



Roll of Honour

SENIORS

Notes:

1. Covers national championships, international representation, Ironman races and other mega-achievements for Cambridge Triathletes age 20 and over.
2. For the under 20's, refer to our "Roll of Honour – Juniors and Youths".



2019

Chris Darling finished second in the Cambridgeshire County Cross Country Championships and second in the Cambridge Half Marathon

Stuart Holmes was age group winner in the Ryston Cross Country Series

Rachel Barnes, Kate Knill, Chloe Moss, Julie Tapley and **Pete Buckingham** completed the London Marathon; **Elle Milosovic** and **Steve Morris** completed the Manchester Marathon; **Tom Hales** went sub 3hrs (2.58.57) in his first marathon in Paris; **Abbie Tickner** completed the Amsterdam Marathon; **Pete Buckingham** finished the New York Marathon; and **Tristan Iggleston** finished the Boston Marathon

David Pearson was gold medallist (age group 20-24) in both the European Sprint Triathlon in Kazan, Russia and the European Sprint Duathlon in Targu Mures, Romania. He was also British age group Sprint Distance Triathlon Champion, first overall at the Ashridge Sprint Distance Triathlon (ITU qualifier) and second overall at the Bedford Sprint Distance Triathlon (ETU qualifier)

Mathilde Pauls was overall winner of the World Aquabike Championships in Pontevedra, Spain. **Julia Dolman** (Aquabike) and **John Nevin** (Standard Duathlon) were members of the GB age group team at the World Championships in Pontevedra. **John** also represented GB in the World Sprint Triathlon in Lausanne, Switzerland

Andy Williams was fourth in age group in the European Aquathlon Championships in Targu Mures, Romania. He also won sprint distance triathlon bronze in the Triathlon England age group championships at Box End, Bedfordshire

Ben Redman was 5th overall and 2nd in age group in the European Aquabike Championships in TarguMures. He also represented GB in the Standard Distance Triathlon World Championships in Lausanne, Switzerland. He won Aquabike races at Grafham, Dorney and Box End

Juan Marques represented GB in the European Standard Distance Triathlon in Weert, Netherlands

Nick Mansley completed the Swedeman Xtreme Triathlon (3.8k; 205k including 2k climbing; and 41k including another 2k climbing) and his 20th long distance race the inaugural Manx Xtreme (6th overall, 1st vet and 1st super-vet). He also represented GB in the European Middle Distance Duathlon Championships in Viborg, Denmark where he was fifth in age group, and completed the Dragon Duathlon, Welsh coast-to-coast including the Welsh three peaks



Lucy Gossage won the Norseman Xtreme World Championships

John Juckes completed Challenge Almere-Amsterdam, the European Long Distance (Iron distance) Triathlon Championships. He also completed the Paris-Brest-Paris 1200km bike ride in 83hrs 30min 55sec, “comfortably” within the 84 hour limit

Anita Ward (2nd lady and 1st in age group), *Julie Tapley* (4th lady and 1st in age group) and *Pete Buckingham* completed The Brutal Extreme Iron distance triathlon in Snowdonia. *Beth Jones* completed The Double Brutal, with triple swim, in 53hrs 42min 01sec!

Liz Bennett completed Ironman Copenhagen, was first in age group in the Swanage Middle Distance Triathlon and cycled from London to Paris for Alzheimer’s

Juliet Vickery was age group winner in the Cambridge half marathon, silver medallist in the Dartmoor Classic road race, gold medallist in the Marmotte Granfondo Alps in France, British Champion in the middle distance triathlon in Aberfeldy and 7th in age group in the World 70.3 Ironman Championships in Nice, France

Tristan Iggleston completed Ironman Vichy in France and *Clennell Collingwood* and *John Lambert* finished IM Barcelona, Spain.

Will Clarke finished Ironman Hawaii in 8.29.00 (25th male professional) and *Susie Cheetham* in 9.27.21 (19th female professional)

Adam Tapley represented GB and *Claire Diethé* represented Ireland in the World 70.3 Ironman Championships in Nice

Sophie Lankford represented Scotland in the Tour of Scotland, won the Bristol GP and finished 5th overall in the National Criterium Series, got three top 10’s in the Tour Series, was 2nd in the Team Pursuit at the National Track Championships and 11th in the National Time Trial Championships in Norfolk

Chrissy and Bill Lankford completed Otillo World Series swim/run races in Croatia, Sweden and the Scilly Isles. They also finished the Otillo Merit Race in Finland along with *Rob Davis and Matt Chandler, Helen Juckes and Sara Rogger, Helen Davis and Kate Denmead, Anne Roque and Jo Lockhart,* and *Jerome Jullien and Jean Baptiste*

Alice Sharpe won the Irish National Cycling Championships and represented Ireland in the World Cycling Championships in Yorkshire

Matt Pullen completed his 100th marathon (actually his 112th but



12 were not officially counted). This brilliant achievement was completed at the Saxons, Vikings and Normans Marathon, Northampton



Andy Butcher, Sasha Vail & Alex Markham won the Eastern Region mixed sprint triathlon relay in Bedford

Iain Johnston was age group champion in the Henley “skin cat” 14k marathon, the ASA Eastern Region 5k and the ASA Suffolk 5k (both skins)

Jo Lockhart completed the 5.25mile Lake Coniston end-to-end swim

Helen Davis (4km), **Simon Bradford** (2km) and **Andy Williams** (2km) were age group winners in the Rutland Water swim. **Simon Bradford** (0.75km) and **Nina Bevis** (1.5km) were winners at the Box End swim. **Helen Davis** and **Alex Bevis** were both age group winners in the Swim England 2km National Open Water Championships at Peterborough.

Rachel Barnes, Jordan Bradford and **Sheila Palmer** were age group winners in the Great East Swim

At the Eastern Region swimming championships in Newmarket, **Pete Russell** won 1 gold, 3 silver and 1 bronze medal

In the National Swimming Championships in Sheffield, **Helen Davis** won age group bronze medals at 50m and 100m breaststroke as well as two relay golds (4 x 50m medley and 4 x 50m freestyle, 200+ years) and **Alex Bevis, Simon Bradford, Martyn Fresher and Rob Davis** won 4 x 100m freestyle relay bronze, 200+ years

In the National Aquathlon Championships at Arundel, W Sussex, **Rachel Barnes** won age group silver, **Andy Williams** age group bronze and **Rob Davis** age group 10th

Sarah Springman was admitted to the ITU Hall of Fame



2018

At the Cambridgeshire County Cross Country Championships, **Rachel Barnes** finished 2nd V35, **Chris Darling** 2nd senior and **Stuart Holmes** 4th V50

Georgina Schwiening became National Elite Duathlon Champion at Bedford

Sarah Springman added to her list of age group 60+ World Records at indoor rowing

Davis was Sports Psychologist to the victorious Cambridge University Women's crews in the Boat Race

Lucy Gossage won Ironman UK for the fifth time, won Ironman Lanzarote (9.49.27) and won (6th overall) Patagonman Xtreme in Chile which includes 2.3km of climbing. **Jo Davies** was 6th female at Patagonman Xtreme and **Nick Mansley** was first 50+ there. **John Moore** completed Ironman Lanzarote and IMUK and **Tom Vickery** went 8hr 58min (including a 2.53 marathon) at Challenge Roth. **Graham Bloomfield** completed the Outlaw Iron Distance Triathlon and **Clennell Collingwood** completed IM Wales

Max and **Stacey Holloway** both finished the Highland Fling 52.3mile ultra-marathon

Georgina Schwiening was 3rd Elite in the World Standard Distance Duathlon in Fyn, Denmark. **Andy Williams** and **Tom Hales** (Aquathlon), **Ben Redman** and **Don Hutchinson** (both Aquabike) also represented GB there

Helen Davis was 1st 45+ in the Henley Swim. She was also a member of the British and European record-winning 200 year + age group team for the 4 x 100m relay; **Helen's** contribution to their time of 5.02.65 was 65.67 for the 100m freestyle leg

Doug Hosking and **Simon Bradford** were age group winners at Swim Rutland

Clennell Collingwood and **Rob Davies** together won the Great East SwimRun

Jo Lockhart represented GB in the European Masters 3km open water swim championships in Slovenia

Nick Mansley and **Paul Thorby** conquered the Swissman Extreme Triathlon (Ironman distances but with 5.5km of climbing)

Nick Mansley was first V50+ in the Jurassicman Extreme Triathlon (3.7km climbing, Devon to Dorset) and represented GB in the European Middle Distance Duathlon Championships in Velje, Denmark

Julie Tapley won her age group at the Staffordshire Half Ironman, and she and **Pete Buckingham** completed the World Half Ironman in South Africa



Helen Eggar and **Juliet Vickery** completed the Coast-to-Coast bike ride, 150 miles in a day from Seascale to Whitby

Sophie Lankford won three gold medals (points race, 3000m individual pursuit and scratch race) at the Scottish National Senior Track Cycling Championships At Strathclyde Park, Glasgow, **Andy Williams**, **John Nevin** and **Don Hutchinson** represented Great Britain in the age group European Sprint Distance Triathlon Championships

John Nevin represented GB 65+ in the World Sprint Distance Triathlon Championships, Gold Coast, Australia

Juliet Vickery was British Age Group Champion at Standard Distance Triathlon (Leeds) and British and English Age Group Champion at Middle Distance (Hever Castle and Vitruvian respectively). **Juliet** was also age group champion at the Alpe D'Huez Extreme Half Ironman in France

Andy Williams was third in age group in the Triathlon England National Aquathlon (Monster Racing)

Matt Pullen brought his Marathon total up to 90; **Liz Priestley** completed the Brighton Marathon; **Julie Tapley** and **Pete Buckingham** completed the Boston, Berlin and Gower Marathons; and **Hannah Cooke** the Gower

Our magnificent seven who represented Great Britain in the European Championships in Ibiza as age groupers all achieved top ten finishes: **Rachel Barnes** (bronze medal, Aquathlon), **Lotti Knights** (4th, Sprint Duathlon), **Ann Knights** (5th, Aquabike), **Ben Redman** (7th, Sprint Duathlon), **Rob Davis** (8th, Aquathlon), **John Nevin** (8th, Standard Duathlon), **Sasha Vail** (9th, Sprint Duathlon)

Our team comprising **Chris Darling**, **Oliver Park**, **Nick Venner** and **Stuart Hodgson** won silver in the Hereward Relay

Chris Darling won the Ely New Year's Eve 10km road race

The *220 Magazine* awards included the following: **Lucy Gossage**, winner "Outstanding Contribution to Triathlon" and third "Women's Elite of the Year" and **Emma Pooley**, winner "Duathlete of the Year"



2017

Chris Darling was second senior and **Don Hutchinson** first 70+ in the Cambridgeshire County Cross Country Championships in St Neots

Diana Chalmers and **Chris Darling** represented Cambridgeshire in the Inter-Counties Cross Country Championships at Loughborough

Susie Cheetham (9.04.49) was 3rd lady in the African Ironman Championships, South Africa; won Ironman Brazil, the South American Championships, in a record time of 8.52.00; and was 6th in Ironman Hawaii

Will Clarke finished second in IM UK and fourth in IM Texas

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Magazine's Awards for 2017, based on 2016 performances: **Emma Pooley** was Duathlete of the Year and **Lucy Gossage** was 3rd women's elite Triathlete of the Year

Julie Tapley, Kate Knill, Anna Blackwell, Harry Druiff, Matt Pullen, Lauren Bradshaw and **Phil Curtis** completed the London Marathon; **George Irwin** the Brighton Marathon; **Lucas van Muiswinkel** the Berlin Marathon; **Lauren Bradshaw** the Outlaw Marathon; **Pete Buckingham** the Boston, Lincs Marathon; **Julie Tapley** and **Pete Buckingham** the Budapest Marathon; **Marcus Lankford** the Vancouver Marathon and **Dave Missen** the Ely Marathon. **Tom Vickery** and **Ed Lewis** ran more than a marathon each when completing the inaugural Reebok Ragnar Relay over the South Downs

Nick Mansley finished 5th in age group 50-54 at the European Long Distance Duathlon in Sankt Wendel, Germany and first in age group in the Austria Extreme Triathlon. **Nick Mansley** and **Chris Eggar** were both V50 medallists in the Bearman Extreme Triathlon, French Pyreneses which includes 6.8km of climbing

Mary

Twitchett finished third in age group in the Tour of Cambridgeshire Chrono (time trial) and qualified to represent GB in the Cycling World Championships in France. **Mary** was first in age group in the Philadelphia half marathon

In the 2 mile Great East Swim, **Helen Davis** was first lady and 2nd overall (49.03) with husband **Rob** 3rd (49.16)

In the Henley Classic swim, **Helen Davis, Chrissy Lankford** and **Liz Bennett** were first, second and third in their age groups

Helen Davis became age group national champion at 50m breaststroke. She was 2nd at



100m and 3rd at 200m

Iain Johnston won the Firth-of-Forth swim, 1.4 miles, no wetsuits

Iain Johnston and **Kathryn Loveys** became ASA Eastern Region age group open water swimming champions at 5km and 3km respectively

Ben Veitch was age group winner in the Fritton Lake 3km swim

The following represented GB in the World Masters Swimming Championships in Budapest: **Kathryn Loveys** (30-34, gold in the 50m breaststroke in a new British record time of 33.90, silver 100m breaststroke, bronze 200m breaststroke), **Helen Davis** (44-49, three top ten finishes in 7 events), **Martin Fresher** (4 events) and **Jo Lockhart** (open water)

Chris Eggar (with **Helen** in support) completed the Swissman Xtreme Triathlon in 22hrs 16min 50sec (Ironman distances but with over 5.5km of climbing). **Helen Eggar** finished 2nd lady overall in the Evergreen 118km triathlon, Chamonix, France, which includes 3669m of climbing.

