

Nokia

Windsor Triathlon (14th June)

The 'Nokia' – regarded as the UK's premier triathlon - unfolded against the beautiful backdrop of Windsor Castle, Eton, alongside the majestic river Thames, with perfect weather providing optimum race conditions for the 2500 entrants.

Jodie Stimpson retained her top spot in the British Super Series ranking in winning the women's race. She led from start to finish leaving the rest of the field trailing. Her time, 2:03.21, was 23sec. faster than the previous course record. Behind her Jill Parker ran the race of her life, to take second in 2:11.07, whilst newcomer Non Stanford chased hard for third and was only five seconds behind.

Stuart Hayes was firm favourite for the men's race and he did not disappoint – although he was put under considerable pressure from relative newcomers to the sport, Adam Bowden and Bryan Keane. Hayes led from the start following a superb swim, and together with Mike Adams and Ollie Freeman (who was later forced to drop out), headed off with a 45 second lead. However, the chasing pack, led by former pro-cyclist Keane soon made up the gap leaving it all to play for on the run. Hayes managed to pull away, with Bowden, the current national steeplechase champion close behind. The ex-athlete closed the gap but couldn't quite do enough and Hayes took the victory in 1:52.14 with Bowden only thirteen seconds behind and Keane third in 1:53.19. "I was



pushed much harder than I expected' commented Hayes, "the weather was hot, but it was the competition that pushed me to my limits today. We all worked hard together on the bike, but it's the run that matters and both Bowden and Keane are international runners so I had to pull out all the stops."

Amongst the sell out field of age group competitors, was double Olympian James Cracknell, who completed the Olympic distance (1500m swim/42k bike/10K run) as part of his training for the European triathlon championships in Holland. He finished an impressive third and seventeenth overall in 2:10:27. "I was thrilled with my time. I've always wanted to do Windsor – it was a great bike and run course and I pushed really hard to make up for my weaker swim. It was tough but I really enjoyed it," commented Cracknell. **UF**

For race results go to:
<http://humanrace.co.uk/result-detail-nokia-windsor-triathlon-294.html>



Men's winner
Stuart Hayes



Women's winner
Jodie Stimpson

Nokia Windsor Triathlon Results

Top Five Men

(1500m swim/42K bike/10k run)

- 1 Stuart Hayes01:52:14
- 2 Adam Bowden01:52:27
- 3 Bryan Keane01:53:19
- 4 James Giffillan01:54:19
- 5 Marc Jenkins01:54:28

Top Five Women

(1500m swim/42K bike/10k run)

- 1 Jodie Stimpson02:03:21
- 2 Jill Parker02:11:07
- 3 Non Stanford02:11:12
- 4 Tamsin Lewis02:11:31
- 5 Lucy Bowen02:11:40