



Almost a thousand people took part in the Hercules Festival of Sport in St Albans.

Picture: MAX TETLOW/NEW PIXELS EVENT PHOTOGRAPHY

Thousands flock to Festival of Sport as St Albans enjoys plenty of triathlon fun

Almost 1,000 people took part in 10 events at the Hercules Festival of Sport - with plenty of inspirational stories coming out of them.

The event, held at Westminster Lodge Leisure Centre and throughout Verulamium Park, saw two triathlons, two aquathlons, three duathlons and both 5K and 10K races, as well as the hugely popular Scootathlon.

There was also other game and events going on with schools allocated free places.

Deputy mayor of St Albans, Jamie Day, said: "It was fantastic to see so many people come to St Albans for the Hercules Festival of Sport.

"It was good to see people of all ages and the enthusiasm of all of the participants made for a great atmosphere."

It was the third running of the event and the events started at

Festival of Sport

7am with the swim sections.

Those doing the triathlon then jumped onto their bikes, cycling up to 40km through Redbourn and Wheathampstead, before running laps of the park.

Among those taking part were husband and wife team, Lee and Katherine Imrie, and they made it a double by both placing in the triathlon events.

Also involved were Aecom, a world leading engineering company who employ 600 people in Hertfordshire, fielded a team of 30 in the 10km event with Felix Gracia and Jon Goni taking second and third place.

Hercules Events' director Gifty Enright said: "The third annual St Albans Festival of Sport was undoubtedly the best yet.

"Residents of the city came out in their hundreds to watch elite

and amateur athletes and to cheer on family and friends, who were taking part in the many run, swim and cycle events.

"We were particularly delighted that so many school children took part in our scootathlon and children's duathlon events.

"The Festival of Sport has grown year on year to become a fixture in the sporting calendar.

"Given the incredible success of this year's event we are already planning next year's event."

Lesley Garner, general manager of Westminster Lodge, said: "Everyone Active - Westminster Lodge were once again thrilled to be part of such a great event, a great starting point for those new to triathlon or duathlon, but challenging enough for the pro's.

"Congratulations to all that took part and we look forward to supporting the event next year."

sport

Foot

The St Albans Girls we and they smashing Eagles a

Emily So them an added by Meliss Poole go latter sco out of de

The U goal dow Langley

Meliss equalise Scrimge made it 3

Langle that was between and Web

Also h the U13 C defeated 4-2, playe Natasha whilst Re a brace.

The U1 Youth Re round of

Two q young Sa although one back another t period w

The ma to Carlos superb ha result wh scored th

Seven s the U15 C next rour over the l

Angelo hat trick, Williams one each and Ben s

Goals f Callum O O'Toole. C Adam Rol South bea North 4-0

Foot

The Lond U13 Lions Challeng Hadley R

Harry W

sport

Bowls