

Report from 2nd Pedal Power Duathlon at Queens Valley – 26th February 2012.

Senior Race: 4.5K Run (1 ½ laps of Valley), 21km Bike (3 laps HB circuit), 3km Run (1 lap Valley) / Junior Race: 1 lap Valley, 2 laps HB Circuit, 1 Lap Valley.

Another great turnout for the second duathlon of the season held at Queens Valley Reservoir with 40 athletes completing a 4.5k run, 21k bike & 3k run. The 1st run took them round the reservoir for 1 & a half laps then out onto their bikes for 3 laps of the Hougue Bie circuit before coming back into the reservoir for a final lap on the run.

It was another victory for in-form Mark Nicol who once again was never challenged over the course of the race finishing over 2 minutes ahead of his nearest rival in a time of 1.04.09. Second place went to Dave Holmes who clocked the fastest second run split in an impressive time of 11.41. Bruno Francisco took third spot in a time of 1.07.03.

In the ladies race Katie Thompson produced another fine performance by taking top spot again in a time of 1.14.10 beating second place Carol Knight by nearly 5minutes, with Sarah Corcoran in third place.

There were some good battles in this race with many positions coming down to the final run, so a smooth transition was important for many. With 1 rider colliding with a wall on the bike course & one athlete running off with another athlete's trainers for the final run it was not without drama!

Thanks to the time-keepers & marshals the parishes and Jersey Waterworks. The next race is on Sunday 25th March at 8am at St Catherines, see www.jerseytriclub.com for details.