Julie Tapley (6th 50+, sub-12 hours), **Pete Buckingham** and **John Lambert** completed the Ironman European Championships in Frankfurt, Germany

Alan Slade finished the South Downs Way 50 mile ultra-marathon

Lucy Gossage won IM Wales and IM Italy in consecutive weeks and, for the fourth time, IM UK. She also won IM70.3 Staffordshire

Liz Bennett completed Challenge Roth. Husband **Dave** was BTF “Officiator of the Year”

Andrew Diplock and **Ed Lewis** completed IM Wales; **John Jukes** finished Challenge Almere in Holland; **George Irwin** did IM UK; **John Moore** IM Zurich and IM & IM Copenhagen; **Jane Doggett** IM Austria; **Alan Slade & Gareth Stuart** IM Barcelona; **Julie Tapley, Pete Buckingham** and **John Lambert** IM Italy; and **Don Hutchinson** IM Hawaii. **Lucy Gossage** and **Tom Vickery** were both first in the Mallorca Long Course Weekend (Iron Distance over three consecutive days)

Anna Blackwell won the silver medal in her age group at the TE National Aquathlon Championships in Leeds



At Grafham, **Matt Chandler** won the 5250m swim whilst **Edda Schewb** was first lady and **Simon Bradford** was first Veteran. **Helen Davis** was first lady in the 3000m race and **Elaine Bradford** was first 40+ lady in the 750m race. **Simon Bradford** won 4 gold medals at the Eastern Region swimming gala and represented Team Anglia in the Nationals in Sheffield. **Elaine Bradford** was also first lady overall in the 1500m Bedford Box End Mass Start swim series

Ann Knights represented GB as an age grouper in the World Cycling Road Race Championships in Albi, France

John Nevin and **Don Hutchinson** represented GB as age-groupers in the World Sprint Distance Triathlon Championships in Rotterdam, Holland. **John Nevin** also represented GB in the European Sprint Distance Triathlon Championships in Dusseldorf, Germany

Julie Tapley and **Pete Buckingham** both became Eastern Region Sprint Distance Age Group Triathlon Champions; both qualified in the Tour of Cambridgeshire for the World Cycling Championships; and both completed the Alp d'Huez Long Course Triathlon

Sophie Lankford was fourth U23 woman in the National 10 mile time trial championships, second overall in National Omnium round 3 at Reading and third overall in the Thundertrack Omnium at Herne Hill. Her parents, **Chrissy and Bill Lankford**, teamed up in three swim/run marathons, Ortillo Uto, Breca Gower and Breca Coniston

Helen Davies achieved a distinction in her MSc in Sport and Exercise Psychology, Staffordshire University



2016In the Cambridgeshire County Cross Country Championships at St Neots, **Mary Twitchett** was 1st 55+ and **Hannah Cooke** 2nd 35+. Our vet women's team was 2nd

Lucy Gossage was 1st in IM UK in Bolton, 2nd in IM New Zealand, 3rd in IM South Africa and 9th in the IM World Championships in Kona, Hawaii

Cheetham was 1st in IM70.3 Dublin, 1st in Challenge Salou in Spain and 2nd in IM South Africa

Emma Pooley won Powerman Malaysia, won Powerman Zofingen (World Long Distance Duathlon Championships) and represented GB in the Rio Olympics in the Time Trial and Road Race

Will Clarke was 2nd in IM Copenhagen in 7.59.10, 5th in IM Frankfurt and raced the IM Hawaii World Championships

the 220 *Magazine* Awards for 2015 performances, **Emma Pooley** was Duathlete of the Year, **Claire Cunningham** 2nd Paratriathlete of the Year and **Lucy Gossage** 3rd elite triathlete

Nick Mansley completed the London to Cannes bike challenge – 1500km in 6 days

Stacey and Max Holloway completed the 53 mile trail race, HOKA Highland Fling (British Ultra-marathon Championships)

Chrissy and Bill Lankford completed the Otila 1000 Lakes trail race (33km running and 10km swimming) in Germany

Janette Thomas, Sara Rogger, Helen Eggar, Chris Eggar, Matt Chandler and Paul Thorby rode all three roads to reach the top of Mont Ventoux three times in one day (the Club des Cingles du Mont-Ventoux)

Mary Twitchett was 1st in age group at the British Duathlon Championships

Andy Williams won age group 50-54 gold in the English Aquathlon Championships in Leeds and **Victoria Coe** was 5th in age group

Kathryn Loveys won 1 gold, 1 silver and 1 bronze and **Helen Davies** 1 silver and 2 bronze medals in the British Masters Swimming Championships in Sheffield

Julie Tapley, Pete Buckingham & John Lambert completed the Paris Marathon; **Chris Darling** (2hrs 38min), **Sophie Darling** (3.06), **Mary Twitchett** (3.11, 3rd out of 432 in age group), **Katherine Knill, Stuart Compton, Harry Druiff & Nick Mansley** all finished the London Marathon; **Tristan Igglesden** completed the Amsterdam Marathon



in Holland; and **Chris O'Loughlin** did the Dingle Marathon in Ireland. And then there's Marathon Man **Matt Pullen** who raced the following marathons: Paris, London, Thames Path Ultra (100 miles), Cheltenham Challenge, Richmond Park, Not-the-Rio, Great Ouse, Nottingham, Leicester and Florence, Italy

Alice Sharpe and **Don Hutchinson** won age group silver and bronze respectively in the English National Standard Distance Triathlon Championships at Grafham. **Don** won silver in the British Sprint Distance Triathlon Championships at Milton Keynes. He also climbed Mount Kilimanjaro in Tanzania

The following represented Great Britain in the European Sprint Distance Triathlon Championships in Lisbon, Portugal: **Clare Cunningham** (4th PT4), **Don Hutchinson** (6th 70-74), **Victoria Coe** (10th 25-29) and **Pete Buckingham** (55-59). **Julie Tapley** raced Standard Distance (50-54)

Victoria Coe commenced her elite career with the London and Liverpool Triathlons

John Nevin represented GB in age group 65-69 in the World Sprint Distance Triathlon Championships in Cozumel, Mexico

Andrew Diplock raced for GB in the ITU World Triathlon Championships in Cozumel at Standard distance and he won the Monster Middle Distance Triathlon to become Eastern Region champion

Aimee Venner and **Ed Lewis** represented GB in the European Middle Distance Triathlon Championships in Walchsee, Austria

Clare Cunningham raced Para-triathlon for Great Britain in the Paralympics, Rio de Janeiro

Don Hutchinson and **Janette Thomas** finished 3rd and 4th in age group in the Tour de Cambridgeshire UCI , time trial

Sophie Lankford and **Alice Sharpe** were 11th and 12th in the National Women's Cycle Classic

Sophie Lankford raced elite in Six Day London at the QE Olympic Park Velodrome. She won the Hopton Road Race and finished top of the women's track league at Welwyn to win the Jo Brunton Trophy for the third time

the European Masters Swimming Championships in London, **Helen Davis**, **Kathryn Loveys**, **Julie Scott**, **Alex Bevis**, **Simon Bradford** and **Rob Davis** all competed for GB.



In the British Masters Swimming Championships in Sheffield, **Helen Davis** won one silver and two bronze medals and set five new Eastern Region records while **Kathryn Loveys** won a gold (Eastern Region record), a silver and a bronze medal. **Helen Davis** also won the 5250m Grafham swim

Andy Cotton won age group gold in the 2 mile Great East Swim, and was 3rd vet in the TE Eastern Region Triathlon League

Victoria Coe (4th in age group) and **Tom Hales** raced for GB in the European Aquathlon Championships at Chateauroux, France

Nick Mansley competed for GB in the Copenhagen Powerman European Long Distance Duathlon Championships and in the ETU Long Distance Triathlon Championships in Poznan, Poland

At the ITU World Duathlon Championships in Aviles, Spain the following represented GB: **Mary Twitchett** (2nd 55-59 standard Distance), **Julie Tapley**, **Dave Brookes** and **Pete Buckingham**

Andy Sharpe and **Dave Millward** represented GB in the European Duathlon Championships at Kalkar, Germany at Sprint Distance whilst **Barney Palmer** competed at Standard Distance

Ed Williams swam the North Channel (Ireland to Scotland) – 35km in 10hours 58min

Jo Lockhart completed the 10km Lake Windermere swim

Helen Davis won the Masters category at the Henley Swim Classic, the Great East 5km Swim and the Grafman 5km Swim. **Alex Bevis** won six gold medals in the Eastern Region Masters Swimming Championships, was 2nd in the Henley Classic, 2nd in the Grafman Swim and 3rd in the Great East Swim

Iain Johnston was age group winner of the Great East 5km Swim, was 2nd overall in the Firth of Forth 1.4mile swim, and in the ASA Eastern Region 5km non-wetsuit swim was Suffolk gold medallist and Eastern Region bronze medallist

Richard Goddard won age group gold and **Jo Lockhart** silver in the ASA National Open Water Masters Championships at Rother Valley, Sheffield

Helen Davis became national age group champion (45-49) in the 100m breast stroke at the British Masters Swimming Championships in Sheffield

Lauren Bradshaw, **Julie Tapley**, **Tom Vickery**, **Andy Sharpe**, **Paul Thorby** and **Don Hutchinson** completed IM Vichy in France; **Miguel Torres** finished IM Wales; **Julie Tapley** and **Pete Buckingham** beat IM Barcelona; **Dan Hayman**, **Nick Mansley**, **Graham Steven** and **Lucas van Muiswinkel** conquered



Triathlon X in the Lake District; **Jean-Mark Eskdale** finished the Outlaw; **John Moore** did IM France (Nice) and IM UK (Bolton); **Dave Missen** and **Dan Monks** breached the Bastion; **John Lambert, Sarah Knight, George Savell, Alex Dix** and **Matt Lawes** finished IM Mallorca; **John Lambert** mastered IM Maastricht-Limburg in Belgium; **Clennell Collingwood** completed the Isoman Full (includes a 7mile swim!) in Worcestershire; **Nick Mansley** was the only 50 year old to complete the Icon Livigno Extreme Triathlon in Italy (243km with 7km of climbing); and **Chris Eggar** completed the Evergreen 228 in France (including 7.5km of climbing) and the Austria Extreme (just the 5.8km of climbing!)

Chrissy and Bill Lankford completed two rounds of the Otillo Swim Run World Championships (10k swimming and 35k running) in the Scillies (7th mixed team) and in Germany

In the Eastern Region Triathlon Relays, our Club won both men's (**Mark Matthews, Andrew Diplock** and **Tom Vickery**) and mixed (**Amy Chalmers, Alex Markham** and **Lester Allen**) team categories

In the Chariots of Fire relays, our ladies vets team comprising **Rachel Barnes, Sara Rogger, Juliet Vickery, Julie Tapley, Tania Schofield** and **Anna Blackwell** again beat all ladies' teams

Our Club President, Prof **Sarah Springman** CBE, FREng had the honour of presenting the Brownlee brothers with their Olympic medals in Rio



2015

In the Cambridgeshire County Cross Country Championships at St Neots, **Mary Twitchett** was first 45+ and **Stuart Holmes** 2nd 50+

Susie Cheetham (nee Hignett) finished second in IM 70.3 South Africa; third in IM South Africa; second in Challenge Salou, Costa Duarada, Spain; second in IM 70.3 Norway; second in IM 70.3 Staffordshire; and sixth in the World Ironman Championships in Hawaii (9.23.50)

George Schwiening finished second and third in her first and last races in the French Duathlon League, won Silver in the European Duathlon Championship U23's in Alcobendas, Spain and won gold in the South of England road relays

Mary Twitchett won age group gold in both the British Standard Distance Duathlon Championships in Clumber Park and the British Middle Distance Triathlon. She was also first in age group in the Tour of Cambridgeshire Time Trial

Clare Cunningham won gold in the South African World Series Paratriathlon Championships (PT4 category), gold in the Detroit USA World Paratriathlon event, silver in the London World Series race, silver in the National Paratriathlon in Llanelli and bronze in the European Triathlon Championships in Geneva, Switzerland

Lucy Gossage finished second in IM South Africa; second in IM 70.3 Barcelona; won IM 70.3 Staffordshire; won IM UK at Bolton in 9.31.58; second in Challenge Walchsee, Austria; and was 10th in the World Ironman Championships in Hawaii (9.28.36). She completed a 100mile time trial in 3hrs 48min (2nd fastest ever)

Will Clarke finished 8th in IM Lanzarote, his first Ironman, in a time of 9.28.31. He finished 4th in IM 70.3 Staffordshire

220 Triathlete magazine's Duathlete of the Year (for 2014 performances) was **Emma Pooley**. **Lucy Gossage** was third

Emma Pooley won Challenge Phillipines, won the Alpe d'Huez Triathlon, was 3rd in IM France and 5th in IM Wales

The following represented Great Britain in the European Long Course Duathlon Championships in Horst, Holland: **Ben Baldelli** (3rd in age group), **Nick Mansley** (7th in age group) and **Graham McKenzie**

Abbie Tickner completed the Paris Marathon; **Matt Pullen** added the Hull, Worcester and London Marathons to his long list; **Chris Darling**, age 20, completed the London



Marathon in 2.35.26 and won the Newmarket 10k; **Christof Schwiening** did London in 2.51.34 and **Sophie Darling** also completed it

Ben Peresen and **Darren Walsh** completed the Marathon des Sables in the Sahara (250km in 6 days)

Liz Bennett completed IM Lanzarote; **Chris Eggar** and **Beth Jones** completed Wasdale X (Ironman+) Triathlon; **Lauren Bradshaw** finished IM Mallorca; **Lucas van Muiswinkel** (6th overall) and **Nick Mansley** (8th overall and 1st in age group) finished The Brutal in Snowdonia; **Clennel Collingwood** completed The Outlaw; **Helen Juckes** completed IM Weymouth; and **Paul Thorby** (9.56.08 in his first Ironman), **Julie Tapley**, **Pete Buckingham** and **John Lambert** completed IM Barcelona. **Beth Jones** completed the Double Brutal (1st female)!

