



Evesham duo win race titles

11:50am Friday 15th July 2011

EVESHAM-based Michelle Parsons won the fifth annual Upton standard distance triathlon, finishing an impressive 21st overall out of the men's and women's fields combined.

She built a winning margin of almost three minutes over second-placed Christina Jenkins, from Ful-On Tri, in two hours 20 minutes 46 seconds.

The event, which took place in Upton-upon-Severn, started with a 1,500-metre swim in the River Severn before a two-lap 40-kilometre bike course taking in a circuit through Earls Croome, Kinnersley and Severn Stoke.

It then finished with a two-lap 10km run around the fields and meadow next to the river. Parsons posted her best swim time for the 1,500m swim for many seasons at 25 minutes and 42 seconds but this still left her trailing most of the other women swimmers. She soon recorded a fine bike course time of one hour nine minutes 20 seconds. This was the fastest female bike split time and over five minutes quicker than the next.

Parsons' speedy transition skills put her out onto the run course quicker than most and she covered the multi-terrain event in 42.58 for the victory.

Her time was five minutes quicker than last year's winner and the best time recorded on this extended course. Her husband Phil won the male race in 2.04.55.

Marianne Day, a member of the Echelon-Rotor's triathlon team, won the sprint triathlon.

She beat off more than 150 competitors in this discipline, made up of a 750m river swim, a 21.5km undulating cycle around Severn Stoke and the surrounding villages with a 5km run.

Day, who is due to get married on Saturday, led from the start with a fantastic swim, exiting the water 20 seconds ahead of her nearest rival. After maintaining her lead in the bike and run stages, she won in 1.19.12.

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