Sevenoaks Triathlon - Photos by Jim Holden

Sun shines on the Sevenoaks Triathlon

SEVENOAKS Triathlon Club's second annual 'sprint' race was held in sunny conditions on Sunday.

This race is known as one of the toughest sprint distance events on the calendar due to a hilly course and is becoming one of the most popular races in the country - it sold out the 350 start slots three months prior to the event.

Local businesses New Jobs in Kent and Sevenoaks Computers were the two main sponsors and a great help. As well as giving monetary support, Briony Roe and Robbie Herd from respective organisations presented the prizes. Herd actually took part in the event, his first ever triathlon. New Jobs put three relay teams in as well as they were trying to promote health and fitness within their organisation.

More than 250 competitors finished and the overall winners in the men's and ladies' races were Keith Brown and Gina Heiss in times of 1:23:40 and 1:39:37 respectively.

Tonbridge Tri Club's Brown pipped Crystal Palace's Robert Parry by 14 seconds and third place went to Andrew Walker.

Heiss, who competes for Greenwich Tritons, was comfortably ahead of Metropolitan Police Tri Club's Lynette Walker and White Oak Triathlon Club's Carrie Hague.

Results: 1st Overall Male Keith Brown 1:23:40; 2nd Overall Male Robert Parry 1:23:54; 3rd Overall Male Andrew Walker 1:24:39; 1st Overall Female Gina Heiss 1:39:37; 2nd Overall Female Lynette Walker 1:43:21; 3rd Overall Female Carrie Hague 1:44:32; 1st Junior Male Adam Atkinson 1:31:56; 1st Junior Female Lowri Richards 1:44:54; 1st Vet Male Steve Bush 1:27:20; 1st Vet Female Charlotte Craig 1:49:55; 1st Super Vet Male Phillip Crouch 1:35:36; 1st Super Vet Female Judith Hillier 2:00:07; 1st Mega Vet Male Bill Lancaster 1:46:39; 1st Mega Vet Female Penny Rea 2:11:12

For more pictures of the Sevenoaks Triathlon see www.thisiskent.co.uk/slideshows

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AUTUMN FUN: (clockwise from top right) Some of the vocal supporters look to be enjoying themselves on the finish line; A competitor nears the end of the gruelling 25km bike ride through idyllic Kentish countryside; Robert Parry, who ultimately finished the race in second place sets off on the 8km run