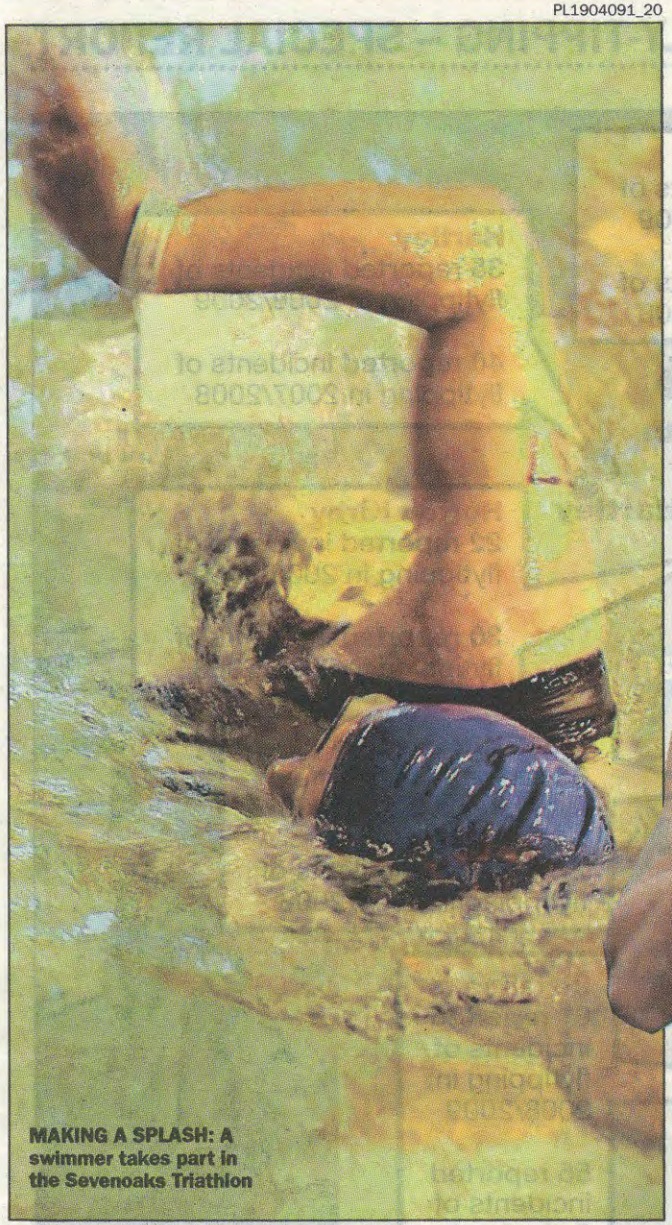
PL1904091_20



MAKING A SPLASH: A swimmer takes part in the Sevenoaks Triathlon

Eager triathletes meet swim 400m, cycle 10k

PROUD MOMENT: Adam Wisdom displays his medal

PL1904091_77

CHEERFUL APPROACH: Katie Mellerick takes the run in her stride

PL1904091_63

COMMITTED: Emily McMillon shows a determined effort

PL1904091_51

See our website www.thisiskent.co.uk/sevenoaks for more pictures and a video of the event

gruelling challenge to and to run 8k – phew!

Turn to the back page and page 90 for race report and results

PL1904091_64

DETERMINED RUNNER: Colin Luck

PL1904091_67

FIRST TIMER: Kit for Kids director Jan van der Velde

STUART WOLEDGE
reporters@sevenoaks-chronicle.co.uk

SEVENOAKS' gruelling annual triathlon drew competitors from far and wide on Sunday morning.

While most residents were still rubbing the sleep from their eyes, an estimated 364 entrants were preparing to swim 400m at Sevenoaks Leisure Centre's pool and then jump on their bikes and peddle 10k around the area.

As if that was not enough, they then had to run 8k through Knole Park.

Nobody could deny the mental and physical stamina this feat required, but there was nothing but smiles on the competitors' faces, and the fact the event is now in its 13th year shows just how popular it has become.

Gez Morgan, chairman of 7Oaks Tri Club, organised the event.

He said: "It's a tough course, particularly the run.

