



## The stars were out in force for the biggest night on the multisporting calendar

**W**ith tables heaving under the strain of the great and the good of triathlon, this year's most celebrated night of honouring the achievements of the athletes, races, coaches, clubs and gear was the biggest 220 Awards to date. From the sight of triple Ironman World Champion Chrissie Wellington chatting with six-time Hawaii legend Dave Scott, to our editor straining against all natural impulses to litter every award introduction with some "hilarious" pun, the evening was one of pure triumph.

And why does it remain the hottest ticket in town? Because they're the only awards that are decided by you, our readers, and as such the most informed people on this planet when it comes to all things multisport.

Thousands of you took to the polls over the two stages of voting. We began with an open vote at the end of last October before collating the shortlist of five favourites in each category. A second round of voting then took place, which finalised the top three for each of the 20 awards. The winners were then revealed on 13 February at the 220 Awards.

So turn the page to discover who took home the glassware this year. Following that, go straight to [www.220triathlon.com/video](http://www.220triathlon.com/video) and watch a night of Lycra-clad glamour... →



In association with



## Race of the Year (entry < 500) Sevenoaks Autumn Sprint Triathlon

One of two annual races organised by Sevenoaks Tri Club, the autumn event was heralded as your favourite race under 500 entries. Club chairman Gez Morgan talks us through the appeal of the route...

"Although it's only a sprint-distance event, it's gained notoriety as a tough course – the only flat bit being the pool swim. The cycle route heads out through Sevenoaks town centre, up the hill towards Hildenborough, then turns towards Shipbourne and the challenging Shipbourne Hill, a long gradual climb of about a mile-and-a-half. At the top of Shipbourne Hill, the route turns left back towards Sevenoaks, taking in some more of the lovely Kent countryside. There are more nasty hills to catch the unaware, before the route returns the competitor back to Sevenoaks and transition at the leisure centre.

"The run route heads through the beautiful Knole Park. Don't be fooled, though, by the beautiful scenery as the run is a brute. Having descended Webbs Alley on the way out, the runner knows that they have to ascend it on the way back! And there aren't many that make it to the top without walking.

"The event is always well supported so coming back to the leisure centre and the



finish arch has the feel of a race much bigger than its field of under 500 suggests."

### Race info

**Distance** 400m swim, 25km bike, 8km run

**Where** Sevenoaks, Kent

**This year's event** 19 September

**Contact** [www.7oakstriclub.co.uk](http://www.7oakstriclub.co.uk)

**2009 winners** James Brown 1:18:56

Lara Hawkings 1:32:16

**2009 event** 450 entries, sold out

**2010 event** Entries will open in May. To be notified, e-mail [race@7oakstriclub.co.uk](mailto:race@7oakstriclub.co.uk) for advance notification

**2nd** Ilkley Triathlon **3rd** Llandudno Sea Tri Standard



## Club of the Year Hillingdon Tri

Hillingdon Triathletes, based in Uxbridge, West London, came to life in 1984 thanks to Dave Wardle, who proudly collected the trophy at this year's ceremony. The 130-strong club organises over 30 "very reasonably priced, sometimes free" multisport events each year and hosts the longest-running tri series in the UK.

The club boasts athletes of all levels from novice to World Champ medal winners, Ironman age-group victors to National Relay champions. Exciting prospects on the horizon include a venue move to a brand new sports centre and the launch of a junior section. [www.hillingdontriathletes.co.uk](http://www.hillingdontriathletes.co.uk)

**2nd** Leeds and Bradford Tri Club **3rd** Manchester Tri Club

## Race of the Year (entry > 500) The Vitruvian

Following its third consecutive victory, we spoke to Vitruvian organiser Mark Shaw...

### 220: So Mark, why do you think the Vitruvian remains so popular?

MS: Well, not only is Rutland Water absolutely perfect for the race, but we're also so lucky with our team of officials and volunteers who are all truly brilliant. I like to think we've managed to create a culture at our races that helps the athletes to remember why we're racing in the first place – to have fun. The best compliment I heard from an athlete was when he described the Vitruvian as a big event with a small, family event feel.

### Any plans to change the event in any way?

One thing we definitely don't intend to do is to have a bigger field. Last year we were oversubscribed by about 300, and this year we filled the event within 48 hours of online entries going live. We don't want to compromise the quality of the event for the sake of increasing the field.

One other thing we are doing is linking in more closely with our chosen charity. We're in the process of adopting a child in India through Actionaid, and we're looking to use the Vitruvian to raise awareness of the plight of some of the poorest children and communities in India, and raise money to fund projects within their communities. It may not make any practical change to the Vitruvian as a race, but hopefully it can make a difference to the lives of people who really need its support. And that may be the biggest change we ever make.

### Race info

**Distance** 1.9km swim, 85km bike, 21km run

**Where** Rutland Water, Leicestershire

**This year's event** 4 September

**Contact** [www.pacesetterevents.com](http://www.pacesetterevents.com)

**Course records** Jonathan Hotchkiss 3:49:39, 2008

Lou Collins 4:22:40, 2009

**2009 winners** Joel Jameson 3:56:54

Lou Collins 4:22:40

**2009 event** 1,000 entries filled by the end of March

**2010 event** 1,000 places filled within 48 hours of online entry going live

**2nd** Bala Middle **3rd** National Relay Championships

