

TWENTY Hitchin Swimming Club members took part in the Duck and Dash Aquathlon, organised by Freedom Tri, at Letchworth's outdoor pool.

There was representation in each category with Charlotte Brakenbury and Emily Stapleton competing in the youngest category (8 years).

In the 9 to 10 years age group, Joseph English, Jasmine Brakenbury and Hannah Stapleton swam 100m followed by a run of 1km. Megan Jones and Matteo LoBiundo took part in the 11 to 12 year old race, with Megan being the fastest girl in this category.

In the 13 to 14 year old age group, the club took first place in both the boys and girls races, with Daniel English and Sonja Lowdon achieving the fastest times. Vicky Brakenbury, Adam Evens and Lauren Bearman also had great races in this category.

In the Youth category, there was fierce competition between Alex Evens and Harry Jones as they swam 300m followed by a 4km run. Alex pipped Harry to take first place with Harry finishing runner-up.

In the adult races, Neil Jones competed in the Drake category. This is the longest race consisting of a 600m swim and a 6km run. Neil had a great race finishing in 5th place. In the Duck category, 400m swim followed by a 6km run, Georgia Hazell was the fastest female around the course.

The club had two father and son entries in the relay with Mark Evens and Benjamin Cocks having strong swims before handing over to dads Paul Evens and Graham Cocks to finish off the race by running 6km.

It was a great morning of racing with many successes for the club.