

### **Box End Spring Triathlon – 4<sup>th</sup> July 2010**

With the popularity of triathlons ever increasing one of Biggleswade AC's senior male athletes, Jon Balaam, ventured to Box End, near Bedford, to compete in his second triathlon event. Jon produced a strong 750m open water swim finishing in 10<sup>th</sup> position which then helped set him up for the 24K bike leg, and with a 13<sup>th</sup> place finish in the 5k run to finish off Jon achieved an excellent 28<sup>th</sup> place in a field of 97.

### **Cranfield 5 – 2<sup>nd</sup> July 2010**

On Friday 2<sup>nd</sup> July, eight Biggleswade AC runners braved the humid conditions to take part in the Cranfield 5 mile race (Beds AA county championship race). Damien Pitts was first home for the club in 32.39, closely followed by Richard Gray in 33.00 (who not only set a new club record for his age category but won the MV55 category in the race as well). Tracey Patmore was hot on his heels in 33.02, securing second place in the ladies race and 1<sup>st</sup> FV40.

Results: DAMIEN PITTS, 32.39; RICHARD GRAY, 33.00; TRACEY PATMORE, 33.02; STEVEN WEST, 33.57; MARK SYLVESTER, 34.57; DEBS BRYANT, 36.23; LINDSEY MORGAN, 38.57; GARY ALBON, 43.52