

TESCO

Charity Triathlon - Eton UK



Dear Supporter

On 27 August 2005, I entered the Tesco Charity Triathlon at Eton near London.

Tesco (*thanks Rich!*) kindly let me compete (*or should it be complete?!*) for Tujatane, a school in Zambia that I have been to and wanted to help by raising funds for their school lunch programme. The following attempts to provide some information as to the benefit you have all made possible.

The Triathlon...

Tesco had chosen a terrific venue for the event – the site for the 2012 Olympic rowing events near Eton in Berkshire. The course was a simple matter of two laps of a 750m swim. Into transition for a quick eight lap (x5km) bike-ride followed by a 4x2.5km run – if I was still standing!

The event began at 12.00pm, with over 700 competitors taking part in the various categories. I was in the 'big boys' full Olympic distance event (my first mistake!). With 100 odd others I entered the water for a mass start at 1.30pm with the aim of being back in time for the fun race scheduled to start 3½ hours later at 5.00pm: **Would I make it?**



...a pensive looking competitor before the start



Some 30 minutes later after a swim that placed me in the top 20, I had a drink, ate a banana, stripped off my wet-suit and got on my bike. **How bad could it be?**

Well, not too bad for the first seven laps but on lap eight I was aware of someone riding close behind shouting "**I'm coming past...**" and with that, my dad, (last raced in 1953!!) came flying by whilst competing in the 20km veteran class (number of entries – one!)



...a 'still gutted' no. 276 sets off on the run.

So, after 1:24 minutes and still contemplating the humiliation of being passed by Keith, I donned my trainers and started out on the run – still in a respectable 43rd place.

I should know by now that me and running just don't mix!

Years of team sports, or could it just be age, have left ankles well pass their sell-by date.



And so it was a very weary no. 276 who crossed the finish line, barely able to keep up with his own children, aged five and three, in the second slowest run time of all the finishers – but **happy to have made it home in 60th place in a total time of 3:11:32.**

#	Name	M/F	Swim	Pos	Bike	Pos	Run	Pos	Overall	Pos
283	Traynor, Jon	M	00:45:14	79	01:29:13	51	00:55:35	50	03:10:02	58
250	Mcilwee, Kevin	M	00:44:54	78	01:21:21	37	01:05:03	79	03:11:18	59
276	Stubley, Nigel	M	00:30:20	22	01:24:54	43	01:16:18	84	03:11:32	60
201	Baker, Bill	M	00:36:29	56	01:36:16	65	01:01:13	67	03:13:58	61
				47	01:38:22	71	01:01:01	66	03:14:37	62

NOW for the Really Important Results...

...the Really Important Results

The whole purpose of the short lived pain was to help feed the children of Tujatane school – who live with the suffering of not having enough to eat daily.



Over 160 family, businesses, friends and friends of friends helped raise over £4,200 – and with that money, Vanessa and her team out in Zambia will be able to provide a high energy mid-morning snack, a school lunch for all the children and maybe even a new kitchen sink with running water for Elizabeth the cook!!

One of the plus sides of raising money directly is that the people who are benefiting can relate back and people can give knowing that all the money is being used properly.



Here's some of the thoughts from the children...

"My walk to school takes more than an hour, and without the food programme, I would have nothing to eat until supper.

Chuma Buchane grade 7

My favourite food is meat and my least favourite is cabbage."

Sara Melki grade 5

"I'm not fussy. I enjoy all the food, including the cabbage."

Ruth N'gandu grade 7

"I live far from school and otherwise I would have no lunch. My favourite lunch is beans and meat."

Miyanda Sitali grade 5

"Lunch helps me work better through the day. I enjoy nshima with beans."

Chali Miswana grade 7



The cook, Elizabeth Samba, prepares 120 porridge breakfasts and 45 lunches daily in a tiny thatched hut.

She cooks on charcoal which she lights at about 7.00am and serves the breakfast and lunches as they are ready.

"The food programme is very important for the children as they would go without food from breakfast to supper otherwise. I have a sink with running water on my wish list!"

It certainly makes you stop and think as you cut the crust off the toast of a five and three year old before they get taken to school by car!



TUJATANE
"Let us all hold hands together"

Hopefully this gives a flavour of the difference you made by sponsoring my attempt at the triathlon.

Thank you so much for bothering to send money, in particular Brian and Nick (*you know who you are!*) for your very deep pockets and for giving such an early boost to my target and especially to Jacqueline who forced the golf club, flower club, yoga members and half of the shoppers in Pinner to donate!

Without all of you it wouldn't have been possible to benefit these young people out in Zambia.

If you want to see more of Tujatane, they have a website: www.tongabezitrustschool.com

My sincerest thanks and best wishes – Nigel Stubley