Tim Chapman, **Stephen Webb** and **Jafar Al-Kharaz** completed “Wales in a Day”, cycling 195 miles (4500ft of ascent) from Caernarfon to Chepstow

In the European Duathlon Championships in Alcobendas, Spain the following raced standard distance as age-groupers for GB: **Barney Palmer** (bronze, 20-24), **Anna Blackwell** (4th, 40-44) and **Nick Mansley** (5th, 50-54). **Dave Millward** represented GB at sprint distance

David Walker represented GB as an age grouper in the World Duathlon Championships in Adelaide, Australia

In the World Long Distance Duathlon Championships in Zofinger, Switzerland, **Graham McKenzie** and **Nick Mansley** represented GB. Both finished 8th in age group. **Emma Pooley** won the elite race

following represented GB in the European Triathlon Championships in Geneva, Switzerland: **Julie Tapley** (6th in age group), **Ben Veitch**, **Dan Thorby**, **Andy Williams** and **Don Hutchinson** (7th in age group). **Don** also represented GB in the World Championships in Chicago, USA (6th in age group)

John Juckes (7th in age group) represented GB in the European Iron Distance Championships in Weymouth and in the World long Course Championships in Sweden

Sophie Darling won age-group gold in the European Aquathlon Championships in Cologne, Germany whilst brother **Chris** won Bronze

Helen and Chris Eggar cycled the Haute Route Alps

Ed Williams swam from Europe to Africa across the Straits of Gibraltar



Tom Vickery won the Belvoir Middle Distance triathlon

Alice Sharpe became British Champion and **Juliet Vickery** and **Anna Blackwell** won age group silver and bronze respectively in the British Sprint Distance Triathlon Championships in St Neots

Julie Tapley won age group bronze in the English Standard Distance Triathlon Championships in Chester

Iain Johnston was first in age group at the Great East Swim – 5km in 1.16.03
At the ASA National Swimming Championships in Sheffield, the following medalled in their age groups: **Kathryn Loveys** 2nd 50m breast, 2nd 100m breast, 3rd 200m breast (all Eastern Region records), **Helen Davis** 3rd 50m breast (E Region record), and **Alex Bevis** 3rd 800m free

In the Grafham Water Swims, the following were age group winners: **Julie Tapley, Ben Veitch, Bogdan Szyszkowski, Chris Darling** and **Ed Williams**

In the English Middle Distance Championships at Grafham, **Lauren Bradshaw, Juliet Vickery** and **Mary Twitchett** all won age-group Gold; **Hannah Cooke** and **Tom Vickery** age-group Silver; and **Barney Palmer** age-group Bronze

Our ladies' and men's teams both won the Kevin Henry 5k run series. **Chris Darling** was the men's series winner and **Lauren Bradshaw** was second woman.

Our ladies veterans' team, comprising **Anna Blackwell, Julie Tapley, Juliet Vickery, Rachel Barnes, Sarah Rogger** and **Kate Knill** won the Chariots of Fire relay, beating all ladies' teams for the first time since the inception of the competition in 1992



2014

In the Cambridgeshire County Cross Country Championships at St Neots, **Georgina Schwiening** was second lady overall, **Anna Blackwell** was third W35+ and **Mary Twitchett** was first W45+. Our Senior Women's team was 3rd

Lucy Gossage won the Spring Ballbuster Duathlon, beating every other competitor, male and female. She was second female elite in IM South Africa (9.33.07), won IM Lanzarote in 9.41.40, won The Gauntlet Middle Distance Triathlon at Cholmondley Castle, finished second in the Alpe d'Huez Long Distance Triathlon in France and was third in the National 100 mile Time Trial

Tom Vickery (9.56.44) was fourth in age group at IM Lanzarote and third overall in the Outlaw, 9.13.25.

In the National Duathlon Championships at Newby Hall, **Mary Twitchett** became English age group champion, and **Steph Knott** and **Anna Blackwell** were both second in their age groups

At Horst in Holland, **Lauren Bradshaw** and **Mark Tickner** (8th and 10th in age group respectively) represented Great Britain in the European Duathlon championships at sprint distance whilst **Nick Mansley** did so at long distance

Emily Woodfield, Alex Orgee and **Steve Keogh** completed the London Marathon

Will Clarke was second professional in Ironman 70.3 both in Puerto Rico and Barcelona, and won IM70.3 UK

Susie Hignett was 5th in IM 70.3 in Pays d'Aix, France, 2nd in IM 70.3 Luxemburg and won IM 70.3 Haugesund, Norway

Emma Pooley won three stages of cycling's Giro Rosa in Italy, won her third British Time Trial Championships in Monmouthshire and finished third in Challenge Philippines (Iron distance). She won two silver medals at the Commonwealth Games, Glasgow – in the Road Race (selflessly helping Lizzie Armistead win gold) and in the Time Trial. She also won the Long Distance World Duathlon Championships in Zofinger, Switzerland

George Schwiening was 3rd U23 woman in the World Elite Duathlon Championships in Pontevedra, Spain, and won a second bronze medal as a member of the GB mixed relay team. **Lauren Bradshaw** (30-34) and **Anna Blackwell** (40-44) both won bronze medals. **Julie Tapley, Pete Buckingham, Dave Brookes** and **Mark Tickner** also represented GB

Matt Pullen completed the Milton Keynes Marathon, his 46th

Our ladies' team comprising **Hannah Cooke, Anna Blackwell** and **Joanna Davies** were Eastern Region Triathlon Relay champions

Juliet Vickery won her age group in the British Sprint Distance Triathlon Championships, Dorney Lake

In the Triathlon England National Sprint Distance Championships at Olney, **Steph Knott** was



2nd in age group 25-29 with **Anna Blackwell** 3rd in age group 40-44. At Standard Distance (Dambuster), **Juliet Vickery** became National Champion (50-54), **Tom Vickery** was 2nd in age group 25-29 and **Julie Tapley** 2nd in age group 45-49. At Long Distance (Grafman), **Mary Twitchett** was National Champion (50-54), **Hannah Cooke** 3rd in age group 30-34 and **Sarah Knight** 3rd in age group 25-29

Nick Mansley won the City to Summit

Duathlon (Iron distance) Scotland

Nick Mansley completed the Celtman (Iron distance); **Andrew Simpson** IM Austria; **Will Lowe** the Outlaw; **Sarah Knight, George Savell and Lucas van Muiswinkel** IM Zurich; **Jared Walbridge** IM UK, Bolton

In the Chicago, USA, World Championship Series, **Clare Cunningham** won Gold in ParaTri4. In the World Championships Final in Edmonton, Canada she won Bronze

In the European Triathlon Championships in Kitzbuhel, Austria, **Clare Cunningham** was 4th in ParaTri4, **Finn Johnson** 9th (1st Brit) in Standard Distance age group 25-29. **Don Hutchinson** also represented GB

Tim Walters completed Raid Pyrenean (720km cycling from the Atlantic to the Mediterranean including 1000m of climbing) within the stipulated 100 hours

Our ladies' team of **Sue Brown, Julie Tapley, Anna Blackwell and Juliet Vickery** were National 40+ Champions in the National Club Relays at Nottingham. The winning mixed team, Erdinger Alkoholfrei, included three Cambridge Triathletes – **Lucy Gossage, Alice Sharpe and Tom Vickery**

Jo Lockhart and **Justine Brain** completed the 14km Henley Bridge-to-Bridge swim



2013

In the Cambridgeshire County Cross Country Championships, **Emily Boldy** finished 3rd senior woman. Our senior women's and men's teams finished 2nd and 3rd respectively

Lucy

Gossage won the European Elite Long Distance Duathlon Championships in Horst, Holland. She also finished 6th professional in Half Ironman Austria and 3rd in Half Ironman Mallorca. She won Ironman UK, Bolton in 9.29.12 and Ironman Wales in 9.51.21. She was British Triathlon's Elite Long Distance Triathlete of the Year and Elite Duathlete of the Year

Will Clarke was second professional in the St Croix Half Ironman, 2nd in IM70.3 Lanzarote, 4th in UK70.3, 2nd in Schliersee Bundesliga, 5th in the East London, South Africa 70.3 and 10th in the Las Vegas 70.3 World Championships (3.59.58)

Emma Pooley won the Swissman Xtreme Triathlon, was 5th in Ironman Switzerland, won the Tour Languedoc Roussillon in France, was 2nd in the Women's Tour of the Czech Republic and third in the Women's World Cup race there

Susie Hignett, racing professionally, won IM70.3 France, 2nd in IM70.3 Luxembourg, 2nd in IM70.3 South Africa and 3rd in IM70.3 Lanzarote

Esther Rodriguez won the Spanish Sprint Triathlon Championships, and was 8th elite in both Duathlon and Triathlon at the two Spanish Championships. She finished 15th in the British National Elite Triathlon Championships in Liverpool

Clare Cunningham won Tri 4 bronze in the World Paratriathlon championships in London, silver in the European Paratriathlon Championships in Alanya, Turkey and silver in the British Paratriathlon Championships in Liverpool. She was a member of the UK Sport Lottery Funded World Class Paratriathlon Programme

Mary Twitchett was English National age group Duathlon Champion and **Tom Vickery** third (Cambridge Duathlon)

Richard Goddard became British 70+ swimming champion when he completed the 5000m Swimathon in 1hr 34min 09sec

Joanna Davies and **Juliet Vickery** were age group silver and bronze medallists respectively in the British Sprint Distance Triathlon Championships in Nottingham

Sue Brown was age group silver medallist in the British Middle Distance Triathlon Championships at Belvoir Castle

In the European Triathlon Championships in Alanya, Turkey, **Julie Tapley** finished second in age group at Standard Distance and **Don Hutchinson** finished seventh in age group at Sprint Distance

John Jukes represented Great Britain as an age grouper in the World Long Distance Triathlon Championships in Belfort, France



Nick Mansley represented GB in the European Long Distance Duathlon Championships in Horst, Holland (5th in age group) and in the World Long Distance Championships in Zofingen, Switzerland (cycling 30km on one pedal)

Mark Tickner was 4th in age group at Sprint Distance, **Anna Blackwell** 5th and **Dave Brookes** 8th at Standard Distance in the World Duathlon Championships in Ottawa, Canada where **Chris Brown** and **Colin Weller** also represented GB at Standard Distance

Finn Johnson finished second in age group in the English Standard Distance Triathlon Championships (Dambuster)

Tom Vickery finished 4th overall in the British Middle Distance Triathlon Championships (Beaver)

Chris Eggar finished the Celtman and Embrunman Iron Distance races. **Chris Eggar** and **Dan Monks** completed the City to Summit Iron Distance race in Scotland. **Mark Tickner** was third overall in The Brutal Iron Distance race which **Helen Eggar** and **Brendan Morgan** also completed. **Sara Rogger** was second in the Grafham Half Ironman and completed Ironman Roth in 11.11.55, a very fast IM debut. **John Jukes** won his age group and **Tim Chapman** was fourth in his at the Anglian Ironman. **John Lambert** did IM Austria. **John Jukes** and **John Lambert** completed Challenge Henley, Iron distance. **Harry Druiff** completed the Double Steelman in Cleveland. **Julie Tapley** was age group winner at Ironman UK which **Steve Pleasance** also completed. **Ben Peresson** completed IM Lanzarote, the Norseman Xtreme Triathlon and the Ironman World Championships in Kona, Hawaii

At the National Triathlon Relays in Nottingham, **Lucy Gossage, George Schweining, Susie Hignett and Esther Rodriguez** were National Ladies Champions and **Juliet Vickery, Janette Thomas, Sue Brown and Mary Twitchett** became National 50+ Ladies Champions

The following represented Great Britain as age groupers in the World Triathlon Championships, London:

Sophie Darling, Sam Patterson and Ben Veitch – Aquathlon **Juliet Vickery** (Silver medal), **Anna Blackwell, Joanna Davies and Ursula Hankinson** – Sprint

Julie Tapley, Don Hutchinson, Finn Johnson, Richard Sales and Neil Houltsey – Standard. **Siggi Martinsson** represented Iceland

Nick Mansley went sub-3 hrs in the Edinburgh Marathon. **Ned Baring, Nick Horne** and **Jon Wells** finished the London Marathon. **Helen Hatcher** finished the New York Marathon, **Calvin Sambrook** the Berlin Marathon and **John Lambert** the Paris Marathon

