

TRIATHLON - PSUK STANDARD DISTANCE CHAMPIONSHIPS

On Saturday 11th June 2022 the PSUK Standard distance triathlon was hosted at Ellerton Lake, North Yorkshire. Many thanks to Redcar Triathlon club, in particular Jenny Wilkie for accommodating the police championship within the main race.

The weather was mild and sunny however the conditions were challenging with a strong wind blowing which was causing issues for the canoe safety team on the large open lake. The water was rough and the large inflatable buoys were being moved by the strong winds despite being weighted down.

British triathlon officials made the tough decision to reduce the swim section from 1500metres to 600metres for safety reasons.

Over 100 athletes entered the water which was about 17 degrees. The start was frantic and rough with a 200 metre distance to the first buoy.

The bike section was also tough with the strong gusting winds playing a significant factor on the undulating quiet rural roads. The route consisted of an out and back section from transition 1 then two laps around the local villages. The road surfaces were of a good standard and the times were fast over this 25 miles section.

The 10km run was all off road around the lake and surrounding countryside. It was predominantly flat but uneven in places although the surface was dry.

The results as follows,

Male top 3

- 1st – Jack Skelton (Lincolnshire) – 1.55.40
- 2nd – Andy Moulden (MPS) – 1.56.14
- 3rd - Karl Free, V40 (MPS) – 1.58.26
- 4TH – Andy Windett, V40 (MPS) – 1.59.26
- 5th – David Wilson, V40 (West Mids) – 2.00.48
- 6th – Ross Meldrum, V40 (SPRA) – 2.00.53

Female

- 1st – Beth Wilmott, V40 (Lincolnshire) – 2.08.12
- 2nd Libby Free, V40 (MPS) – 2.15.46
- 3rd – Debi Scott (SPRA) – 2.24.34
- 4th – Alexandra Bellerby, V40 (NYP) – 2.25.57
- 5th Gabi Kennedy-Hill (MPS) – 2.27.33,
- 6th – Lesley Whitehouse (NYP) V50 – 2.46.27

Many congratulations to all our police finishers.

Full results can be found

on <https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.results.smartiming.co.uk%2F&data=05%7C01%7C%7C6ca81a6aded24a55acd608da4d76c36f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637907469719631178%7CUnknown%7CTWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTil6Ik1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=cTNTXlvwt37KSAldbitkpHL%2BrLjORf6qufl%2FHvxRUV8%3D&reserved=0>

The next police Championship is the sprint distance at St Neots, Cambridgeshire on 7th August.

The middle distance takes place on the 4th September at the Bowood Outlaw triathlon.