

Kielder Iron Distance Triathlon Race Report...exhilarating racing at the inaugural Kielder Triathlon



A promising start to a long and exciting day of competing

As the sun rose over the rugged border hills reflecting onto the calm waters of Kielder reservoir, conditions were perfect for the inaugural Kielder Iron Distance Triathlon. Set in a unique area that is second to none for long course racing, the lakeshore venue of Leaplish Waterside Park proved to be the perfect base for the event.



Perfect conditions with early morning mist quickly clearing from the lake

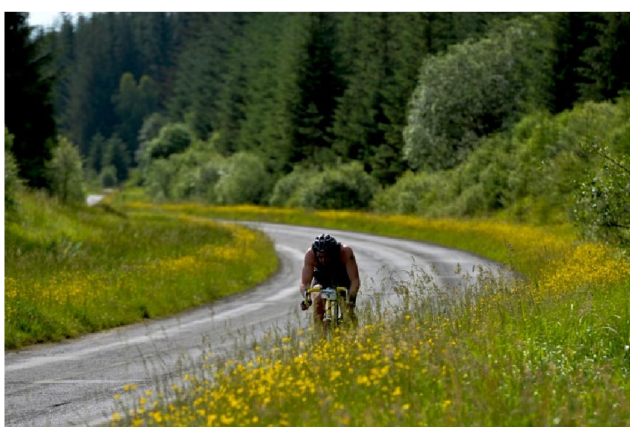
Starting at 6am with a 3.8km swim in Kielder Water, Europe's largest manmade lake, athletes then faced a tough 180km cycle, before finishing with a 42km trail marathon around the beautiful shoreline of Kielder Water. With a total elevation gain of 2543m throughout this promised to be a long and exciting day of racing.



Twenty six hardy athletes started the event & first out of the water was Paul Davies (North Shields Poly) in 1:04:24 followed by Joe Elliott in 1:06:14 then Paul Wheeler (Wakefield Tri) 1:06:42. Of the two female starters a close battle ensued throughout between Emily Locks (Clapham Chasers) & Christine Little (Glasgow Tri Club) exiting the swim in 1:16:30 and 1:19:10 respectively.

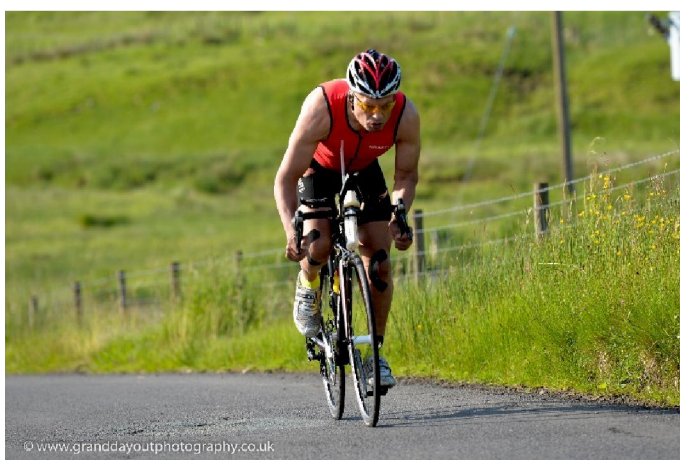


With a border crossing into Scotland, the 180km cycle course is a spectacular route through this remote region on some of the quietest roads in the country. Although there are no major climbs it is an undulating course with a total ascent of over 2034m/6,674'. Combine this with long fast rolling sections & sweeping descents throughout then it is a course designed for attacking racing.



This proved to be the case & moving up on the bike were strong cyclists Mark Lingard & Nick Williamson (Carnethy HRC). The initial out & back section across Kielder Dam gave competitors a chance to assess their positions early on & they would also be crossing this section later in the day on the final phase of the run.

First back into T2 was Lingard in 6:01:10, followed 3 minutes later by Williamson recording the fastest bike split of the day of 6:00:33. Davies was now at 8 minutes whilst Robert Demetriou (Medway Tri). arrived just a further 3 minutes behind Davies.



Christine Little & Mark Lingard powering through the bike stage

In the women's race Locks posted 7:03:58 for the bike to Little's 7:12:27 extending her lead to 11 minutes at T2. Similarly, with only 11 minutes separating the first four male competitors nobody was dominating the race at this point & the final 42k run was going to be the deciding factor.

The marathon trail run comprised one full 42km circuit around the entire shoreline of Kielder Water passing many of the features that make up this unique area. Similar to the bike section there were no major climbs, but with an elevation of 509m/1,670' this would prove to be a real test of endurance & determination.



Pete Smith arriving at 'Silvas Capitalis'...The Head control point & feed station



Joe Elliott crossing the historic Kielder Viaduct

Reaching the 'The Head' control at 13km a strong running Williamson had moved into the lead but closing the gap steadily were Davies & Demetriou just 4 & 5 minutes behind respectively. On the next section Demetriou gradually caught Williamson & after nearly 10 hours of racing they arrived together at the next control point at Kielder Dam (26km) with Davies following just two minutes later.



Robert Demetriou & Nick Williamson battling it out across Kielder Dam

After such close racing all day nobody was willing to relinquish the lead & Williamson & Demetriou set out stride for stride across Kielder Dam. Directly across Kielder Water at this point the finish at Leaplish looked deceptively close. However, a sting in the tail awaited with a few sharp inclines as the route wound its way around the bays & inlets of Bull Crag peninsula.



Emily Locks leading out on the run



Consistent running Anthony Gerundini

In a similar fashion, a strong running Little had closed the gap to 8 minutes at 13km & 6 minutes at 26k. With 16km remaining the battle for first was still being closely fought & it would be the final stages that would determine the outcome.

In the tough closing stages Demetriou gradually pulled away to finish first in 11:06:39 followed by Davies 11:21:16 then Williamson in 11:22:35. With the fastest run split of the day 3:44:22 Anthony Gerundini (Lincoln Tri) moved into fourth in 12:00:26 making this his 99th iron distance race completed. Consistent running by Lingard ensured he finished 5th in 12:03:20 & 1st MV50.

After holding the lead for so long Locks found the determination to finish strongly & gradually increased her lead crossing the line in 13:43:10 with a run of 05:22:42 followed by Little in 13:59:55.



Rob Demetriou approaching the finish for a well deserved win

A big thank you to Kielder Water Forest Park Development Trust, Leaplish Waterside Park & Northumbrian Water for providing a top class venue. Well done to all the competitors for completing this inaugural event.

"I chose the race for its fabulous Northumberland setting within Kielder Forest. All in all, a special day for me. I'm very, very happy to have completed this race at Kielder. The High Terrain organisation and support was top class. And to actually win is an awesome feeling; the icing on a great big sweet cake" Rob Demetriou

Leading Results:

Male

1. Robert Demetriou (Medway Tri) 11:12:39
2. Paul Davies (North Shields Poly) 11:21:16
- 3 Nick Williamson (Carnethy HRC) 11:22:35

Female

1. Emily Locks (Clapham Chasers) 13:43:10
2. Christine Little (Glasgow Tri club) 13:59:55

MV40

1. Robert Demetriou (Medway Tri) 11:12:39
2. Anthony Gerundini (Lincoln Tri) 12:00:26
3. David Schofield Racing TNT 12:54:45

MV50

1. Mark Lingard 12:03:20

2. Stephen Grigg (Rebel Tri) 12:16:44

3. Jim Allen (Lymm Runners) 13:16:05

For overall results & split times visit www.highterraineventsco.uk

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