THE FIRST SEVENOAKS TRIATHLON

Sunday 7th July 1985

SWIM - 400 METRES CYCLE - 19½ MILES RUN - 4½ MILES

Entries are now open to this event. The starting and finishing point of the race will be at the new Sevenoaks Swimming Centre, Buckhurst Lane, Sevenoaks. This distance has been decided upon to encourage newcomers to this rapidly growing sport. Enter early to avoid disappointment. Medals and certificates to all finishers and prizes for each age group.

A SWIMMING CAP AND A MEDAL WILL BE PROVIDED.

Each competitor will be given the opportunity to raise funds for Dorton House, if they so wish.

Alan Coxhead
12 Mildmay Place,
Shoreham,
Nr. Sevenoaks,
Kent. (Tel. No. Otford 3727)

AE

THE FIRST SEVENOAKS TRIATHLON

SUNDAY 7TH JULY 1985

The triathlon will be in three stages as follows:-

Swimming	-	400 Metres
Cycling	-	19½ Miles
Running	-	4½ Miles

The charity theme for the triathlon will be Dorton House.

The first athlete will start the swimming section at 7.30 a.m. The other athletes will start independently at minute intervals. After completing the swim the competitors will change and immediately commence the cycling. They will ride from the new pool up Buckhurst Lane to the High Street where they will turn left and carry straight along the Tonbridge Road as far as St. Julian's Road where they will branch off to the left. The competitors will follow the perimeter of Knole Park which takes them right the way round as indicated on the attached map along Blackhall Lane and left once again into Seal Hollow Road which will bring them back up the High Street (please see note attached).

When the athletes have completed the cycling section they will leave their bikes at the new swimming pool and commence the run. The competitors will start at the new pool and run down Webbs Alley into Knole Park and will follow the course which is also shown on the attached map in biro.

SUGGESTED TRAINING HINTS FOR THE TRIATHLON

(Based upon the thoughts of Mike Ellis, former G.B. Modern Pentathlete and Vice Chairman of the B.T.A., published in the Running Magazine, February 1983)

1. If you have any doubts as to your health please ensure you seek medical advice.

2. Do not do too much too soon. In the early days work on your weakest event.

3. For the beginner I suggest you set a weekly target of:-

   Swimming - 2000 metres Running - 15-20 miles Cycling - 40-50 miles

   to be maintained for the first month and then increased by approximately 10-15% per week. If in any week you find the training particularly hard do not increase your training the following week.

4. Think about completing each phase first before you think about putting the events together.

5. Do not be afraid to seek technical advice on, for example, choice of bicycle or running shoes.

6. If you find training on your own dull try and find someone else to train with or join a club in your area, i.e. swimming, cycling* or athletics club.

7. Stress the importance of rotation, rest and pressure (i.e. hard, easy, medium pace etc.)

8. Must stress the importance of stretching and relaxation so as not to overload the same muscle group and warming up before you start to train.

9. Nearer the event decrease the training distances but increase the quality. Introduce back to back training progressively, i.e. swim-ride, ride-run, before taking all three at once.

10. Most people will find it necessary to train twice a day.

*For information on membership to the Otford Cycle Club contact John Randall, telephone no. Otford 2517