"The run is through Knole Park, which is obviously very beautiful, but there are some nasty hills and the finish up Webbs Alley is particularly brutal."

It was Sevenoaks businessman Kit for Kids director Jan van der Velde's first triathlon.

Speaking just after crossing the finish line, he said: "I feel really quite fresh.

"It's been a great distraction from all the doom and gloom and I'd recommend it to anybody to beat the blues."

It was also Bosville Drive resident Heather Newman's first attempt.

"I really enjoyed it," she said. "The bike ride was harder than I thought it would be even though I practiced it a couple of times, but I'd definitely do it again."

Money raised from the event will be donated to Demelza House Children's Hospice. The winner was Mark Whittaker, with Claire Hitchings the first woman to cross the line.

PL1904091_6

To order photographs visit www.thisiskent.co.uk/photos

BIKES, BIKES, BIKES: Riders prepare for the Sevenoaks Triathlon

TRIATHLON RESULTS

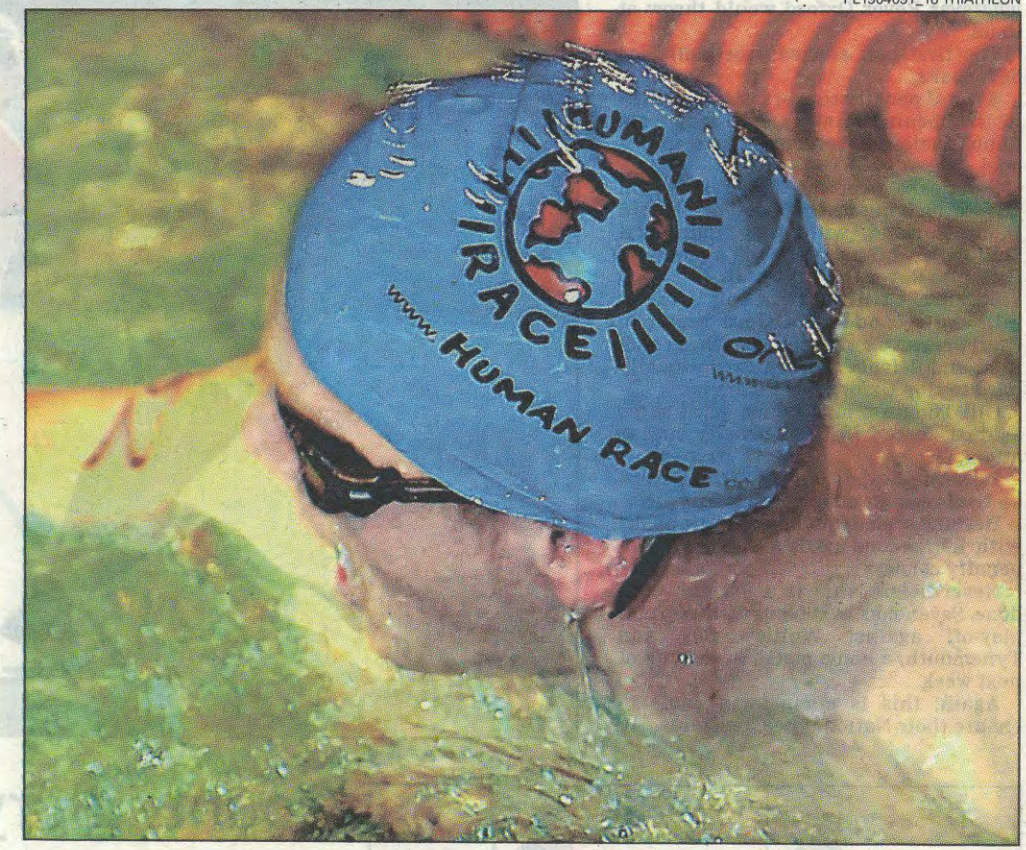
RESULTS: 1 (Overall position) Mark Whittaker (Name) Male (sex) OPEN (Category) 00:06:30 (swim) 00:00:39 (t1) 00:39:50 (bike) 00:00:50 (t2) 00:31:11 (run) 01:19:02 (Time); 2, Alex Fairman, Male, OPEN, 00:05:46, 00:00:50, 00:42:03, 00:00:35, 00:34:31, 01:23:45; 3, Mark Yeoman, Male, OPEN, 00:05:37, 00:00:42, 00:44:05, 00:00:32 , 00:33:14, 01:24:12; 4, Daz Carter, Male, OPEN , 00:06:14 , 00:00:50, 00:44:20, 00:00:35, 00:32:45, 01:24:46; 5, Mark Westlake, Male, OPEN, 00:05:41, 00:00:57, 00:42:36, 00:00:51, 00:35:57, 01:26:03; 6, James Peet, Male, OPEN, 00:06:30, 00:01:12, 00:42:43, 00:00:33, 00:36:29, 01:27:29; 7 Stefan Stone, Male, OPEN, 00:06:14, 00:00:35, 00:47:00, 00:00:49, 00:33:08, 01:27:46; 8, Malcolm Davies, Male, OPEN, 00:06:49, 00:00:54, 00:45:12, 00:00:37, 00:34:33, 01:28:07; 9, John Pitt, Male, VET, 00:07:23, 00:00:39, 00:45:47, 00:00:22, 00:34:01, 01:28:13; 10, Pete Robins, Male, OPEN, 00:06:03, 00:00:50, 00:46:50, 00:00:44, 00:33:46, 01:28:15; 11, Neil Gear, Male, OPEN, 00:06:40, 00:00:50, 00:44:48, 00:00:28, 00:35:34, 01:28:22; 12, Tom Sturdy, Male, OPEN, 00:06:33, 00:01:04, 00:45:31, 00:00:35, 00:34:59, 01:28:44;13 James