

Well done all who trained and raced this very hot weekend, including our friends from other clubs who competed in the Castles relay.

Paul Lewtey and Christine Cammillare made their triathlon debuts in the Slateman sprint tri at Llyn Padarn on 10 June. Both are excellent runners and have worked hard in recent months to develop their swimming and cycling abilities. Paul completed the course in 2.05.56 and Christine did it in 2.21.35.

The pair took part alongside seasoned triathlete Mike Norris. Mike, who turns 60 later this month, came an impressive fourth in his new category with a time of 2.24.50.

Port Sunlight results (11 June- chip times)

5k- Paul Lyth 23.06

10K- Paul Lyth 49.46

Darren Low 54.01

Bernice Matthews 65.32

Sue Bonney 69.33