Anita Buxton was Eastern Region MTB ladies vet champion and third in the British MTB Cross Country Series

Steve Gershon swam three 1 hour stints in a successful cross-Channel relay team

Our **Club** won the Living Sports “Community Club of the Year” award



Sarah Springman was appointed to the board of UK Sport. She was also honoured with The Lifetime Achievement Award at the Sunday Times/Sky Sports Sportswoman of the Year awards. She was one of just two people to be awarded a British Triathlon Gold Pin



2012

Sarah Springman was awarded a CBE in the New Year's Honours List; was elected ETU Vice President; was one of the Olympic Games torch bearers; and completed her sixth and final year as President of the British Triathlon Federation

Will Clarke came second in the Australian Sprint Distance Championships in Geelong; 9th in the Mooloolaba World Cup race; 8th in the Sydney World Tri Series; 20th in the San Diego World Tri Series; 8th in the Hamburg World Cup race; and was a member of GB's winning World Relay team in Stockholm

Emma Pooley represented GB in the London Olympics at cycling. She finished 6th in the time trial and helped Lizzie Armistead win silver in the road race. She won the Tour d'Ardeche; was second in the Giro D'Italia; was a member of our bronze medal team at the World TT champs and was fourth in World individual TT and fifteenth in the Road Race in Holland

In the Cambridgeshire Cross Country Championships at St Neots, our senior women's team of **Lucy Gossage** (1st), **Esther Rodrigues** (3rd), **Sophie Darling** (9th), and **Kerine Ferrin** (3rd lady 35+) were County Champions. **Don Hutchinson** was second in age group in the Eastern Region Vets Cross Country Championships

In the Dambuster Duathlon (British Championships), **Mary Twitchett** was second in age-group, **Esther Rodrigues** fourth and **Julie Tapley** fifth

In the World Duathlon Championships in Nancy, France, **Mary Twitchett** was second in age group 50-54 and **Julie Tapley** 6th in age group 45-49

Lucy Gossage was British Champion in the National Elite Duathlon Championships in Loughborough. **Esther Rodrigues** was fifth

Lucy Gossage won the elite European Long Distance Duathlon Championships in Horst, Holland; was second professional at Half Challenge Barcelona; and was fifth in the European 70.3 Elite Triathlon Championships in Germany. She was second in the World Long Distance Duathlon Championship in Zofingen, Switzerland. She won Challenge Barcelona in 8hrs 58min 43sec, beating her own club record (male or female) for the Ironman distance by 23 minutes! She was elected British female elite Duathlete of the Year

Julie Tapley won the age group gold medal in the Olympic distance race at the European Triathlon Championships in Eilat, Israel. **Don Hutchinson** won age group bronze at sprint distance

Tapley represented GB as an age grouper in the World Triathlon Championships in Auckland, NZ



Helen Jukes took from Julie Tapley the World Record for the fastest vegetable in the London Marathon in 3hrs 47min. **Andrew Simpson** completed the Paris Marathon, **Julie Tapley** the Milton Keynes Marathon and **Rachel Hemmings** the Edinburgh Marathon. **Matt Pullen** completed the London, Berlin and Luton Marathons as well the Hell on the Humber 12 hour road race (in which he ran 42 miles just 1 week after completing the Three Peaks Challenge). **Nick Mansley** completed the Norseman, Raid Pyrenean and the London Marathon

Esther Rodriguez won the English National Triathlon Championships (Standard Distance, Milton Keynes) and was fourth in the Spanish Elite Sprint Triathlon in Mazarron

Emily Woodfield was 3rd in age group at both the British Middle Distance Triathlon Championships at Milton Keynes and the English Standard Distance Championships also at MK

Jared Walbridge completed the Outlaw (Ironman) and was 2nd in age group 30-34 in Challenge Henley in 9.56.13; **Ian Tivey** was 3rd in age group 35-39 in Ironman Wanaka, New Zealand in 10.27.36; **Liz Bennett** and **Rodney Barkhuysen** finished Ironman Sweden; **John Lambert** completed Ironman Austria; **Chris Eggar** completed the Altriman, France Iron distance race as well as The Brutal, Snowdonia, Wales; **Sam Newell** finished Ironman UK; **David Sales**, **Richard Sales** and **Steve Bentley** finished IM Copenhagen; **Mark Tickner** IM Wales; **Ned Baring** IM Switzerland; **John Jukes** Challenge Henley; and **Angela Girgis** won her age group in Challenge Barcelona

Chris Brown won the Rat Race Scotland Coast to Coast solo adventure race in 9 hours 27 min

Richard Goddard raced in the Pan Pacific Masters Games, Gold Coast, Australia (70 – 75 age group) winning the 2.5km open water swim, gaining silver in the 200m fly and bronze in the 200m free, and winning three bronze medals at indoor rowing. He also won his age group in the Queensland open water 2.5km swim championships (sub 50min)

Nathan Thomas won the New Forest 70.3

Matt Pullen ran 12 marathons in 12 days, each under 5 hours

Jon Coulson cycled from Land's End to John O'Groats

Heather Williams completed her reign as British Triathlon's Elite Performance Director, signing off with gold and bronze medals in the London 2012 Olympics



2011

Will Clarke was one of BTF's World Class Performance Programme Affiliates for 2011. He finished 9th in the ITU World Championship Series with 11th place in Mooloolaba, Australia; 9th in Sydney, Australia; 24th in Madrid, Spain; 2nd in Hamburg, Germany; 4th in Kitzbuhel, Austria; 14th in Hyde Park, London; and 15th in Beijing, China. He won the Schliersee Alpen Triathlon in Germany's Bundesliga circuit. As a result of being GB's no 3 triathlete (behind the Brownlee brothers) he was awarded BTF Performance Squad funding for 2012

Emma

Pooley, coached by **Tim Williams**, won the bronze medal in the World Cycling professional time trial in Copenhagen, Denmark; won the Trofeo Alfred Binda in Italy; was second in the Giro d'Italia; was Queen of the Mountains in the Thuringen Rundfahrt, Germany; and won the Tour de l'Ardeche in France

David

Mclean had 9 wins racing as a semi-professional cyclist this year, to add to his 11 wins in elite continental races over the past three years. He was third in the six day Tour of Sweden and won the four day Tour of Kent. He signed a professional contract for the Italian Meridiana Kamen team for the 2012 season.

Lucy Gossage was sixth in the Elite National Duathlon championships at Loughborough; second in the Half Iron Distance Elite Grand Prix UK race at Milton Keynes; second professional in UK Ironman 70.3 at Wimbleball, Somerset; won Ironman 70.3 Ireland; and was third at Challenge Barcelona in a Club record Iron distance time, male and female, of 9.21.01

The Cambridge Triathlon Club won both men's and women's team competitions at the Cambridgeshire County Cross Country Championships. **Lucy Gossage** won the women's race and **Hannah Cooke** was sixth. **Tom Vickery** finished fifth and **Maz Firouzi** ninth in the men's

In the Clumber Park Duathlon (British Championships), **Lucy Gossage** won her age-group and was second overall, **Mary Twitchett** was third in her age-group and **Tom Vickery** was third at sprint distance

Juliet Vickery was National age-group Champion at the Milton Keynes Standard Distance Triathlon

In the British Middle Distance Triathlon Championships at Milton Keynes, **Emily Woodfield** took bronze in the 30 to 34 age-group

Julie Tapley enjoyed one amazing weekend. On the Saturday she won the bronze medal in her age-group at the European Duathlon Championships in Limerick, Ireland and then on the Sunday ran the London Marathon in 4.06.17 dressed as a carrot, entering the Guinness Book of Records as the World's fastest vegetable! **Maz Firouzi** (2.38), **Dave Bettinson** (2.43), **Hannah Cooke** (3.15) and



Helen Jukes (3.56) also completed the London Marathon

Alex Eberlin completed the Richmond Park Marathon

At the World Duathlon Championships in Girona, Spain, **Mary Twitchett** won age-group bronze at Sprint Distance and **Juliet Vickery** and **Julie Tapley** were 5th and 13th at Standard Distance

At the World Triathlon Championships in Beijing, **Julie Tapley** finished 7th in age-group 45-49 at Sprint Distance and **Helen Jukes** 21st (35 - 39) at Standard Distance

Ned Baring represented Great Britain in the World Age-Group Long Course Triathlon Championships in Henderson, Nevada, USA

At the European Triathlon Championships in Pontevedra, Portugal, **Don Hutchinson** and **Steve Mavin** finished third and fourth in their respective age-groups

Steve Mavin was 112th in L'Etape du Tour amateur cycling stage. He also went to the British Masters Swimming Championships in Sheffield where he won 9 gold, 1 silver and 2 bronze medals, breaking three British records in the process

Esther

Rodriguez finished 11th elite in the Spanish National Triathlon Championships

Rodney Barkhuysen

and **Liz Bennett** completed Ironman South Africa; **Chris Eggar** and **Ivan Scott** IM France; **Jared Walbridge** (9.47.26) and **John Lambert** IM Austria; **Ian Tivey**, **Chris Eggar**, **Simon Gilbert** and **Liz Bennett** IM Wales; **Jared Walbridge**, **Angela Girgis** (second in age-group) and **Annie Parker** (also second in age-group) Challenge Henley; **Helen Barker** IM UK; **John Wilderspin** Challenge Roth; **Ned Baring** (9.47.28) Challenge Copenhagen; **Steve Bentley** and **David Sales** the Outlaw; and **Angela Girgis** IM Switzerland

Helen Eggar, **Sara Rogger**,

Janette Thomas, **Juliet Vickery** and **Matt Chandler** completed the Maratona dles Dolomites, Italy cycling 138km including 4.15 km of climbing

Tom Vickery cycled more than 4,500km from Xi'an in China to Hua Hin in Thailand on his way to a new job coaching triathlon in Singapore

The Cambridge Triathlon Club won the men's section and finished second in the ladies' section of the Kevin Henry 5km League, **Maz Firouzi** and **Esther Rodriguez** being our club champions

Our vet ladies team comprising **Juliet**



Vickery, Julie Tapley, Sue Brown and Anita Buxton took silver in the National Club Triathlon Relay Championships in Nottingham

At the Eastern Region Triathlon Relay Championships we won two categories - Ladies (**Esther Rodriguez, Georgina Schwiening and Lucy Gossage**) and Mixed (**Phil Curtis, Emily Woodfield and Tom Vickery**)

Anita Buxton won age-group silver in the British Cross Triathlon Championships at Hawley Lake, Surrey

Nigel Burch was “Winter swim 2010/2011” Champion

Tonia Schofield swam the English Channel as a member of a three-person relay team

Kate Denmead won the Traditional Category (no wetsuits) in the Henley swim, a 2.1km upstream race, in 33min 47sec

Our team comprising **George Schwiening, Julie Tapley, Esther Rodriguez** and **Lucy Gossage** won the ladies trophy in the Hereward Relay. Our best men’s team, including **Rogelio Vicente, Mazeyar Firouzi** and **Dave Bettinson** was third overall

Tim Williams, our Head Coach, was also Regional Head Coach for BTF and manager of the Eastern Region Academy for talented youth triathletes. **Tim** won the Cambridgeshire Coach of the Year award (Living Sport and Cambridge News) for all sports

Heather Williams continued to prepare the GB elite squad for the London 2012 Olympics in her role as BTF Performance Director

Sarah Springman, our Club President, President of The British Triathlon Federation and Vice-President of the International Triathlon Union, won the “Jane Tomlinson Outstanding Contribution to Triathlon” lifetime achievement award. She even had time to win her age-group in the ITU Winter Triathlon in Finland



2010

Will Clarke was one of six British Triathlon World Class Podium Athletes. He finished second in the National Elite Duathlon Championships in Loughborough; 9th in the French GP triathlon at Dunkerque; 10th in the World Championship triathlon in Seoul, Korea; 12th in Madrid; 6th at Des Moines, USA; and 11th in the European Championships in Athlone, Ireland

Emma Pooley won the Women's World TT Championships in Geelong, Australia; won both the British National Road Race and TT Championships; finished eighth (first Brit) in the women's cycling World Cup, winning two of the races, the Grand Prix de Plouay in France and the Fleche Wallonne in Belgium. She also won the Tour de L'Aude in France, the Giro di Trentino in Italy, the GP de Suisse TT and the GP Elsy Jacobs. She finished ninth in the Commonwealth Games TT in Delhi. Her coach is **Tim Williams**

David

Mclean's principal achievement was finishing third in the Tour of Sweden

Sarah Springman

was second in age group in the World Winter Triathlon in Norway where **Steve Gray** also represented Great Britain

In the National Duathlon

Championships at Clumber Park, **Lucy Gossage** was first in age group, **Barbara Leverett** second, and **Tom Vickery** and **Don Hutchinson** both third

In the World Duathlon

Championships in Edinburgh, **Juliet Vickery** and **Barbara Leverett** both won age group silver medals. **Mary Twitchett** and **Don Hutchinson** also represented Great Britain

In the National Sprint Distance

Triathlon Championships at Emberton Park, **Don Hutchinson** and **Juliet Vickery** won age group silver and bronze respectively

Barbara Leverett and **Juliet Vickery** won their age groups in the National Olympic Distance Triathlon Championships in Bedford

