**AQUATHLON – 5/5/12**

The first Aquathlon of the season took place at the Aquasplash on Saturday 5th May, with 17 seniors and 20 juniors taking part.

The senior men set off first with Dave Holmes exiting the 400m swim in a fast 5.26, closely followed by Steve Billington and Ian Burns. Holmes ran an impressive 5km to finish the course first in 23.39. There were also excellent runs by Damian Maher, Michael Charlton and Norbert Hajdler all running sub 20 minutes for the 5km run.

In the ladies race, Philippa Worth had a strong swim exiting the water first in 6.18. She held onto her lead on the run to finish first in 28.16. There were also excellent performances from Liz Murfin, Amanda Brown and newcomers Louise Shaw and Jane Bara.