



There's nothing like a \$200,000 prize to get the elite males out in force

Elite results

Top 3 Men

Tim Don	1:50:20
Kris Gemmell	1:50:23
Courtney Atkinson	1:50:28

Top 3 Women

Emma Snowsill	1:59:35
Emma Moffatt	1:59:51
Helen Jenkins	1:59:51



Emma Snowsill shows us the textbook winner's pose

HY-VEE ITU ELITE CUP

THE TEMPERATURE RISES AS BRIT AND AUSSIE TIM DON AND EMMA SNOWSILL PICK UP A PRETTY PENNY IN THE USA

WHERE IOWA, USA **WHEN** 13 JUNE 2010
WINNERS TIM DON (GB), 1:50:20 EMMA SNOWSILL, 1:59:35

A rich vein of running form meant it was only a matter of time before top British triathlete Tim Don earned a big win. And in terms of prize purses, they don't come much bigger than the Hy-Vee ITU Elite Cup in Iowa, with a total of one million dollars on offer. A jubilant Don walked through the tape, raised his arms in victory and let out a huge whoop of joy as he bagged the \$200,000 first prize following his narrow Olympic-distance win over Kris Gemmell

from New Zealand and Aussie Courtney Atkinson. The close-fought race was settled on the run, where Don caught and passed his closest rivals to finish three seconds clear. Runner-up Gemmell scooped \$50,000 for his efforts, but was left to reflect upon three seconds that cost him \$150,000.

In the women's race it was an Aussie one-two with Emma Snowsill breaking the tape 16 seconds ahead of Emma Moffatt, with Britain's Helen Jenkins in third. Moffatt and Jenkins engaged in a close-fought battle for the finish line and despite identical times, it was Moffatt who was given second spot, leaving Jenkins with the final podium position.



Helen Jenkins, Sarah Haskins and Jodie Stimpson give it that final push



Tim Don was in great form and won three seconds clear of the field

Photos: Dely Carr/Andreas Szasz/Triathlon.org, Scott Fisher/Words Margaux Smale, Phil Mosley

UK IRONMAN 70.3 WIMBLEBALL

UK'S BELLA BAYLISS STORMS TO VICTORY, BUT PHIL GRAVES CAN'T HOLD ON TO THE TITLE FOR A SECOND YEAR

WHERE WIMBLEBALL LAKE, DEVON
WHEN 20 JUNE 2010 **WINNERS** FRASER CARTMELL (04:17:03) BELLA BAYLISS (04:53:52)

It was an all-star cast who trod the waters of Wimbleball Lake in Devon for the start of Ironman UK 70.3. With World Championship qualification up for grabs, prize money and the opportunity to win a prestigious IM event, it was no surprise to see several previous winners, including a former IM World Champ Faris Al Sultan.

Last year's winner and *Triathlon Plus* columnist Phil Graves emerged from the swim hot on the heels of the leaders, before opening up a three-minute gap with his trademark super-fast bike split of 02:30:24. It wasn't enough to distance him from two-time winner Fraser Cartmell, who came to this race having already notched up a win at Ironman South Africa 70.3 in February. Cartmell's all-round strength proved too much for

Graves, as he took his third UK 70.3 title with the day's fastest run split of 1:17:06, and Sweden's Jonas Djurback took third.

In the women's race it was the UK's Bella Bayliss who clinched the win, taking her tally of IM victories to 16. Bayliss said: "From the second the gun went off I had an intense race right until the finish. Luci Zelencova led the cold swim, then the bike was challenging with really steep hills. I took it steady, working into the run and kept a nice strong pace through to the finish."



The chaos of the super-cold swim



Fraser Cartmell gets out the guns



Bella Bayliss was unsure she would even race due to achy legs

NOKIA WINDSOR TRIATHLON

14-YEAR-OLD SKY DRAPER STEALS THE SPRINT, AND WORTHINGTON AND RAW SET THE WINNING STANDARD

WHERE WINDSOR **WHEN** 13 JUNE 2010
WINNERS STEVEN WORTHINGTON (1:51:31)
VANESSA RAW (2:03:43)

This year's Nokia Windsor Triathlon attracted 2,500 competitors to take part in its 20th event. From 14-year-old Sky Draper, who tore apart the sprint race, to 71-year-old Daphne Belt, a veteran of 19 Ironmans, athletes of all ages and abilities lined up to swim the river Thames, ride through Windsor Great Park and run up the steep hill to Windsor Castle, via Eton College.

In the elite race it was Steven Worthington and Vanessa Raw who took top honours. Men's winner Worthington of Team TBC emerged from the Thames

a minute behind the fast-moving group of Richard Stannard, Marc Jenkins and Gavin Noble and it was his bike and run prowess that saw him win the day.

After pulling back nearly a minute on the bike he eventually caught and passed Olympian Jenkins and Noble on the three-lap run course to record the day's fastest run and bike splits.

In the women's race it all boiled down to the run, after the top six stayed together on the bike and swim. Over the 10km course Vanessa Raw showed a clean pair of heels to second placed Lois Rossendale, while Jacqui Slack finished a minute later to clinch third.



Winner Vanessa Raw goes for the line on the run leg



ETU EUROPEAN CHAMPIONSHIPS

IT'S A TWO-MAN RACE AS ALI BROWNLEE AND JAVIER GOMEZ GO HEAD TO HEAD IN THE EUROPEAN CHAMPS

WHERE ATHLONE, IRELAND **WHEN** 3/4 JULY 2010 **WINNERS** ALISTAIR BROWNLEE (1:44:24) NICOLA SPIRIG (1:57:58)

Alistair Brownlee's return from injury seems complete. After missing the start of the 2010 season due to a stress fracture, Brownlee claimed the ETU European Champs ahead of reigning champion Javier Gomez.

