

Upton Triathlon attracts national field

4:20pm Friday 1st July 2011

HUNDREDS of athletes from across the UK will take part in the fifth annual Upton Triathlon later this month.

Competitors from Clapham in south London, Bristol and Merseyside will join town athletes for the event on Saturday, July 9.

The race will begin at Fish Meadow with a downstream swim to Upton-upon-Severn, where competitors jump onto their bikes to cycle around country lanes before running along farm tracks to the finish.

The event, which has attracted a full allocation of 500 entrants, offers a choice of three race options.

A standard distance features a 1,500-kilometre swim, followed by a 40km cycle ride and 10km run.

The sprint distance includes a 750m swim, then a 21.5km cycle ride and 5km run.

Competitors can also opt to take part in a three-person relay team.

Registration will be open on the day from 9.30am to 12.30pm with race briefings taking place before the opening swimming stage.

The event will be split up into seven waves of races, including the standard male veteran and standard female sections, starting from 12.15pm.

The top three finishers in each race category will receive an award during the prize-giving at 5pm. So far, £2,500 has been raised for this year's chosen charity St Richard's Hospice.

Last year's event attracted a record 500 entrants as Rhys Davey remained the man to beat, picking up his fourth successive win at Upton in the sprint distance with an overall time of one hour five minutes.

The event also attracted Denis Betts, the former Wigan and Great Britain rugby league star and now Cheltenham Triathlon Club member.

He completed the course in a time of 2:38.

Competitors can check their race number after Sunday at the event's website, uptontriathlon.com

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