

2010 ITU World Triathlon Championships (Budapest, Hungary)

birds beat Harpenden Seconds 5-0 goals from Kaela Greig (4) and Sharman, but the Fourths suffered a 4-0 defeat at Amersham.

Top times

RED HARRIERS closed the 2010 open meetings, which attracts from all over the south east, with top ranking performances. Twell, who has recently run nationally and competed at the Palace Grand Prix, became the woman in the UK over 3000m with a time of 8.42.75, which was eight seconds ahead of the second ranking of Laura Han Hay produced a time of 1.15.51 in a specially organised paced making him the top Under-20 male in the country.



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Hyde were never really in the hunt and Andrew Heath and George Agius finished them off along with a couple of good run outs. Chorleywood had a mixed weekend of late-season friendlies, which started by beating Perivale Phoenixians by 85 runs on Saturday. Batting first, they ran up an imposing 258 for seven, with skip-

per James Wood was all out for 138. Mission Douglas took three for 44 as Chatteridge made 124 and a young James Agius, featuring seven matches of players, won easily. Abbeots also beat Hyde Heath by 53 runs on Sunday. The Abbeots innings was built around a patient half-century by Smith, who passed 1,000 first-team runs this season during his 53. Dave Carlisle hit three sixes in his

Wood last out in a tense finish by just two runs to neighbours Sartrant in a 45-over match on Sunday. Sartrant batted first and, after a good start, were disappointed to only post 203 all out. Neil Ret picked up his 300th wicket for Chorleywood as he took three for 29 before an injury ended

SKY DRA... for her c... end's Nat... Champion... she is a m... and cyclis... The Nat... Champion... at the Wa... (see article... goal was a... an Under... She needs... best bet... some 12 w... The 14... faster g... was passe... her person... Draper... but, draw... slowed on... line in a... onds abet... performance... UK this y... Draper... ics ranki... moved in... time UK... She sai... the UK m... lot of c... National... and the n... The R... ber trave... Saturday... National... onships... Despit... minute... Draper o... time of 2... girl in th... Round... od, the t... two race... She re... Sunday... Relays a... with the... the day... the team... Draper... event in... Triathlon... series... This r... second p... a one-m... and a fu...

Kitchen amazed by top-ten finish

TRIATHLON
by **SIMON MAIL**

HANNAH KITCHEN finished eighth in the 20 to 24 age group at the ITU World Championship series grand final in Budapest.

The former Watford Grammar School for Girls pupil battled through horrendous conditions to finish as the third fastest Brit in her event.

Her wave went off at 7.10am on Saturday with a 750m swim in Lagymanyosi Bay. This was followed by a 20km bike ride over a fast and flat track which suited Kitchen. It culminated with a 5km run following the River Danube up to the centre of Budapest.

She was fifth out of the water in 11.24 and Kitchen clocked 35.49 in the bike ride. She completed the run in 23.05 for a total time of 1.15.51.

The 20-year-old Rickmansworth runner said: "Having spent seven weeks travelling around Thailand, Vietnam and Cambodia and not doing any training it has been a very difficult task trying to get fit in three to four weeks before Budapest.

"I went into the race thinking I had an outside chance of getting a top-25 spot, which I would have been over the moon with, but to finish in the top ten is unbelievable.

"When I exited the swim and I realised I was fifth out it was a case of working the hardest I ever have on the bike, which is my weakest discipline, to try and not drop many places.

"I was running alongside another Brit for the majority of the 5km run and when I heard my parents shout that we were both ninth and tenth I was so pleased and we were not going to lose those spots.

"The whole experience was amazing from the opening ceremony with people from all over the world - USA, Australia, New Zealand, Mexico etc - it was such a fantastic city to hold such a race, with great crowds and support from all the other British racing that weekend. It was great to be part of such a large team too."

Kitchen is in action this weekend in the National Team Relay Championships in Milton Keynes and has already qualified for the European Age Group Triathlon Championships in Spain next June.

Watford triathlete Adam Bowden will be competing in the finale of the five-race British Triathlon Super Series on Sunday.

Bowden, will race alongside the Great Britain team in the GE Parc Bryn Bach Triathlon, in Wales, which marks the end of their season.

The 28-year-old said: "I raced Parc Bryn Bach last year and came seventh in my first year of triathlon.

"The course is challenging and technical - on the bike you need to have good skills and power on this



In good shape: Adam Bowden.

type of course.

"I'm feeling confident and I have put in lots of hard work over the last few weeks. If things go well for me I could challenge for a medal.

"My season has been very good. I have been improving every race, there have been ups and downs but that is the nature of sport.

"I've had another year of learning but at a higher level of competition. I'm looking forward to building a stronger winter and to keep progressing race by race."

The GE Parc Bryn Bach Triathlon event also comprises of the British Triathlon Inter Regional Championships (IRCs), Tri Star 2, Tri Star 3 and Youth categories, which will showcase some of the best young triathlon talent the UK has to offer.

Alongside the British Triathlon Super Series and the Inter Regional Championships, the Blaenau Gwent venue will also play host to the British Triathlon Sprint Distance Elite Championships, the finale of the 2010 British Triathlon Youth and Junior Super Series, and the GE Club Challenge.



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