

### **Bedford Traktors Tri – 13<sup>th</sup> June 2010**

Biggleswade AC member Jon Balaam made his triathlon debut on Sunday at the Bedford Traktors Sprint Triathlon held in Bedford.

The event involved a 400m pool swim, followed by a 24K bike ride around the undulating landscape north of Bedford and topped off with a 5K race around Bedford Park to the finish. It was certainly a challenge, but an enjoyable one and finishing in 51st place (out of 170 finishers) in a time of 1hr 18 mins 54secs, a successful one too. It was also good training for the Great East Swim that Jon will be taking part in in two weeks time.