

Left, powerboat pairing Andy Foster and Charles Morris celebrate after their victory



Hand wins spot at World Championships

A YOUNG athlete who trains with Yeovil District Swimming Club has qualified to represent Great Britain at the World Triathlon Championships which will be held in Spain between September 20-24.

Ten-year-old Carina Hand, a pupil at Hazelgrove School, trains with YDSC three times a

week.

She qualified at the recent World Triathlon Trials which were held at Leweston School on July 9 and will represent GB in the Under-13 category.

A Triathlon is a continuous running, shooting and swimming event, designed to encourage new athletes into

the pentathlon disciplines.

It requires extreme cardiovascular fitness as having run various age dependant distances, competitors have to shoot straight, then after the swim they need to sprint.

This sequence is then repeated a number of times depending on age.