

PSUK Middle Distance Triathlon Championships 2022

On Sunday 4th September 2022 the Police Sport UK Triathlon Middle Distance Championships were incorporated within the Bowood Outlaw Triathlon. This was located in the undulating, rural Bowood House grounds and estate, Wiltshire. Home to the Marquis and Marchioness of Lansdowne.

The swim over the distance of 1900 metres was a rolling start with two athletes at a time entering Bowood lake every five seconds from 0730 hours with the fastest swimmers first. The route was one large lap of the lake. The air temperature was a humid 18 degrees and dry although there was a threat of rain throughout the day. Water temperature was good at about 20 degrees. The overall field was 600 in numbers with about 50 police entries starting the event.

The bike route over 90km was one large lap around the Wiltshire Countryside taking in locations such as Devizes and Salisbury plain. The initial route away from Bowood Estate was undulating and the route continued with rolling hills on largely quiet rural roads. However the last few kilometres featured Derry Hill, a steep ascent of up to 13 per cent in places which really tested the legs prior to the run, on this challenging course.

The run route of 21km was three laps of the Estate grounds which were hilly, including a few steep climbs and predominantly off road. This route was described by many as brutal to conclude a middle distance race. Those who finished this race have certainly achieved one of the toughest middle distance races on the UK circuit and should be proud of their efforts.

The race was extremely well organised by the Outlaw triathlon events team who again accommodated another PSUK event which is appreciated. This is a special event and one to thoroughly recommend to all who would like a tough endurance challenge.

The race was competitive as always amongst our police athletes with some close racing as the event progressed through the three disciplines. The gaps between positions were close in places as many of the regular names completed another PSUK event. Special mention again to, firstly our furthest travellers, Police Scotland, managed by Ross Meldrum who travelled over 10 hours to this event with an entry of 11 and secondly Craig Chapman (GMP) who performed to a high standard after recovering from a recent broken toe.

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

MALE

1st, Dan Harbridge - NCA

2nd, Andy Windett - Met

3rd, Craig Chapman - GMP

FEMALE

1st, Libby Free - Met

2nd, Gabi Kennedy-Hill - Met

3rd, Lisa Rushton - WMP

1st V40 Male

David Wilson - WMP

1st V40 Female
Louise Mandefield - WMP

1st V50 Male
Derek Simpson - Police Scotland

1st V60
Gary Goacher - Derbyshire Police

The full results can be found on the link below.

<https://www.outlawtriathlon.com/bowood/results/>

Finally planning will now commence for the 2023 Championship events which also includes the selection only USPE (European Police Championships). Please keep in touch with your force contacts for any circulation updates, Facebook for PSUK Triathlon and the TeamPolice triathlon website. We look forward to seeing all our regular competitors next season plus hopefully some new faces. Well done everyone this season and stay healthy.

Karl and Libby Free