The European Championship title was one of the few Brownlee hadn't already won and thanks to the presence of Gomez, Brownlee's

victory was far from assured. The former world champ relegated Brownlee to silver last year. From the gun the two took to the lead and never relinquished it. Breaking away from the main swim pack they led into T1 before pulling clear on the bike, with Italy's Alessandro Fabian the only remaining threat. After T2 Brownlee pulled ahead of Gomez on the 10km run and finished 40 seconds clear of the Spaniard to snag the 2010 European title.



Winning the Euro Champs had been on Brownlee's 'To Do' list for a while



Gomez is left behind after T2



The crowds were out in force to see tri heavyweights go head to head



Brownlee's old injuries are nowhere to be seen as he leads the bike

Eimear Mullan flew into the winner's slot at the Dambuster Triathlon



DAMBUSTER TRIATHLON

A THOUSAND ATHLETES ATTEND QUALIFIER FOR THE WORLD AGE-GROUP OLYMPIC-DISTANCE CHAMPS

WHERE RUTLAND WATER, LEICESTERSHIRE **WHEN** 19 JUNE, 2010 **WINNERS** LAWRENCE FANOUS (1:58:36) EIMEAR MULLAN (2:11:01)

This year's Dambuster was a qualifier for the world age-group Olympic-distance champs in Budapest 2010, and saw 1,000 athletes enter Rutland Water as dawn broke over the reservoir.

The men's winner was Lawrence Fanous with a time of 01:58:36. Fanous has enjoyed several podium finishes in France this season, where he even won his own body weight in wine by finishing first in the Dordogne regional Champs. Second and third place finishers Conor Murphy (01:59:31) and Ashley Hurdman (02:00:47) were probably left wishing Fanous had drunk it all the night before.

In the women's field, Eimear Mullan clawed back lost time from the swim with devastating bike and run splits that left her closest challengers five minutes down in a time of 02:11:01. Only seconds apart, Stacey Penn came in second (02:16:06).



Jubilation at the end of the Dambuster run

Spectators flocked to the iconic waterfront for the race start



LIVERPOOL TRIATHLON

MORE THAN 1,500 ATHLETES FLOCK TO THE SCOUSE CAPITAL FOR ONE THE BIGGEST TRIATHLONS IN THE UK

WHERE LIVERPOOL **WHEN** 27 JUNE 2010
WINNERS DAVID ANDERSON (01:55:10),
 JILL WILKINSON (02:21:14)

Finally, a good summer and Sunday, 27 June at the Liverpool Triathlon was no exception as more than 1,500 competitors gathered at Liverpool's iconic waterfront to tackle what has become one of the UK's top five biggest triathlons.

Having only taken up triathlon in the last year it was 32-year-old David Anderson who was first to fly over the finish line, with a time of 01:55:10 in only his third Olympic-distance triathlon. Over four minutes behind him, professional triathlete Tristan Shippides came in with a time of 01:59:26, closely followed by Matt Newman with a time of 02:00:07.

Jill Wilkinson was the winner of the women's race, with a time of 02:21:14. Encouraged by her coach, Jill raced Liverpool as a break from Ironman and long-distance racing, and her coach's wisdom paid off. Amy Hibbert finished in second place with a time of 02:26:54, while Emily Low claimed third in 02:27:41.



The bike leg took competitors through the historic riverside area



There was a great atmosphere as the sun shone on still smiling triathletes

TRI-NATIONS VS UK SPRINT TRIATHLON

PATRIOTISM APLENTY ON SHOW AS KIWIS, AUSSIES, SAFFAS AND BRITS GET READY TO RACE

WHERE DORNEY LAKE, ETON
WHEN 13 JUNE, 2010 **WINNERS**
 TOBY MATTHEWSON (55:06)
 SAMANTHA SMITH (01:07:46)

Competitors wore face paint and their best country-colours for this sprint triathlon at Dorney Lake in Eton, home of the 2012 Olympic rowing event. With an emphasis on fun the triathletes from tri-nations Australia, New Zealand and South Africa competed against the UK and a host of other countries.

Doing his country proud, Toby Matthewson from the UK clinched first place with a time of 55:06. Just under three minutes behind him, Jason Bewley from Australia finished in 57:50 while third

went to another UK triathlete, Paul Harrison in 58:20. The biggest competitor contingent was British, so it was no surprise when first and third place in the women's race also went to Brits; Samantha Smith (01:07:46) and Laura Chignell (01:12:53). Debbie Coney of Italy came second with a time of 01:12:13.



A proudly displayed St George takes to the water

BALA MIDDLE DISTANCE TRIATHLON

SNOWDONIA NATIONAL PARK IS THE BREATHTAKING BACKDROP FOR THE BTF MIDDLE-DISTANCE TRIATHLON

WHERE BALA LAKE, WALES **WHEN**
 13 JUNE 2010 **WINNERS** JAMES
 GILFILLAN (03:47:15), LOUISE
 COLLINS (04:21:42)

Bala Lake in Wales was the venue for the 2010 BTF National Middle-Distance Triathlon Championships. The 550 athletes tackled a 2km mountain lake swim, a 78.5km bike in Snowdonia National Park and a 20km run. The course description was 'rolling', leaving competitor Lawrence

Down to joke: "If that's rolling, I'd hate to see what hilly looks like."

In the men's race James Gilfillan emerged from Bala lake close on the leaders' heels before opening up an unassailable lead on the bike and run, for his first national title, 11 mins clear.

The women's race was dominated by Louise Collins, who three weeks previously took runner-up at Ironman Lanzarote.



Competitors soak up the stunning surroundings of Lake Bala