

BERKHAMSTED & TRING Gazette



26 MILES LATER

HOW WAS IT FOR YOU? WE SPEAK TO OUR MARATHON STARS TURN TO PAGE 7

BERKHAMSTED TRIATHLON

Tri and beat that!

Town's inaugural triathlon hailed a success

A sporting first brought the whole community together on Sunday, when the inaugural Berkhamsted Triathlon took place.

Local athlete Cliff King organised the event, which challenged competitors to tackle an 8km run, 20km cycle and then a 400m swim.

And Mr King, who is a well-known figure in both local and national athletics, is already planning an even more ambitious event in 2016.

He said: "It happened because I was constantly speaking to people who would tell me 'Berkhamsted needs a triathlon,' or 'I'd love to do a triathlon, if only there was one locally'."

"I've been competing in triathlons all my life, I run a local gym and a triathlon training school, and I'm a doer not a talker. So a few months ago I decided to organise one."

"I wanted it to be a local event, so we worked to keep everything we could from Berkhamsted. That meant local venues, local sponsors, local photographers, and even supporting the Hospice Of St Francis which is something

we'll continue next year too." The Berkhamsted Triathlon saw almost 200 athletes tackle the course, which began at Knox Johnston Sports Centre but saw athletes tackle a much more hilly and uneven route than they would in most triathlons.

But the hardcore challenge was balanced out by the team going the extra mile, including providing 60 volunteer marshals - four times the number you would expect at many larger triathlons.

Mr King, who works with numerous running organisations across the UK, added: "One of the satisfying aspects was having a lot of first-time novices taking part, but we also had a number of experienced triathletes too."

"We'll definitely be back next year, and instead of having four months to plan it I now have a year."

"I already have a few ideas of how we'll make it bigger and better, and it's been very gratifying to have already had nearly 100 emails from athletes, as well as all the tweets and Facebook posts."

For full results, visit www.berkhamstedtriathlon.com



ALL PICTURES: Simon Gill

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