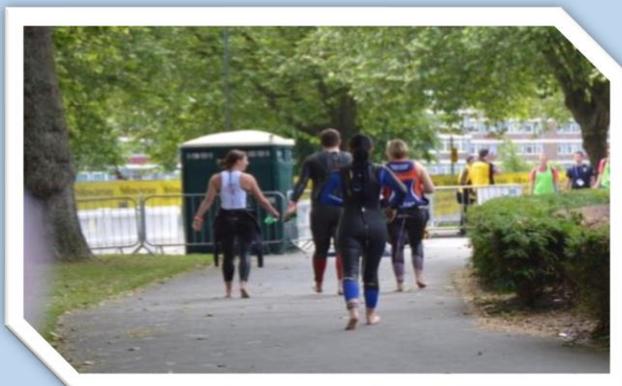


## PRISON SERVICE TRIATHLON CLUB TEAMS



On the 7<sup>th</sup> June 2018, the Prison service duathlon and triathlon club sent 3 teams of 3 athletes to the Accenture mixed team triathlon competition in Nottingham city centre. This was part of a day's racing that saw the elite triathletes competing for Olympic qualification.

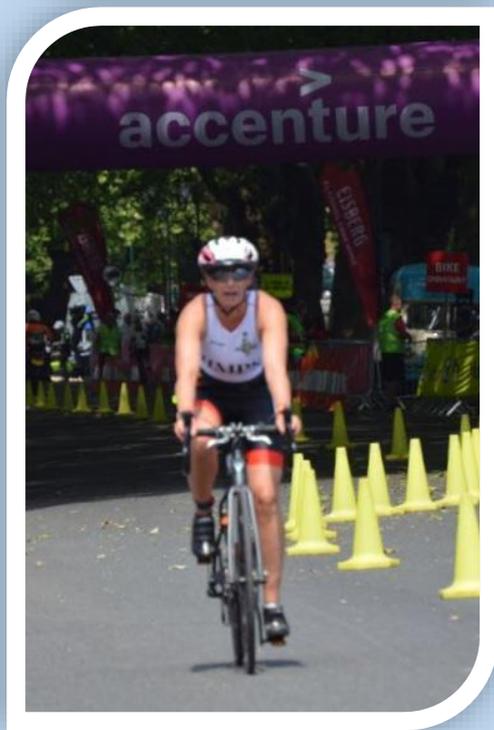
Our teams consisted of: Calvin Hobday, who had done Ironman Lanzarote 10 days before, Helen Cross, who won the Shropshire half iron triathlon 4 days before, Roger Steggle, who found his bike 4 days before! The next team was Tim Fowler, Gary Craig who did 6 sprint triathlons at Blenheim 4 days before and Kate Dinning who did Blenheim 4 days before. The final team was Stuart Dillingham, who thought he had broken his ankle 2 weeks before, Anna Bond and Ellie Mellor, doing only her 2<sup>nd</sup> ever open water swim!



We all met up at the registration tent as most of us had never seen each other before. Once we had introduced ourselves, registered, racked and got ready, it was off to the river for the swim!

Our race consisted of a 750 metre swim, 18.6 km bike and 4.5 km run, all around Nottingham and the river Trent.

Into the Trent, and we all started in the same wave. Calvin was the first out, then we all arrived in transition at different times, and out onto the bike, a fast traffic free section, with a dead turn at each end. The support from the crowd was great, the new tri-suits getting us lots of cheers of 'come on prison service' As it was an out and back of 6 laps, we all saw each other to shout encouragement along the way. Lots of happy looking prison tri club members out there! Back into transition and out onto the run, Calv was still the first of us, then surprisingly I was lying second, until Helen flew past me on the second lap, great running. We crossed Trent Bridge twice, and on one occasion, a Geo-Amy prison transport bus beeped its horn and cheered Stuart as he crossed the bridge! We all crossed the finish line with a smile, and knowing we had done our best. From the first back to the last, we had all done something we would remember for some time. The feeling of camaraderie between staff from different establishments was great to see and be part of.



Kate Dinning on the bike leg.



Calv Hobday



Stuart Dillingham.



After finishing and debriefing back at the club gazebo, we were shocked to be called to the prize giving. One of the teams had won Bronze, and so were part of the podium ceremony. This came as a very pleasant surprise, and a good reward for the hard work put in. Overall the prison service teams were 3<sup>rd</sup>, 5<sup>th</sup> and 11<sup>th</sup>. A fabulous result all round. Very well done to all who raced in Nottingham that day.



Gary Craig.