In the National Middle Distance Triathlon

Championships in Bala, Wales, **Don Hutchinson** and **Tim Downing** won age group gold and silver respectively

In the European age group Triathlon

Championships in Athlone, Ireland, **Steve Mavin** (gold), **Don Hutchinson** (silver) and **Phil Curtis** represented GB at Sprint distance while **Tim Downing** (7th) represented Ireland at Olympic distance

The following represented Great Britain in the World Olympic distance Triathlon Championships in Budapest: **Barbara Leverett**



(2nd), **Steve Mavin** (6th), **Anita Buxton**, **Bill Matthews**, **Don Hutchinson**, **Dave Lowrie**, **Gabe Lowrie**, **Helen Jukes** and **Karen Donnor**. **Tim Downing** represented Ireland. Whilst in Budapest, **Barbara Leverett** won another silver medal and **Tim Downing** finished ninth in age group in the World Aquathlon Championships

Our team comprising **Dave Bettinson**, **Maz Firouzi**, **Mark Matthews** and **Stuart Holmes** finished second in the Hereward Relays

Stuart Holmes, **Maz Firouzi**, **Dave Bettinson** and **Tom Vickery** won the Coe Fen Relay

Tom Vickery and **Dave Bettinson** were 3rd and 8th seniors respectively in the Cambridgeshire County Cross Country Championships. **Lucy Gossage** and **Hannah Cooke** were 2nd and 10th senior ladies

Don Hutchinson was 2nd vet 65+ in the Eastern Cross Country Championships

Our ladies team comprising **George Schwiening**, **Lucy Gossage**, **Hannah Cooke** and **Juliet Vickery** won the Hereward Relay, each being fastest in their leg. Our fastest two men's teams finished 2nd (**Mark Matthews**, **Nick Burch**, **Maz Firouzi** and **Dave Bettinson**) and 4th (**Dave Brooks**, **Luke Darcy**, **Gary Wilberforce** and **Tim Downing**) out of over 100 teams

Alan Slade and **Julio d'Escrivan** completed the Cambridge Boundary Run Marathon; **Lucy Gossage** (2.57.51), **Maz Firouzi** (2.38.20), **Justine Brain**, **Dan Monks**, **Stuart Hodgson**, **Pete Russell** and **John Lambert** all finished the London Marathon; **Angela Pinot de Moira** the Berlin Marathon; **Sara Rogger** the Nice, France Marathon; and **Helen Eggar** the Dublin Marathon

Lots of our **Club** runners turned out in the Kevin Henry 5km road run league, the Club winning both male and female categories

Tom Vickery won the Wellingborough multi-terrain series

John Wilderspin completed Ironman Wisconsin; **Jared Walbridge** the Ironcat, Barcelona; **Alan Slade** and **Julio d'Escrivan** Ironman Lanzarote; **Ivan Scott**, **Ian Tivey**, **Webber Forbes**, **Gareth Stuart**, **Kevin Spalding** and **John Lambert** Ironman France; **Lucy Gossage** (9.53.28, new ladies club record) Ironman Germany; **Jared Walbridge** (10.05.38), **Brynn Kvinlaug** and **Angela Girgis** Ironman Austria; **Jared Walbridge**, **Alan Slade**, **Chris Eggar**, **Julio d'Escrivan**, **Guy Thompson**, **Alan Triggs**, **Liz Bennett**, **Luke Wordsworth**, **David Sales** and **Paul Haynes** the Outlaw; **Liz Bennett** and **John Wilmot** Ironman Switzerland; **John Lambert** Challenge Barca, Spain; and **Matt Chandler** (9.57.17) Ironman Copenhagen;



Lucy Gossage (10.01.04, fourth in age group) and **Angela Girgis** completed the Hawaii (World) Ironman

Juliet Vickery, George Schwiening and Lucy Gossage were the first ladies team in the Eastern Region Triathlon Relays, while **Tim Downing, Matt Chandler and Tom Vickery** were third men

Steve Mavin won eight gold medals including one British record in the British Masters Swimming Championships

Helen Eggar, Janette Thomas and Tom Vickery completed the Etape du Tour

Tim Walters and his son cycled from London to Paris in under 24 hours

Juliet Vickery won the BT Eastern Region vets trophy

Anita Buxton won the Pembrokeshire Quadrathlon

Pam Missenden won the Cole Cup for time trialling

Mark Read completed the London to Cambridge bike ride despite a broken leg and broken arm

Anita Buxton was first lady in the Box End Quadrathlon

Tim Williams was BTF Eastern Region head coach and youth coach, and was runner-up coach of the year (all sports) for Cambridgeshire (BBC/Living Sport)

Moirra Burgham was British Triathlon's Volunteer of the Year for Eastern Region

Our **Club** was awarded Community Club of the Year (all sports) for Cambridgeshire (BBC/Living Sport)



2009

Will Clarke won the British Olympic Distance Championships at the Strathclyde Park Elite Triathlon; was 7th in the Florida 70.3; equal first and third in the French Grand Prix triathlons at Dunkerque and Beauvais respectively; 10th, 11th, 14th, 7th and 15th in the Washington DC, W des Moines (US), Madrid, Kitzbuhel and London rounds respectively of the World Championship Series; 11th in the final of the World Champs Series in the Gold Coast, Australia; and won the London Elite Triathlon. He finished 2nd in the Cambridgeshire County Cross Country Championships and won the Ely New Year's Eve 10k in 30.05 (new course record)

Emma Pooley won the following: cycling's Italian Grand Prix; the World Cup races in Montreal, Canada and Plouay Bretagne, France; the Grande Boucle Feminine, the women's Tour de France; and the British National TT Championships. She was third in the British National Road Race Championships and 4th in the Tour of Italy

David Mclean competed professionally as a First Category rider in France. He won the climber's yellow jersey in the Tour du Jura; the G P de Golbey in Lorraine; and the TT in the Tour Loire Pilat. He completed the Tour de Moselle and the Tour du Pays de Gex. He also finished 11th on the hardest stage of the Tour de Serbia and 16th in UK National TT Championships

Silke Pichler competed at elite level finishing 5th elite in Ironman UK and 7th elite in IM 70.3 UK. She also completed IM 70.3 (half Ironman) Austria and Florida (World Champs) and the Vienna Marathon

Mark Matthews competed as an elite in the Bryn Bach Park and London Triathlons

Barbara Leverett won her age group both in the World Aquathlon Championships in the Gold Coast, Australia and the World Duathlon Championships (by 14 min!) in Concord, USA. **Barbara** finished fourth in age group in the World Triathlon Championships in the Gold Coast, where **Pam Missenden** also represented Great Britain

Dave Bettinson, John Bowstead, Ian Tivey and Mazayar Firouzi all finished in the first twenty at the Cambridgeshire County Cross Country Championships. **Don Hutchinson** finished 2nd vet 60+

Chris & Helen Eggar and Dan Monks completed Ironman Lanzarote

The Cambridge Triathlon Club's team comprising **Stuart Holmes, Ian Tivey, James Third, John Bowstead, Rhod Pashley and Dave Bettinson** were overall winners of the Turing Trail relay, whilst **Henry Knott, Peter Lever, Dania Bachmann, Julie Tapley, Juliet Vickery and Phil Curtis** won the mixed category. In the Hereward Relay, our team of



Dave Bettinson, Maz Firouzi, Stuart Holmes and Mark Matthews finished second overall

Cesare Granata (10.03.19), **Kate Lester** (10.20.07), **Matt Chandler, Ivan Scott, Sarah Webb and Liz Bennett** completed Ironman Austria

The following completed Ironman Switzerland: **Silke Pichler, Lucy Gossage** (10.05), **Pete Russell, Gareth Stuart, Ian Green, Andrew Simpson, Don Hutchinson, John Lambert, Julie Tapley, David Sales, Kevin Spalding and Moira Burgham**

Mao Chedid completed the Elba Ironman in Italy and James Varley completed Ironman Western Australia

Dave Richards and Tom Vickery completed Ironman UK

Ian Green finished Double Ironman UK

Also over the Ironman distance, **Jared Walbridge** completed the Forest Man (New Forest), **Steve Gray** completed Quelle Challenge Roth in Germany and **Chris Eggar** finished the Norseman

Juliet Vickery won her age group in the National Sprint Distance Championships at Milton Keynes. **Mark Matthews** was second in his age group

James Third was 2nd in the British Universities' Sprint Distance Championships

At the National Olympic Distance Championships, Northumberland, **Juliet Vickery** (3rd lady overall) and **James Third** won their age groups, and **Ann Knights and Pam Missenden** finished third in theirs.

Lucy Gossage won her age group in the National Middle Distance Championships

In the inaugural Eastern Region Relays our two teams finished 2nd (**Mark Matthews, Tom Vickery and Pete Lever**) and 8th (**Dave Bettinson, Steve Livermore and Phil Curtis**) out of 88 teams

In the National Relay Championships, **Sarah Springman, Barbara Leverett, Pam Missenden and Moira Burgham** won the ladies 50+ Championship, whilst **Mark Matthews, Matt Chandler, Will Clarke and Tom Vickery** were 2nd overall

Maz Firouzi, Alex Broadbent, Julie Tapley, Moira Burgham and Kevin Spalding all completed the London Marathon

Nick Gibbins completed the London to Brighton ultra-run



Janette Thomas and Chris Eggar achieved gold standard in cycling's Marmotte, France, whilst **Helen Eggar, Laura Massey and Brian Willis** got silver. **Brian** went on to ride 100 cols in 10 days in France

Sara Rogger and Matt Chandler finished the Etape

Anita Buxton was first lady in the Pembrokeshire Quadrathlon

Ed Williams swam across Lake Windermere without a wetsuit!

Juliet Vickery was Cambridge City's Athlete of the Year, whilst **Dave Eastman** was runner-up in the Athlete with a Disability category and the **Cambridge Triathlon Club** was runner-up in the Club of the Year category. In the Cambridgeshire County Awards, **Barbara Leverett** was runner-up Athlete of the Year and **Dave Eastman** runner-up Disabled Athlete

In the BTF Triathlete of the Year competition, **Will Clarke** was third men's elite, **Lucy Gossage** was third women's age grouper and **Sarah Springman** was third in the outstanding contribution to triathlon category

Heather Williams was appointed BTF Performance Director responsible for the preparation and management of our 2012 Olympic team



2008

Emma Pooley won the Perth Criterium Series in Australia winning three of the four races; won the Trofeo Alfredo Binda in Italy (Cycling World Cup race); finished 2nd to Nicole Cooke in our National Road Race Championships; and won the Tour of Brittany. At the Beijing Olympics, **Emma** won the **Silver Medal** in the Individual Time Trial averaging 40km per hour over the hilly 23.5km course (she was GB's first ever medallist in this race), and helped Nicole win gold in the 125km Road Race. She also finished 8th (1st Brit) in the World Championship Time Trial in Varese, Italy and again helped Nicole Cooke win gold in the 86 mile Road Race World Championships there. She was a member of the GB Olympic cycling team which won the BBC Sports Team of the Year award. For other achievements refer to her Wikipedia page.

Tim Williams is Emma's coach

Will Clarke raced World Cup Elite triathlons in Mooloolaba (Australia), Ishigaki (Japan), Lisbon (Portugal), Dunkirk (France), Madrid (Spain) and Des Moines (USA). His 6th place overall and first Brit in Madrid clinched his Beijing Olympics slot. He won the Corus Elite Series race at Bryn Bach Park, Wales and became British Elite Champion. **Will** finished 14th in the Olympic triathlon in Beijing

Silke Pichler completed Ironman Austria (12th elite in 10.33.44); IM Hawaii (World Championships); IM UK (9th elite); IM 70.3 UK (7th elite); and IM 70.3 Austria (14th elite). She was also 3rd elite in the Austrian National Duathlon

Rosie Clarke was fourth in the Corus Elite Series race at Reading

Nick Gibbins completed the 80mile Kew-Tring-Kew two day run; the 153 mile Marathon des Sables in the Sahara Desert; was a member of a five man relay team to swim the Channel; and ran the 56 mile London to Brighton road race

Steve Bentley and David Sales completed the Marathon des Sables

Julie Tapley completed the New York Marathon

Phil Collins, Helen Jenkins, Kate Denmead, Julie Tapley, David Johnson and Phil Curtis won the mixed team title in the Turing Relay, whilst **Cesare Granata, Dave Bettinson, Stuart Holmes and Maz Firouzi** were outright winners of the Hereward Relay

Juliet Vickery and Barbara Leverett both won age-group gold in the National Duathlon Championships at Milton Keynes whilst **Jackie Wren and Don Hutchinson** both took silvers



Juliet Vickery won age-group gold in the European Olympic Distance Championships in Lisbon. **Ann Knights** was fourth. **Juliet** was Gatorade Athlete of the Month in September

Dave Eastman continued to defy Parkinson's Disease, winning his age group in the Cambridge Duathlon

Juliet Vickery and Barbara Leverett were both age-group gold medallists in the Olympic Distance World Triathlon Championships in Vancouver, Canada. **Don Hutchinson, Pam Missenden and Jared Walbridge** also represented GB as age-groupers whilst **Greg Billington** finished 24th in the Junior Elite race representing the USA. At Sprint Distance, **Sarah Springman** won age-group bronze, and **Matt Chandler** (4th), **Mike Smith** (10th) and **Matt Ward** also represented GB

Juliet Vickery was voted British Triathlon's age-group triathlete of the year

Barbara Leverett won gold in the World Duathlon championships in Rimini, Italy where **Dave Bettinson** (7th in age-group) and **Ian Tivey** also represented GB

Janette Thomas completed the 200km Gran Fondo Cymru and **Simon Bourne** completed the 176km Etape du Dales cycle races. **Ian Hirst** completed the 576km Trans-Wales mountain bike race

John Lambert, Ian Green and Kate Lester (5th in age-group) completed Ironman France; **Cesare Granata, Rodney Barkhuysen, Dan Monks, Ivan Scott, Mao Chedid, Alan Slade, Gareth Stuart, Julio D'escrivan, Kevin Spalding, Ivan Scott, Moira Burgham and Helen and Chris Eggar** completed Ironman Germany; **Gregor Sedelmeier, Ian Marshall and Sarah Frankenhoff** completed Ironman Switzerland; **Sarah Webb** completed Ironman Tempe Arizona; and **Helen Hatcher** completed Ironman Hawaii.

