



Upton triathlon is 'best ever'

Posted by: Upton Tri+

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A field of five hundred athletes took part in the 5th **Upton Triathlon** on Saturday 9th July.

Competitors ranged from elite triathletes to total novices all with a common goal to complete the course which involves swimming in the River Severn, cycling through the local lanes and running along country tracks.

Larger than ever crowds gathered on Upton Bridge and along the river bank to cheer on the competitors of this increasingly popular event.

Local couple Phil and Michelle Parsons, from Worcester Triathlon Club, dominated the standard distance race winning the male and female categories in 2 hours and 4 minutes and 2 hours 20 minutes respectively.

The winner of the male sprint was Richard Shephard, from Spa Striders Club, in 1 hour 8 minutes. Trish Sayers, from Tewkesbury Triathlon Club, won the female sprint in 1 hour 23 minutes.

The race wasn't all about speed, however, with 15 per cent of the competitors taking part in their first ever triathlon and many simply happy to just cross the finish line. But whatever their motivation for competing, nearly all competitors celebrated their achievements with friends and family at the traditional post triathlon party by the river.

Event organiser Jessica Kitt said the event was going from strength-to-strength.

"It is only five years old but already Upton triathlon has become a regular fixture in triathlon calendar. It is quite a challenging course but there is a party afterwards which is a great reward for all the training!

"This has got to be our best ever year. Within 6 weeks of the entries opening in January we had filled to capacity and I had people begging for places!

"It was a fantastic day for racers and spectators."

Upton was the impressive one hundredth triathlon for Phil Roker from London based Ful-on Tri, which he completed in 2 hours 17 minutes finishing second in his age group category (45-49 male). Commenting on this milestone Phil said

"This is my 18th season and I keep going because I just love the buzz of racing - through the summer I am racing most weeks - if not a tri, then road racing, running, time trials etc. I do wonder when I'll stop, but it won't be for a while yet - that's the great thing about tri, the age group system means you can still be placing well as you get older.

"I did Upton for the first time last year and it is now in my list of faves as it has a very similar vibe to my favourite race, Hillingdon."

This year the Upton Triathlon raised £2,500 for St Richards Hospice which cares for patients and families in Worcestershire who are living with cancer and other life threatening illnesses.

Particular thanks to our sponsors: Maxifuel, Thule, Raleigh, Zone3, Embrace Sports, TriFocus, Hooley Time, Pegoty Hedge, Fisher German, and Upton Wines who supported the event and the volunteer marshals who made the day possible.

If you want to take part in next year's triathlon on Saturday July 14th you will have to be quick off the mark when entries open on January 1st 2012.

Go to www.uptontriathlon.com for information.