THE 1ST SEVENOAKS TRIATHLON
RESULTS

1.	H. JONES	1:24:33
2.	C. RIMMER	1:29:56
3.	W. HILL	1:31:16
4.	G. NORCUTT	1:31:35
5.	C. HORROD	1:32:26
6.	D. OSBORNE	1:33:09
7.	S. COOPE (F)	1:35:09
8.	R. AYRTON	1:35:44
9.	K. GILL	1:36:22
10.	J. NEWBURY	1:36:48
11.	D. COCKSEDGE	1:36:50
12.	J. SHEAF	1:37:12
13.	P. GITTINGS	1:37:50
14.	A. COLVIN	1:38:35
15.	A. FRUIN	1:38:37
16.	D. DAVIES	1:39:16
17.	C. MacKIRDY	1:39:48
18.	P. SPENCER-LANE	1:39:59
19.	G. BIRCH	1:40:10
20.	B. DRISCOLL	1:40:16
21.	C. WALKER	1:40:35
22.	D. JEFFRIES	1:40:44
23.	L. JONES	1:40:54
24.	J. RICHARDSON (F)	1:41:30
25.	C. GROVES (F)	1:42:00
26.	P. DYSON	1:42:05
27.	C. BATEMAN	1:42:15
28.	G. MERFIELD	1:42:32
29.	J. SMITH	1:42:34
30.	J. HEFFERMAN (F)	1:43:28
31.	A. BENTO	1:43:33
32.	K. ROSHIER	1:43:37
33.	S. PHILLIPS	1:43:45
34.	L. OLEY	1:44:04
35.	P. CRONK	1:44:14
36.	D. ROBBINS	1:44:23
37.	S. ROGERS	1:44:26
38.	R. COOK	1:44:48
39.	A. SCULLY	1:44:57
40.	A. PURKISS	1:45:35
41.	P. BUNYAN	1:45:45
42.	B. PRESTON	1:46:24
43.	M. BARON	1:46:56
44.	M. ASHWELL	1:47:13
45.	I. CHIVERS	1:47:16
46.	T. BENSTED	1:47:37
47.	G. HART	1:47:44
48.	R. GRACE	1:47:53
49.	M. LONDON	1:48:36
50.	P. AYRTON	1:49:08
51.	C. PEMBLE	1:49:13
52.	L. MITCHELL	1:49:33
53.	J. STAY	1:49:37
54.	M. STAY	1:49:49
55.	T. WIGNALL	1:49:59
56.	D. PATERSON	1:50:07
57.	C. BROWN	1:50:21
58.	I. REES	1:50:35
59.	R. KNAPP	1:51:05
60.	J. CARDON (F)	1:51:32
61.	A. DUNN	1:53:09
62.	J. WATSON (F)	1:53:19
63.	G. NORMAN	1:53:40
64.	J. GRIFFIN	1:53:45
65.	M. TYLER	1:54:08
66.	D. WARNER	1:54:42
67.	D. HIBBINS	1:54:55
68.	W. WITT	1:55:03
69.	R. McINTYRE (F)	1:56:02
70.	M. HARVEY	1:56:23
71.	J. WARDLE	1:56:40
72.	K. WALKER	1:56:42
73.	N. BELL	1:57:00
74.	C. BOODLE	1:57:06
75.	N. JONES	1:57:12
76.	R. GULLIVER	1:57:50
77.	D. TAYLOR	1:58:02
78.	J. DARQUE	1:58:09
79.	R. HILTON	1:58:15
80.	A. GREEN	1:58:40
81.	P. CHAPMAN	1:58:54
82.	R. DARLISON	1:59:04
83.	D. BOLTON	1:59:22
84.	P. MANSER	1:59:24
85.	G. LEAKE	2:00:16
86.	O. CARTER	2:00:35
87.	D. POTTER	2:01:00
88.	R. DENNANT	2:01:51
89.	W. BAIGENT	2:02:34
90.	C. HILL	2:03:40
91.	J. CRONK	2:03:48
92.	A. HUGGETT	2:03:54
93.	H. MANSER	2:03:59
94.	P. HODDINOTT	2:05:21
95.	G. POWELL	2:05:23
96.	I. FRANCIS	2:07:10
97.	J. REVERE (F)	2:07:19
98.	D. CASHMAN	2:08:05
99.	T. CHERRY	2:08:09
100.	J. ALLEN	2:08:25
101.	T. NEAL	2:09:32
102.	A. HUNT	2:09:33
103.	D. PAULETT (F)	2:09:42
104.	K. DOUGHTY	2:10:30
105.	S. O'MALLEY (F)	2:11:26
106.	D. PARKER	2:11:48
107.	K. MITCHELL (F)	2:12:07
108.	P. KIFT (F)	2:13:25
109.	K. HUSSEY (F)	2:13:40
110.	R. SMITH (F)	2:14:31
111.	J. RISELEY-PRICHARD	2:15:35
112.	J. MENZIES (F)	2:20:58
113.	S. LARNER (F)	2:24:03
114.	C. RUSSEL-VICK(F)	2:27:49
115.	B. HODGSON	2:30:36
116.	G. HARVEY	2:31:50
117.	H. HART (F)	2:48:10

THE 1st SEVENOAKS
TRIATHLON

This is to Certify that

J. DARQUE

Completed a Course of

¼ mile Swim 19½ mile Bike 4½ mile Run

20 1:58:09

7th July 1985

THE 1st SEVENOAKS
TRIATHLON

This is to Certify that

A. FRUIN

Completed a Course of

¼ mile Swim *19¼ mile Bike* *4½ mile Run*

63 1.38.37

7th July 1985