

PSUK Sprint Distance Triathlon Championships 2022

On Sunday 7th August 2022 the Police Sport UK Triathlon Sprint distance Championships were incorporated within the St Neots Triathlon. This was located in picturesque Riverside Park on the banks of the river Ouse, Cambridgeshire.

The swim over the distance of 750 metres was a mass start of about 100 athletes with an out and back route starting at 8.45am. Conditions were good with the sun shining bright, air temperature was about 17 degrees and wind minimal. The water temperature was about 21 degrees and wetsuits were allowed as under the 22 degrees limit.

The bike route over 24km was slightly technical at the start with plenty of roundabouts before leaving the residential areas. The roads then opened up once in the surrounding rural area. The course was mainly flat with one short steep climb about halfway.

The 5km run route consisted of 2 laps around Riverside Park, a mixture of tarmac and grass, which featured a few tight turns maximising full use of the space which was perfect for spectators.

This year featured a smaller number of police entries for the Sprint distance however the race was still competitive in the male and female races with some close racing and plenty of changes throughout the swim bike run disciplines. Of note and special mention to our furthest travellers Ross Meldrum from Police Scotland and Geoff Wynn from North Yorkshire.

The first 3 overall and category winners are our prize winners, detailed below, with one prize awarded per athlete.

Female

1ST – Rachel Pearsons (Essex)

2nd – Libby Free (Metropolitan Police)

3rd – Kim Caddy (Bedfordshire)

4th – Felicity Bownds (Staffordshire police)

5th – Victoria Pompeo-Holly (Metropolitan Police)

Male

1st – Karl Free (Metropolitan Police)

2nd – Sean Flynn (Metropolitan Police)

3rd – David Wilson (West Midlands Police)

4th – Geoff Wynn (North Yorkshire Police)

5th Richard Evans (Metropolitan Police)

1st Vet 40

F- Felicity Bownds (Staffordshire police)

M- Geoff Wynn (North Yorkshire Police)

1st Vet 50

F – Christine Howard (Derbyshire)

M – Richard Evans (Metropolitan Police)

1st Vet 60

Paul Harbidge

The full results can be found on the link below.

<https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fresults.eventchiptiming.com%2Fresults.aspx%3FCId%3D16202%26RId%3D14006%26EId%3D5&data=05%7C01%7C%7C4767fb7b6f1a4273678508da7a2baa71%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637956625195471559%7CUnknown%7CTWFpbGZsb3d8eyJWlloiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTil6Ik1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=oss%2BS0iooBavfyfEMA1KK5P7TQIzS4zGfvkVjprcuUfl%3D&reserved=0>

The next PSUK event is the Middle distance Championships at Bowood Outlaw, Wiltshire on 4th September where a large number of police competitors from forces around the Country are expected to feature.

This is the final selection race for the 2023 USPE Championships where the PSUK team is expected to feature 6 male and 6 female athletes.