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Triers and tribulations - Tritax's Henry Franklin, raises £3,525 for charity Project Gem

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A record 2,200 triathletes – watched by former England rugby star Lawrence Dallaglio – battled against 30 degree heat to take part in King Sturge's fourth Property Triathlon sponsored by Property Week.

The event, which was being staged this year as part of King Sturge's 250th anniversary celebrations, raised £120,000 for charities Orchid and the Children's Trust.

However, the total amount raised on the day is expected to have far exceeded this, as individual participants took part in aid of charities as varied as Great Ormond Street Hospital and the Alzheimers Society.

All the participants who finished completed a 750 metre swim, a 20 km bike ride and a 5 km run, in 30 degree heat. After Formula 1 champion Jensen Button took part in the triathlon last year, this year's star performer was former England rugby captain Lawrence Dallaglio, who was promoting his own Tri for Life triathlon, to be held at the same Dorney Lake course in Eton in September.



The 2008 Women's World Triathlon champion and Olympic hopeful, Helen Jenkins, completed the triathlon, and handed out prizes.

Among the other participants were Tritax's Henry Franklin, who raised £3,525,000 for charity Project Gem by taking part in a "mankini" alongside his Brazilian friend, Valcir Lima. Project Gem works primarily in UK and Brazilian inner cities, engaging vulnerable children through arts activities with the objective of building confidence, skills for employment and assist in developing community cohesion.



It's not too late to show Henry & Valcir your support and contribute to a great cause just log on to <http://www.justgiving.com/projectgemTRI/1> to make a donation.