Stewart, Male, OPEN, 00:06:27, 00:00:41, 00:46:17, 00:00:27, 00:35:22, 01:29:16; 14, Paddy Brice, Male, VET, 00:06:33, 00:00:41, 00:46:57, 00:00:48, 00:34:17, 01:29:17; 15, Rob Parry, Male, OPEN, 00:06:50, 00:00:50 , 00:44:53, 00:00:37, 00:36:06, 01:29:18; 16, James Drain, Male, OPEN, 00:05:44, 00:00:42, 00:46:55 , 00:00:36, 00:35:27, 01:29:26; 17, Ian Forrest, Male, OPEN, 00:07:35, 00:01:11, 00:46:43, 00:00:37, 00:33:42 , 01:29:50; 18, Rob Barnes, Male, OPEN, 00:06:02, 00:00:58, 00:46:38, 00:01:00, 00:36:05, 01:30:44; 19, Matt Aldridge, Male, OPEN, 00:07:09, 00:01:07, 00:44:44, 00:00:33, 00:37:25, 01:30:59; 20, Daniel Bryant, Male, JUN, 00:06:24, 00:00:57, 00:46:16, 00:01:15, 00:36:16, 01:31:09; 21, Patrick Johnson, Male , VET , 00:06:33, 00:00:39, 00:46:03 , 00:01:06, 00:36:53, 01:31:16; 22, Andrew Walker, Male, OPEN, 00:06:58, 00:01:02, 00:47:53, 00:00:36 , 00:35:14 , 01:31:45; 23, Ashley Howes, Male ,OPEN, 00:06:50, 00:00:51 , 00:48:17, 00:00:44, 00:35:09, 01:31:53; 24 Stephen Robson, Male, VET, 00:07:24, 00:01:08 , 00:45:22, 00:01:24, 00:36:46, 01:32:05; 25, Ben Carter, Male, OPEN, 00:05:09, 00:01:27, 00:49:40 00:00:38 00:35:19 01:32:14; 26, David Thompson, Male, VET, 00:07:04, 00:01:36, 00:46:03, 00:00:56, 00:36:44, 01:32:26; 27, Peter Haigh, Male, OPEN, 00:07:59, 00:00:45, 00:47:02, 00:00:37, 00:36:18, 01:32:42; 28, Mike Davies, Male, VET, 00:06:13, 00:00:48 , 00:48:12 , 00:00:52, 00:37:34 , 01:33:41; 29, Gary Peters, Male, VET, 00:06:14, 00:01:12, 00:48:10 , 00:00:51, 00:37:47, 01:34:15; 30, B-Power Bryant , Male, REL, 00:10:07, 00:01:16, 00:48:34 , 00:00:42 , 00:33:37, 01:34:17; 31, Colin Lukins , Male, VET, 00:08:22 , 00:01:18 , 00:47:23, 00:00:43, 00:36:32, 01:34:19; 32, Claire Hitchings , Female, OPEN, 00:07:06, 00:01:11, 00:46:58, 00:01:00, 00:38:54, 01:35:11; 33 , James Ogilvie, Male , OPEN, 00:06:22, 00:00:45, 00:50:25, 00:00:39, 00:38:06, 01:36:19; 34, John Fruen, Male, OPEN , 00:06:08, 00:00:53 , 00:50:43 , 00:00:39, 00:38:38 , 01:37:03; 35, Jodie Shann, Male, OPEN , 00:06:35 , 00:00:48 , 00:46:29 , 00:00:42 , 00:43:09, 01:37:44; 36, Andy Fruin, Male, VET, 00:07:30, 00:01:14 , 00:48:39, 00:01:02, 00:39:19 , 01:37:46; 37, Tony Weeks, Male , OPEN, 00:06:33 , 00:01:26, 00:48:16 , 00:01:01 , 00:40:48, 01:38:06; 38, James Poole, Male, OPEN, 00:06:58, 00:02:06 , 00:50:34, 00:01:25 , 00:37:31 , 01:38:36; 39, James Barton , Male , OPEN, 00:07:14, 00:01:33 , 00:54:32 ,00:00:52, 00:34:30, 01:38:42; 40, Graham Powell, Male, VET, 00:07:10, 00:00:51, 00:50:11, 00:00:29, 00:40:20, 01:39:02; 41, Geoff Bowman, Male, OPEN, 00:07:29 , 00:01:35, 00:50:15, 00:01:19 , 00:38:43, 01:39:23; 42, David Farrell, Male, S-VET, 00:08:04 , 00:01:20, 00:49:45, 00:01:05, 00:39:10, 01:39:25; 43, Ben Wimpory, Male, JUN, 00:06:55 , 00:01:49 , 00:51:00, 00:00:34, 00:39:06 , 01:39:27; 44, Robert Hall, Male ,VET , 00:07:21, 00:02:07, 00:51:16 , 00:01:03, 00:37:42 , 01:39:30; 45, Matthew Honey, Male, VET, 00:07:29, 00:01:08, 00:47:03, 00:01:13, 00:42:37, 01:39:31; 46 , Vic Weinberg , Male , OPEN, 00:08:16, 00:02:24, 00:49:09, 00:00:43, 00:38:59 , 01:39:33; 47, Justin Howard , Male, OPEN, 00:07:54 , 00:01:59 , 00:51:20, 00:01:07, 00:37:12 , 01:39:34; 48 , Mark Threader, Male, VET, 00:07:29, 00:02:18 , 00:48:37, 00:01:43 ,00:40:12 ,01:40:21; 49, John Sherwen, Male, OPEN, 00:06:22, 00:01:24, 00:52:03, 00:00:47, 00:39:58, 01:40:36;
50, Paul Christy, Male , OPEN, 00:06:02, 00:02:18, 00:48:02 , 00:00:50, 00:43:35, 01:40:49.

Sport
April 23, 2009
Sports ed: Glenn Garrett Email: sport@courier.co.uk

Whittaker reigns supreme

PL1904091_60 TRIATHLON

PL1904091_16 TRIATHLON



MAKING A SPLASH: Action from the Sevenoaks Triathlon on Sunday morning

PL1904091_9 TRIATHLON

MARK Whittaker took the honours in the Sevenoaks Triathlon on Sunday, winning by more than four minutes after dominating the bike and run legs.

Whittaker certainly did not get off to the best start and was well down the field after six minute 30 secs 400m swim in the Leisure Centre Pool. But he came storming back on the cycle route that takes in 25km of the surrounding undulating Kent Countryside, and on the 8km through Knole Park. He beat Alex Fariman and Mark Yeoman into the lower places.

In the women's race Claire Hitchings (1 hour 35 mins) took victory by more than six minutes from Lara Hawkins.

Results page 90 and for more pictures turn to pages 14 and 15