

Runners face Brigg triathlon challenge

Brigg Triathlon

30/9/10

CONGRATULATIONS to Pocklington Runners Jill Dowson, Paul Sheridan, Patrick Piggott and Helen Reeve who all completed the Brigg sprint triathlon on Sunday morning.

The event was held at The Ancholme Leisure Centre in the North Lincolnshire town and the first order of the day was the 400 metre swim in the centre's pool.

The swim was followed a 20mile cycle on the roads around Brigg back into a transition area to finish with a five kilometre road run to finish with.

All four of the athletes from Pocklington Runners finished the race and all had great results, with Paul Sheridan knocking five minutes off his time for the same distance event and also despite competing with a slight cold.

Jill Dowson managed to finish fourth in her age category.