In the National Olympic Distance Triathlon, Wakefield, the following took top ten places in their age groups: **Juliet Vickery and James Third** (both first), **Don Hutchinson** (4th), **Bruce Smart** (5th), **Pam Missenden and Dave Bettinson** (both 7th)

James Third was third in the British Universities Triathlon Championships

Richard Goddard won his age-group in the 3km ASA Eastern Region Open Water Championships at Norwich as well as the 5km and 2km Open Water races at Eastbourne on successive days

Sarah Springman, Moira Burgham, Pam Missenden and Barbara Leverett won the 50+ race in the National Relay Championships, Nottingham. **Sarah** celebrated 25 years of excellence in triathlon at Holme Pierrepont



In the Cambridgeshire County Cross Country Championships, **Will Clarke** finished second overall, **Stuart Holmes** was 4th in age-group, **Jan van Wonderen** 8th and **Don Hutchinson** 2nd. **Emily Boldy** finished 8th woman overall

Stuart Holmes won the Cambridge Veterans Half Marathon Championships at Grunty Fen in 1.19.21

Helen & Chris Eggar and Jared Walbridge represented GB in the World Long Course Triathlon Championships in Almere, Holland

Pete Lever and Steve Gershon both cycled from Land's End to John O'Groats

In the British Long Course Triathlon Championships (the Vitruvian), the following took top ten age-group places: **Ann Knights** (1st), **Jared Walbridge** (7th), **Moira Burgham** (7th), **Ian Tivey** (8th) and **Julie Tapley** (8th)

Sara Rogger completed the Lausanne Marathon, Switzerland

Helen (2nd lady) and **Chris Eggar** completed the Beacons Ultra Marathon in Wales

Sarah Springman became ITU Vice President. She was also elected President of the British Triathlon Federation for the next four years, including the 2012 Olympics

Moira Burgham became the Club's first qualified race referee



2007

Rosie Clarke (3rd senior), **Rachel Barnes** (4th senior) and **Juliet Vickery** (1st vet) all qualified in the County Cross Country Championships for the Inter-Counties Championships

Rosie Clarke raced in her first World Cup race in Madrid (15th) and at Salford. **Will Clarke** raced Lisbon (23rd), Madrid (crashed), France (9th), Salford (8th), Kitzbuhel (6th), Lorient (3rd) and Embrun (1st)

Rosie Clarke won the European Under 23 Championships in Kuopio, Finland. She was 4th in the National Triathlon Championships in Bryn Bach Park (Corus Elite Series) and 4th in the World Under 23 Triathlon Championships in Hamburg

Will Clarke won the National Sprint Triathlon in Strathclyde (Corus Elite Series) and finished 5th in the World (Senior Olympic Distance) Triathlon Championships in Hamburg. He had top ten finishes in three World Cup Triathlons: 6th in Kitzbuhel, Austria, 8th in Salford and 7th in Beijing

The following completed Ironman Austria: **Silke Pichler** (10.36), **Helen Eggar**, **Kevin Spalding**, **Gareth Stuart**, **David Sales** and **Moira Burgham**

Barbara Leverett won age group silver in the World Duathlon Championships in Győr, Hungary

In the British Olympic (Standard) Distance Championships in Wakefield, **Barbara Leverett** took age group gold and **Juliet Vickery** silver

John Lambert completed Ironman France

Chris Eggar and **Rodney Barkhuysen** completed Ironman Switzerland

Silke Pichler (8th female elite in 11.18.25), **Simon Bourne**, **Deborah Newman** and **Andy Matson** completed Ironman UK

Emma Pooley was third in the Grande Boucle Feminine (Women's Tour de France) and represented GB in the Cycling World Championships in Stuttgart, Germany for both road race (finished 9th) and time trial. She was 8th (1st Brit) in the 10 mile hilly time trial averaging 41.5 km/hr. She also won the Amy Gillett award at the Thuringen Rundfahrt in Germany, won the Rund um Schönaich in Germany, and was 6th in the British National Road Race Championships

Louise Eden competed in the Women's National Road Race Series



Jackie Wren was 4th in age group in the European Duathlon Championships, Edinburgh

Nick Gibbins was 12th in the North Pole Marathon (-30deg C) in 5hr 23min and six days later completed the Dead Sea Ultra Marathon (+30 deg C) in 4hr 21min. He then completed the Everest Marathon in 7hr 41min (9th non-Nepalese). His charitable effort as a result of completing the World's coldest, lowest and highest marathons (see 2008 for the hottest – the Marathon des Sables) is now over £100,000! **Nick** completed several marathons and ultra runs including the Slovenian Mountain Marathon (1st Brit), the Beachy Head Marathon and the Hereward "Relay" (all 60 kms as a one-man team!)

Ian Marshall and **Stuart Holmes** completed the Paris Marathon; **Gregor Seidlmeier** (2.50), **Silke Pichler** (3.10), **Julie Tapley**, **Chris Eggar**, **David Sales** and **Tim Downs** the London Marathon; **Donna Allen** the Three Forts Marathon; and **Ed Richardson** the Marathon d'Albi, France. **Gregor** completed a second marathon in Germany in 2.57. **Chris and Helen Eggar** completed the Beachy Head Marathon and **Brynn Kvinlaug** the Las Vegas Marathon

Will Clarke represented Cambridgeshire in the Inter-Counties Cross Country Championships

Sarah Springman won age group I gold medal in the Winter Triathlon World Championships (running, mountain biking and cross-country skiing) in Flassin, Italy

Dave Eastman continued to defy Parkinson's Disease by completing the Cambridge Duathlon and the Roade Triathlon

Sarah Street was 4th in the BUSA UK Surfing Championships, Newquay

Eric Barbier, **Greg Billington**, **Gregor Sedlmeier**, **Maurizio Molina**, **Stuart Holmes** and **David Bettinson** teamed up to win the inaugural Turing Trail Relay for our Club beating 69 other teams.

The following were medalists in the British Long Course Triathlon Championships (the Vitruvian): **Ann Knights** (H) and **Don Hutchinson** (L) both won silver and **Moira Burgham** (I) won bronze.

The following represented Great Britain in the World Olympic Distance Championships in Hamburg: **Barbara Leverett** (bronze, L), **Juliet Vickery** (4th H), **Ann Knights**, **Pam Missenden**, **Dave Bettinson** and **Don Hutchinson**. **Kate Lester** represented New Zealand

The following represented GB in the World Sprint Distance Championships in Hamburg: **Sarah Springman** (5th I), **Phil Curtis**, **Matt Chandler** and **Matt Ward**. **Brynn Kvinlaug** represented Canada



Martin Witting completed Ironman Hawaii (World Championships)

Juliet Vickery (H) and ***James Third*** (E) won their age groups in National Triathlon Ranking Series



2006

Will Clarke won the Cambridgeshire County Cross Country Championships; was third in the South African Triathlon Championships; was 7th (2nd Englishman) in the Commonwealth Games Triathlon, Melbourne; was 5th (1st Brit) in the ITU World Cup race, Mooloolaba, Australia; was 7th (1st Brit) in the ITU World Cup race in Madrid; was 4th in the French Grand Prix in Nantes; was 2nd in the Windsor Elite Tri and GB Under 23 Champion; won the European Under 23 Championships in Rijeka, Croatia; was 3rd (1st Brit) in the ITU World Cup race in Salford and 7th in Hamburg; **won the World Under 23 Olympic Distance Championships** in Lausanne, Switzerland; and voted ITU Rookie of the Year after finishing 18th in the World. He also received the British Olympic Association's Centenary Award and one of three Corus awards for outstanding achievements during the year

Emma Pooley turned professional and was third in cycling's Rund um die Rigi in Switzerland

Juliet Vickery was first vet in the Cambridgeshire County Cross Country Championships and won her age group in the National Sprint Distance Triathlon Championships in Redditch

John Lambert and **Roy Herbst** completed Ironman South Africa

Ian Marshall and **Stuart Holmes** (sub 3 hrs) completed the Hamburg and Copenhagen Marathons respectively

Ed Richardson, **Silke Pichler** (both sub 3 hrs), **Bill Adams** and **Julio D'escrivan** completed the London Marathon. **Silke** was first lady in the Cambridge Boundary Run

Don Hutchinson was second in age group in the National Sprint Distance Triathlon Championships in Redditch; and first in age group at the National Middle Distance Championships, Belvoir

Rachel Horn won the Bala Middle Distance race for the fourth successive year; won the National Middle Distance Championships at Belvoir; was 9th in the European Long Course Championships in Almere; and 15th in the ITU World Long Distance Championships (elite) in Canberra, Australia

Barbara Leverett represented the GB age group team in the World Duathlon Championships in Corner Brook, Newfoundland and won the European Duathlon Championships (age group) in Rimini, Italy



Heather Williams, Barbara Leverett and Sarah Springman all had podium finishes in the National Age Group Championships in Wakefield

Our lady veterans' team of **Helen Eggar, Barbara Leverett, Ann Knights** and **Wendy Jones** won the National Relay title at Holme Pierrepont, Nottingham

Silke Pichler completed Ironman UK (2nd in age group) and IM Hawaii (World Championships) and represented Austria in the 70.3 (Half Ironman) World Championships in Florida. She also won her age group in IM 70.3 UK

Chris Eggar completed Ironman Austria and IM UK; **Ed Richardson** IM Hawaii, **Liz Bennett** IM Florida and IM Austria, **Luke Errington** IM France and **Martin Witting** IM Roth

The following represented the GB age group team in the Olympic Distance World Championships in Lausanne, Switzerland: **Barbara Leverett** (2nd), **Sarah Springman** (9th), **Janette Thomas, Moira Burgham, Matthew Robinson, Geoff Jones, Alan Burgham** and **Don Hutchinson**. **Brynn Kvinlaug** and **Jan van Wonderen** represented Canada and The Netherlands respectively

Sarah Street, Nick Gibbins and **Don Hutchinson** represented GB as age-groupers in the European Olympic Distance Championships in Autun, France

Matthew Robinson became Welsh Champion at the Bala Olympic Distance Triathlon

Lisa Barry completed 12 marathons during the year including three in two weeks. Her best time was 3.15.36 in Halstead.

Moira Burgham represented Great Britain in the World 70.3 (Half Ironman) Championships in Florida

Sarah Springman was elected Chair and President of the inaugural British Triathlon Federation

Heather Williams became BTF's Performance Programme Director for Great Britain's elite triathletes



2005

Will Clarke is a member of British Triathlon's World Class Potential Squad of 23. He carried the Commonwealth Games Queen's Baton in Loughborough as part of its journey to 71 Commonwealth countries and territories; won the BUSA Triathlon Championships; was 4th in the British Triathlon Championships; 4th in the ETU International Race in Zundert, Holland; 6th overall and 1st Brit in the European Under 23 Championships in Sofia, Bulgaria; 3rd in the Windsor Elite Triathlon; 15th in the ITU World Cup race at Salford; 7th overall and 3rd Brit at St Kilda, Australia, thus qualifying for our 2006 Commonwealth Games team; 2nd Brit in the World Elite Triathlon Championships in Gamagori, Japan; and was World ranked no 40 triathlete

Dunstan Bertschinger was second in age group and 14th overall in the Aussie Half Ironman, 4.07.09. In his second Ironman race (9.22.15 – new club record) he qualified for the Hawaii Ironman in Kona which he completed in 9.33.15

Henry Brown and **Kevin Jennings** also completed Ironman Hawaii in 9.59.46 and 16.45.55 respectively. **Kevin** is a former Olympian at Tae Kwon Do

Heather Williams was appointed Manager of Team England Triathlon for the 2006 Melbourne Commonwealth Games

Dave Eastman completed the Goodwood Duathlon

Sophie Wood completed the London Marathon in 2.54.57, improving her club record. **Cesare Granata**, **Jan van Wonderen**, **Nigel Whittle** and **Iain Stemp** also completed the race creditably. **Silke Pichler** completed the Vienna, Boston and New York Marathons

Emma Pooley finished in the top 50 of the National Cross Country Championships; won the BUSA 10m TT Championships in 23.20 and the BUSA 25m TT; won Cambridge University blues for cross country running and triathlon; won her age group (2nd overall) in the National Duathlon Championships (Milton Keynes); was 5th in the 3 day International Cycling Stage Race (Bedford); was 4th in the National Road Race Championships (2nd under 23); and represented GB in the World Cycling Championships, Madrid and the cycling World Cup

