

## Closest ever finish in Bude's World Cup Quadrathlon

As Rob Shaw for team 'Dept 26' rounded the Falcon hotel corner it looked like the win was going to be a straight forward affair but Steve Martin from team 'Foursome' had other ideas. As the two of them had just the final kilometre to run at the end of this 3 hour multi-discipline event Steve shortened the gap with every stride. The crowd could hardly contain themselves as these two lead runners momentarily disappeared from sight as they crossed the Sea Locks only to return on the final straight to the finish, Rob just in the lead but with Steve just metres behind. Both gave their all as they sprinted for the line and with less than a second between them Rob and team 'Dept 26' held on to be this years victors. And that was just the relay team result!!

The Awesome Foursome Quadrathlon held annually in Bude combines the four disciplines of Swimming, Cycling, Kayaking and Running into one long endurance race. Athletes enter either as relay teams of four, as a pair or as individuals completing the whole event by themselves. The race makes the most of Bude's wonderful environment and builds on the very popular Shoreline Triathlon which is run earlier in the year. The swim course, approximately 1000m, takes place at high tide within Summerleaze Bay. The 30 km cycle takes athletes out of Bude along the spectacular coastal roads to Widemouth, Wanson Mouth and the notorious 1 in 3 hill at Millook before returning the competitors back to the Bude and its historic canal. Next comes 10 km of kayak racing up and down the Bude Canal before the final 10 km run stage following the towpath to Helebridge, fields to Widemouth and coastal path back to the finish in Bude's lower canal wharf area.

Peter Appelt from Germany, one of the oldest competitors, commented that the every part of the race is 'wonderful'. "The sea swim is a real challenge for me and with choppy conditions this year I found it very hard, then the bike ride seems to take in the worst hills I've ever ridden. The kayak leg is nice and its great to have everyone in sight as we race up and down your lovely canal. Then the run to the finish would be beautiful if you weren't so worn out! I love it"

With a late start this year of 3.30 pm, due to the tides, competitors were not only racing each other but also day light! The early arrivals were fine coming in around the 3 hour mark but the last to finish weren't so lucky and twilight was certainly upon them as they wearily crossed the line.

So the fastest times of the day were set by; Relay Team - Dept 26 in 2 hours and 44 minutes, Pair - Mel Bardsley and Simon Hammond in 3 hours and 4 minutes, Individual Man - Ian Smith in 2 hours and 48 minutes and Individual Woman - Helen Dyke in 3 hours and 7 minutes.

Local man Chris Hammond won the over 40 category in a time of 2 hours and 54 minutes definitely benefitting from the kayak training he's been doing of late to support his season of triathlon racing. Jess Lynes from Stratton was third in her category with junior quadrathlon world champion Will Jackson winning the junior class. Local youngsters Emma Shaw, Zerran Hammond, Jay Innes and Molly Mees got together a last minute team and surprised themselves to win the junior team event.

The event organizers Shoreline Extreme Sports of Bude were delighted with the race. With the biggest entry for several years and the most ever women athletes in the race this was certainly a real spectacle and with the Bude Food Festival taking place in the castle grounds right next to the canal there were hundreds of people around enjoying the glorious weather and following the race as it spread throughout the afternoon. Lots of photos and full race results can be found on the Shoreline Extreme Sports Facebook page. Next years race is already booked in for Saturday 19th Sept with the tide allowing a morning start, so no more worrying about lack of daylight.