3rd - Andy WINDETT (MPS)
- 4th – David WILSON (WMP)
- 5th – Ross MELDRUM (Police Scotland)

1st VET 50 – Andrew LAWLESS (LANCS)

Female

- 1st – Beth WILMOTT (LINCS)
- 2nd – Janet FLETCHER (HANTS)
- 3rd Danielle JACKSON (FORCE10)
- 4th – Libby FREE (MPS)
- 5th – Jane HARRIS (GLOS)

1st VET 50 – Jen MILSOM (Cleveland)

Thank you to all for travelling to the venue for this event. Your efforts are much appreciated. Hopefully see you all at the next two events.

PSUK Sprint, SYWELL, NORTHANTS – 2nd July
PSUK Standard, BLITHFIELD – 20th August
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