Don Hutchinson and **Mark Matthews** were respectively 3rd and 4th in their age groups at the National Sprint Distance Triathlon Championships, Redditch

Rachel Horn won the National Middle Distance Triathlon Championships (Bala) for the third consecutive year; finished 10th in the European Elite Long Course Championships (Sater, Sweden); and in the World Long Distance Championships in Frederecia, Denmark was 13th individual and, with Abigail Bayley and Bella Comerford, team gold medallist



Douglas Bradshaw was 5th in the National 10m TT Championships (20 min 47 sec); and set a Club 10m TT record of 19.13 (31.2mph average speed)

Jan Van Wonderen and **Warren Evans** completed Ironman France in 12.59.29 and 12.22.39 respectively

Ed Anderson completed Ironman Austria in 10.29.10

Tommy Elliot represented Ireland in the Salford World Cup race

Barbara Leverett was 2nd in age group at the National Triathlon Championships in Ashford; and 2nd (1st Brit) in age group at the World Duathlon Championships in Newcastle, Australia where **Jackie Wren** also represented GB

Sarah Springman won age group gold in the National Aquathlon Championships in Salford; represented GB as an age grouper in the European Triathlon Championships in Lausanne, Switzerland; won age group bronze in the World Aquathlon Championships in Honolulu, Hawaii; won age group silver in the IMGA World Masters Games Triathlon, Edmonton, Canada; was elected to the Executive Committee of British Triathlon; and became a Life Fellow of the Royal Society of Arts

Barbara Leverett won age group bronze in the World Olympic Distance Triathlon Championships in Honolulu, where **Sarah Springman**, **Geoff Jones** and **Don Hutchinson** also represented GB

The following completed Ironman UK at Sherborne:

Warren Evans, 11.13.24

Kim Torgerson, 11.48.16

Jared Walbridge, 11.50.49

Helen Eggar, 13.16.00

Emile Bloeman, 12.23.59

Julio d'Escrivan, 12.49.25

Nick Gibbins, 13.00.09

Don Hutchinson, 13.39.35

Brynn Kvinlaug, 14.03.36

Ian Hirst, 14.11.03

Steve Bentley, 13.55.08

David Sales, 13.55.08

Don finished 4th in age group and raised over £12,000 for the Children's Oncology Unit at Addenbrooke's Hospital

Tom Watt completed the Inferno Triathlon in Switzerland





2004

Heather Williams was appointed BTA's World Class Programme Manager

The following represented the Great Britain age group team in the Olympic Distance World Triathlon Championship in Madeira:

Anne Knight

Helen Eggar

Jo Riley

Louise Eden

Janette Thomas

Barbara Leverett (5th K)

Brynn Kvinlaug represented Canada

Michelle Maxwell was 7th in the Cambridgeshire Cross Country Championships, and represented Cambridgeshire in the National Championships in Leeds and in the Inter-Counties Championships in Nottingham

Sacha Holmes represented Cambridgeshire in the Inter-Counties Cross Country Championships in Nottingham

Steve Bentley completed the Bob Graham Round in 23hrs 50min. This 73mile race includes 42 peaks and 27000ft of ascent

Geoff Jones was 7th in age group at the National Olympic Distance Triathlon in Liverpool, and 2nd vet (14th overall) in the National Triathlon rankings

David Mclean won a first category road cycling race

The following represented GB as age-groupers in the World Duathlon Championships, Geel, Belgium

Emma Pooley – Gold Medal, World Champion

Juliet Vickery – Silver Medal

Douglas Bradshaw

Warren Evans

Pippa Hales

Helen Eggar

Jan van Wonderen – represented the Netherlands and won Bronze. He also won the Bronze medal in the European Duathlon championships in Swansea

Jo Riley was 6th senior (3rd W35) in the Cambridgeshire Cross Country Championships and represented Cambridgeshire in the Inter-Counties Championships in Nottingham. She also came 2nd in age group at the National Olympic Distance Triathlon in Liverpool and was 1st vet (6th overall) in the National Triathlon rankings



Don Hutchinson won the age group K bronze in the National Sprint Distance Triathlon Championships at Redditch

Tommy Elliot won bronze in the Ulster Sprint Distance Triathlon Championships

Juliet Vickery won the Eastern Vets Cross Country Championships at Wimpole Hall and was 1st vet (2nd overall) in the National Duathlon rankings

Rachel Horn was 2nd in the British University Triathlon Championships (sprint distance) the day after winning the BU 25 mile TT Championships; won the National Long Course Triathlon Championships in Bala; represented GB Elite in the World Long Distance Championships in Sater; and was 4th (1st Brit) in the European Long Distance Championships in Immenstadt, Germany

Emma Pooley represented Cambridgeshire in the National Cross Country Championships in Leeds; 9th in the BU Triathlon Championships; age group winner (6th overall) in the National Long Course Triathlon Championship in Bala; 5th in age group at the National Olympic Distance Triathlon in Liverpool; and third in age group in the National Duathlon rankings

Dave Eastman completed his first Triathlon (Waveney Sprint) for seven years

The following represented the GB age group team at the European Olympic Distance Triathlon Championships in Lausanne, Switzerland:

Ann Knight – won silver, G

Barbara Leverett – won bronze, K

In the European Duathlon Championships in Swansea, **Barbara Leverett** won the age group silver and **Jan van Wonderen** age group bronze

Henry Brown and **Jon Tyler** completed Ironman Switzerland in 9.37.52 (first Brit) and 10.42 respectively

Marc Moller, **Chris Maxwell** and **Julio d'Escrivan** completed Ironman Germany in 10.00.24, 10.08.16 and 12.28.00 respectively

Dave Bettinson and **Richard Anderson** completed Ironman Canada in 10.27.59 and 12.18.46 respectively

Alistair Brown completed the Hawaii Ironman in 11.09.56

Nathan Thomas completed Ironman Western Australia in 10.57.02



In the National Clubs Relay Championships, Nottingham, CTC's ladies team (**Heather Williams, Rachel Horn, Emma Pooley and Rosie Clarke**) became National Champions, our ladies vets team (**Chloe Brown, Wendy Jones, Barbara Leverett and Moira Burgham**) were 2nd vets and our men's team (**Douglas Bradshaw, Will Clarke, Adam Wells and Ed Anderson**) was 4th. Our eleven teams of four was a Club record turnout and probably a record for all Clubs – a brilliant day out

Dunstan Bertschinger completed Ironman Australia in 9.30.44, winning his age group and finishing 5th overall. He also won his age group and again finished 5th overall in the Yeppon Half Ironman; won his age group and finished 7th overall in the Gold Coast Half Ironman; and came third in age group and 15th overall in Fosters Half Ironman

Sophie Wood completed the London Marathon in 2.57.42 (45th) thus beating Sarah Springman's ten year old club record by 1 minute 27 seconds

Jan van Wonderen completed the London Marathon in 3.13.04, just 16 minutes outside his p.b. of 20 years earlier, when he not only organised the first Bangladesh Marathon but won it! **Jan** was our only representative at the National Duathlon Championships in Milton Keynes and won age group bronze despite cycling 60km to the venue pre dawn!

Silke Pichler completed the Hamburg and New York Marathons

Emma Brown achieved 4 top ten age group places in the British Masters Swimming Championships, her best being 5th in the 100m fly in 1.15. She also won age group gold, two silvers and a bronze in the Southern Counties Masters Swimming Championship

Sarah Springman was proposed by the BTA for the post of President of the ITU. She became a Patron of the Cambridge Sport Lakes Trust. She completed the Frauenlauf 17km and Engadin 42km Ski-marathons

Ian Sharpe won two tandem cycling bronze medals (4km and 1km TT) in the Athens Paralympics. He had won eight swimming medals in four previous Paralympic Games

Ian Hirst completed the Three Peaks Cyclo-Cross, N. Yorks

Warren Evans completed the Powerman World Duathlon Championships (10km run, 150km bike, 30 km run), Zofingen, Switzerland in 8.10.08



2003

Heather Williams won the Great Wales Elite Seniors race in Swansea and was elected Sports Personality of the Year and runner up Coach of the Year (BBC Radio Cambridgeshire)

Rachel Horn won the British Long Course Championships in Bala; was 4th elite in Half Ironman UK at Sherborne; was British Universities Champion (Springfield Triathlon); was 4th elite in the European Long Course Championships in Denmark; was 8th in the 100 mile National Cycling Time Trial (TT) Championships; posted TT times of 4.12 for 100 miles, 59.13 for 25 miles and 22.32 for 10 miles; and was 2nd British female finisher in Ironman Hawaii in 11.05.13 despite limping/walking the run

Henry Brown complete Half Ironman UK and was 3rd Briton in Ironman Hawaii (9.53.59)

Marc Moller was 9th in the British Long Course Championships (Bala)

Brynn Kvinlaug completed the British Long Course Championships and Ironman Switzerland

Jan van Wonderen was National Age Group Champion (K) at both Triathlon (Shropshire) and Duathlon (Swindon); and was 4th in Age Group at the World Duathlon Championships in Switzerland

Helen & Chris Eggar represented Great Britain at the World Duathlon Championships in Switzerland

Rick Collard was 3rd in age group H in the National Championships, Shropshire

Janette Thomas was 1st in age group H in the National Triathlon Rankings.

Barbara Leverett was 2nd in age group K in the National Triathlon Rankings & likewise in Duathlon

Jo Riley was 3rd in age group G at the European Championships in Carlsbad, Czech Republic

Emma Pooley was 3rd in the Ballbuster Duathlon

The following represented the Great Britain age group team in the World Triathlon Championships in New Zealand:

Emma Pooley D
Barbara Leverett K



Rick Collard H
Pete Russell G
Adam Wells E
Dunstan Bertschinger E
Geoff Jones H
Don Hutchinson K
Tommy Elliot E

Also in New Zealand, *Barbara Leverett* became World Aquathlon Champion in age group K and *Wendy Jones* was 3rd in age group G

Dave Eastman was a winner in the Ipswich Duathlon after 6 years illness absence

Warren Evans represented GB in the World Duathlon Championships, Affoltern, Switerland

Silke Pichler completed the Vienna Marathon

Sarah Springman became Swiss open champion in quadruple sculls and eights; multiple FISA gold medallist in Vichy Masters World Championships; British Masters Indoor Ergometer Champion; and ITU Duathlon World Champion (40+), Affoltern



2002

Marc Möller completed Ironman Lanzarote

Juliet Vickery 3rd G in the European Duathlon Championships, Zeitz, Germany

Luke Gamble completed Ironman Austria – his first ever triathlon!

Heather Williams represented GB elite in Zundert

European Triathlon Championships, Győr, Hungary – GB representatives:

Heather Williams elite

Juliet Vickery 1st G – European Champion

Rick Collard 10th H

National Sprint Distance Championships, Crewe: *Don Hutchinson*, 2nd K

National Duathlon Championships, Swindon: *Jan Van Wonderen*, 4th J

Tim Saltmarsh completed Ironman Canada

Steve Gershon won Enduroman Chesil (17 mile swim, 147 mile bike, 47 mile run)

Carolyn Judge (H) represented GB in the European Duathlon Championships, Zeitz, Germany

World Olympic Distance Championships, Cancun, Mexico. GB representatives:

Juliet Vickery G

Carolyn Judge H

Janette Thomas H

Phil Curtis D

Geoff Jones H

Jan Van Wonderen, representing Holland, was 6th J in the World Powerman Duathlon Championships in Weyer, Austria

Sarah Springman was gold medallist in Single Sculls at the IMGA World Masters Games, and completed 10 years as Governor and Board Member of the IMGA



2001

Fiona Smart completed Ironman USA

Heather Williams was third in the Eindhoven ITU Triathlon and 10th in the European Cup, Hanover, Germany

World Olympic Distance Championships, Edmonton, Canada: GB representatives:

Heather Williams elite

Juliet Vickery 10th G

Don Hutchinson K

Bill Matthews L

Ann Knights G

National Sprint Distance Championships, Clumber Park – **Don Hutchinson** 3rd K

Rachel Horn was 4th in the National Long Course Championships at Llanberis and 1st in the Guernsey Middle Distance Triathlon

Jan van Wonderen was 6th in age group J in the World Powerman Duathlon, Holland

Tommy Elliot and **Eddie Hatfield** completed the Almere Ironman

Carolyn Judge represented GB in the World Duathlon Championships, Rimini, Italy

Sarah Springman became an Honorary Member of the ITU and retired from the UK Sports Council. She was also World Masters Ergometer Sprint Champion



2000

Rachel Horn won the Guernsey Middle Distance Triathlon

Rob Mclean completed the Lanzarote Ironman

World Olympic Distance Championships, Perth, Australia. GB representatives:

Heather Williams elite

Kelly Newark D

Fiona Verney

Hugo Hocknell E

Don Hutchinson K

British Middle Distance Duathlon Championships, Jersey: **Ben Baldelli** 1st F

Mike Law won 50+ in Weymouth Long Course

European Olympic Distance Championships, Stein, Holland. GB representatives were:

Heather Williams elite

Hugo Hocknell 10th E

Don Hutchinson K

National Sprint Distance Championships, Clumber Park:

Heather Williams 3rd elite

Don Hutchinson 2nd K

Heather Williams represented GB elite in South Africa (3rd), Geneva (10th) and Hungary

Heather Williams finished 3rd in the National Olympic Distance Elite Championships, Brighton

