

Aqua squad member Mike Smallwood who does most of his swim training with the Daventry Dolphins took part in the British Age groups Sprint Triathlon Championships, competing in the 65-69yrs age group.

Here is his report for us:

"I won the British Sprint Triathlon Championships yesterday. I had no swim problems with my shoulder.

It took place in the grounds of Belvoir Castle (east of Nottingham). This is a proper looking castle on a hill. Unfortunately I did not get any closer than a distant viewing. The 750m swim was OK, a little cold (14C), but I got away to a good start so avoided a lot of potential argy-bargy. The transition run from water to bike area was really long and uphill (almost a quadrathlon!), then I had a nightmare in transition when I couldn't spot my bike. After 30 seconds of a headless chicken routine I spotted it and was back on track.

The bike route was good although a bit breezy with one long hill that required the granny gears.

The run is a little 'beauty' - not! A long drag uphill for about 1km (although it felt further) but the head wind held me up on the way down.

I finished 4 minutes ahead of the next ones in my age group which was satisfying but beside the British Championships, of prime importance was that this event was my opportunity to qualify for this years World Championships in Beijing. So God willing I'll be missing a few Monday sessions in early September.

Next event in 3 weeks time the British Olympic distance Championships at Rutland Water and then the following weekend I'll be in northern Spain for the European Sprint Championships."

I AM SURE THAT YOU WILL ALL WANT TO CONGRATULATE MIKE ON HIS PERFORMANCE. HE HAS AN EXTREMELY BUSY TIME COMING UP CULMINATING IN THE TRIP TO CHINA IN SEPTEMBER.

HE IS AN INSPIRATION TO ALL OUR MEMBERS, WITH A REMINDER THAT YOU ARE **NEVER TOO OLD.....**

Although he will be representing GB at the European and World Triathlon Championships, Mike has to fully fund himself to compete.

Lesley