Jan van Wonderen (J) and **Iain Stemp** (F) represented Holland and GB respectively in the World Duathlon Championships, Calais

Ben Baldelli was a member of the England team in the Home Nations Duathlon Champions, Dublin and finished 6th overall



1999

Heather Williams won the Grand Prix Series and the National Olympic Distance Championships (Brighton). She raced World Cup triathlon in Rio de Janeiro, Hawaii, the Azores and Sydney

Rob Mclean was again 1st vet in the Iron Beast of Buxton Long Course Duathlon

Rob Mclean and **Jan Van Wonderen** represented GB and Holland respectively in the World Long Course Championships in Sater, Sweden

Jan van Wonderen represented Holland and **Mike Law, Fiona Smart** (E) and **Rick Collard** represented GB in the World Olympic Distance Championships in Montreal

Ben Baldelli represented GB elite in the team duathlon championships, Austria

Sarah Springman completed the Trans Swiss Triathlon in 16 hrs 48 mins (3.5k swim, 225k bike, 51k run) and also became World Masters Ergometer Sprint Champion



1998

Rachel Horn again won the Negril International Triathlon, Jamaica

Rachel Horn and **Heather Williams** were both members of the GB Elite squad

National Sprint Distance Championships, Market Bosworth:

Heather Williams, 1st E

Kelly Newark, 2nd D

Ben Baldelli, 3rd F

National Olympic Distance Championships, Shropshire. **Juliet Vickery**, 3rd G

Heather Williams won her first Grand Prix race as an elite in Bournemouth. **Ben Baldelli** raced elite for the first time in the same race

Rob Mclean and **Mike Ratcliffe** represented GB as age groupers in the World Long Course Championships in Japan

Mike Ratcliffe completed the Longest Day (GB Ironman) and the European Ironman, Roth

Heather Williams represented GB elite in Luxembourg, France and Holland

Rob Mclean was 1st vet in the Buxton Beast Long Course Duathlon

World Triathlon Championships, Lausanne, Switzerland. GB age-groupers:

Heather Williams, 2nd E

Jo Glasson E

Fiona Smart E

Hugo Hocknell E

Ben Baldelli D

Tom Watt F

Fiona Smart and **Adrian Butcher** represented GB in the World Duathlon Championships in St Wendel, Germany

Sarah Springman was gold medallist at the IMGA Worlds Masters Games Triathlon in Brisbane (35-39 age group), and was World Masters Ergometer Champion over 1000m in Portland, Oregon, USA. She was also 2nd in the single sculls at the World Masters Games.



1997

Rachel Horn was a member of the British Triathlon and Duathlon Squads; and won the Negril International Triathlon, Jamaica

Ben Baldelli won age group E in Powerman UK long course duathlon

World Long Course Championships, Nice, France. GB representatives:

Ben Baldelli E
Mike Ratcliffe G
Darryl Marcus-Hanks H
Rob Mclean I
Don Hutchinson J

British Olympic Distance Championships, Shropshire: **Heather Williams**, **Toby King** and **Rick Collard** raced elite

Ben Baldelli (9 hrs 36 mins – then a club record) and **Rob Mclean** completed Longest Day (UK Ironman)

Heather Williams represented GB in ETU European Cup Triathlon, Luxembourg

World Duathlon Championships, Geurnike, Spain: **Gordon Campbell**, **Ben Collins** and **Gareth Speechley** (E) represented GB as age groupers

World Olympic Distance Championships, Perth, Australia. GB representatives:

Heather Williams E (5th)
Toby King E
Rick Collard G
Mike Ratcliffe G
Darryl Marcus-Hanks H
Mike Law I
Tom Watt F
Gareth Speechley E

Ian Newman completed the British/European Cup Quadrathlon Championships

Sarah Springman was a member of the World Cup rowing team (single sculls); was awarded OBE for services to sport; and became a Founding Member of UK Sport and its Lottery Panel



1996

Rachel Horn was 3rd in the National Duathlon Championships; and, representing England, won the Home International Duathlon in Portrush, N.Ireland

Mike Ratcliffe completed the Lanzarote Ironman

Tom Watt completed Ironman Roth in 9hrs 51min. He also completed several marathons in this and recent years, his fastest being London in 2.39.44

Rachel Horn was 10th in ITU World Cup Olympic Distance in Paris; won the Elite National Olympic Distance Championships at Ellesmere, Shropshire (GB Champion); was BTA female triathlete of the year; and won the *Triathlete Magazine* race series

World Olympic Distance Championships, Cleveland, USA. GB representatives:

Rachel Horn elite

Tom Watt F

Mike Ratcliffe G

Mike Law I

Don Hutchinson J

World Long Course Championships, Muncie, USA. GB representatives:

Mike Ratcliffe G (5th)

Darryl Marcus-Hanks H

Mike Ratcliffe represented GB, age group G in Hawaii Ironman. Only triathlete to represent GB at all three distances

Tom Watt won age group F in the Grand Prix Series – National Age Group Champion

Ben Baldelli represented GB in Calais ETU European Cup Duathlon

Sarah Springman completed her term as ITU Vice President. Also became Honorary President of BTA having been a co-opted Board Member since 1992



1995

Rachel Horn was a member of the GB elite squad and pre-selected for the World Championships; was National Sprint Distance Age Group E Champion, Market Bosworth; National Olympic Distance Age Group E Champion, Windsor (and 3rd overall); National Duathlon Champion; British Grand Prix Series Champion; and represented GB in the European Olympic Distance Championships, Stockholm (23rd overall, 2nd Brit)

Tom Watt and **Ian Newman** represented England in the British & European Cup Quadrathlon Championships in Peterborough

World Olympic Distance Triathlon Championships, Cancun, Mexico:

Rachel Horn elite representative

Toby King E

Tom Watt F

Mike Ratcliffe F

Don Hutchinson J

Mike Law I

World Duathlon Championships, Cancun, Mexico:

Ben Baldelli E

Tom Watt F

Mike Ratcliffe F

Heather Williams represented England in the Home International Championships

Sarah Springman became a Member of the GB Sports Council's Ethics and Doping Control Panel



1994

Rachel Horn was Cambridgeshire Cross Country Champion

Kevin Robinson and **Tom Watt** represented Great Britain as age groupers in the World Long Distance Championships in Nice, France

Rachel Horn was 5th overall and won age group E in the National Olympic Distance Championships, Wakefield. She represented GB in the World Olympic Distance Championships in Wellington, New Zealand where she was third E. **Mike Law** represented Hong Kong in age group I

Ian Newman and **Tom Watt** were the winning team in the European Cup Half Diamond-Man Quadrathlon (2.5k swim, 10k kayak, 50k bike, 10k run)

Sarah Springman ran the London Marathon in 2.59.09 raising £16,000 for charity. **Iain Stemp** finished in 2.41 and **Tom Watt** in 2.39. **Sarah Springman** was also IMGA World Masters Ergometer Champion in age group



1993

Sarah Springman was National Olympic Distance Champion in Age Group G; won team bronze in the European Duathlon Championships in Germany; and competed in several World Cup races. This was her tenth year as a member of the British Triathlon Elite team. She was also elected Member of the GB Sports Council and Member of the National Sports Medicine Institute Board

Tom Watt and **Kevin Robinson** completed the Roth Ironman

Mike Law representing Hong Kong (working there) was 3rd vet in Asian Olympic Distance Championships, China

Sarah Springman now had three individual and five team European Gold Medals; twelve other European medals; 11 British Open Championships; two British Ironman titles; and three fifth places in pre-world Championships. She won over 50 triathlons before taking up rowing at which she also excels. She declared her retirement from the British team and elite competition.

Kevin Robinson was elected to the BTA National Executive



1992

Sarah Springman was British Olympic Distance Champion (Swindon) and won team bronze in the European Duathlon Championships (Madrid). She was elected ITU Vice President for a 4 year term and became Governor and Board Member of the International Masters Games Association

Mike Ratcliffe represented GB as an age grouper in the World Olympic Distance Championships, Muskoka, Canada

Kevin Robinson was 5th supervet in the British Duathlon Championship, Burham-on-Sea



1991

Sarah Springman was British Middle Distance Champion, Tallington Lakes and represented GB in the World Championships, Gold Coast, Australia. She won a 'Women of Achievement Award' for Sport

European Duathlon Championships, Birmingham:

Sarah Springman 3rd elite and team silver

Kevin Robinson 5th K

Don Hutchinson 8th I

Mike Trees was National Duathlon Champion



1990

The first British Ironman race was held at Cirencester: **Sarah Springman** won in 10.23.59, **Kevin Robinson** was 2nd K and **Duncan Butcher** and **Ray Westwood** also completed the course

James McKenzie cycled from Lands End to John O'Groats in 71 hours 31 minutes

National Relays: Cambridge Ladies 2nd (**Sarah Springman**, **Mel Dutkiewicz**, **Patricia Harkness**, **Lucy Emerson**)

European Olympic Distance Championships in Lint, Austria – **Sarah Springman** (10th, 1st Brit) and **Mike Trees** (64th) represented GB

World Olympic Distance Championships, Florida – **Sarah Springman** (35th, 1st Brit) and **Mike Trees** represented GB elite

Jacqueline and **Gordon Riley** represented GB as age groupers

European Long Course Championships, Trier, W.Germany – **Sarah Springman**, 6th (1st Brit)

National Long Course Championships, Sheffield:

Sarah Springman 2nd Elite

Edwin Boys 2nd I

Don Hutchinson 4th I

Barry Harmer 6th J

Grand Prix Series: **Don Hutchinson** 4th I

Commonwealth Games, Auckland, NZ (triathlon was a demonstration sport) – **Sarah Springman**, 12th overall and 1st Brit. She also won Ironman Telford; was elected co-chair of the I.T.U. Women's Commission; and organised the first of four annual Women's Workshops at World Championships



1989

British Grand Prix Series (Olympic distance):

Sarah Springman 2nd E (won 4 out of 5 entered)

Jacqueline Riley 3rd G

Shirley Emerson 1st J

Mike Trees 5th D

Ian Jones 4th E

Mike Law 7th G

Barry Harmer 10th H

Kevin Robinson 6th J

Edwin Boys completed Ironman Almere (one of his seven Ironman races)

Sarah Springman completed Ironman Denmark (3rd) and took European team gold with Sarah Coope and Doris Truman. She also completed Ironman Hawaii in 10 hrs 42 mins despite feeling tired after Denmark.

By this time ***Sarah*** held 5 of the fastest 20 Ironman records by Brits – male or female. She was also 3rd in the European Olympic Distance Championships in Cascais, Portugal winning team silver with Sarah Coope and a.n.o., and 2nd lady in the National Long Course Championships, Rother Valley, Sheffield

'220 Rankings': ***Sarah Springman*** 3rd f} both GB Squad members
Mike Trees 19th m}

National Winter Biathlon Series (89/90): ***Mike Trees*** 2nd, ***Alistair Adams*** 13th



1988

Sarah Springman was British Middle Distance (Bedford) Champion for the fifth consecutive year and British Olympic Distance Champion for the fourth successive year. She was 7th in Ironman Hawaii in 10.02 (with 1 puncture) and European Champion at Olympic Distance (Venice). At cycling ***Sarah*** was 3rd British All Rounder, 3rd 100 mile TT, and 4th in the 3000m National Pursuit Championships. She completed a 50 mile TT in 1.58.11 (no tri bars) and won her age category in the 4km Sunday Times National Fun Run (Hyde Park) on the same day



1987

Sarah Springman was British Middle (Norwich) & Olympic Distance (Canterbury) Champion; 2nd in Ironman Finland in 9 hrs 52 mins (including 2 punctures); 2nd in Marseilles (European Olympic Distance Championships); 2nd in Roth (European Middle Distance Championships); won 3 team Gold Medals for GB with Sarah Coope and other partners in these three European Championships; 5th in Ironman Hawaii in 10 hrs 7 mins; and completed the London Marathon in 2.59.06



1986

Sarah Springman was British Middle distance champion; British Olympic Distance Champion; European Champion at Ironman Sweden (9 hr 59 min 11sec – 4th woman ever under 10 hours behind Erin Baker and the Puntous twins); 2nd in European Olympic Distance Championships at Milton Keynes. She initiated the Dave Scott Triathlon Clinic in Cambridge

Alistair Adams competed for Scotland in the Commonwealth Games at Track Cycling



1985 (Cambridge Triathlon Club Formed)

Sarah Springman was British Middle (Long Course) Champion and 7th overall; British Olympic Distance Champion; was 5th at Ironman Hawaii in 10 hrs 42 min; 5th in the Nice International Triathlon; European Champion (Almere Ironman); 2nd in European Middle Distance Championships (Denmark), and BTA Board Member. ***Sarah*** initiated the first Cambridge Fun Triathlon which was staged on 26/8/85. In her second year as an Executive Board Member of the British Triathlon Association



1984

Sarah Springman was British Middle Distance Champion (Durham), completed Ironman Hawaii in 11 hrs 24 min (11th) and the Nice International Triathlon (7th). She was also a member of the British Ladies' team which completed the London to Paris International Triathlon and beat the British Men's team, the Royal Navy, the RAF and the US Navy. She was a Board Member of the BTA.



1983

Sarah Springman was 2nd in the British Championships (Long Course) and 8th (1st European) in the Nice International Triathlon. She gained British University Colours in Squash and Cross Country Running.