

Jersey Triathlon Club – Duathlon Race Report, Sunday 21 April

Sunday 21st of April saw the final of the Pedal Power Duathlon series take place down at the Parish of St Ouen on the 5 mile road. Conditions were perfect and the sun decided to make a rare appearance along with Steve Price who can often be seen pounding out 1.12 pace 100m repeats down at the Aquasplash, so for Steve to turn up the weather must have been good (Steve's world is about to change again with the soon to be arrival of their second baby!)

33 athletes signed up and set off at 7.30 for the first run of 6.5km. Straight to the front was Tom 'Tasty' Perchard with his wingman Nathan 'the Wonder' Woodland, Tom came in off the first run in 22.38 and Nathan not far behind in 23.08, in a surprise third place in on the run was Damien 'Speedy' Maher who could be heard from Jersey Pearl. Keeping Damien company and getting an earful was Nestor 'the Columbian' Roncancio, and bringing up the rear was Lyndon 'Vote for C' Farnham fresh off the campaign trail.

In the women's race Jo 'GO GO' Gorrod was keeping most of the men honest setting a first run time of 24.48, Arlene 'Lulu' Lewis was the second woman in a time of 26.20 and Katie 'TT' Thompson was the 3rd women into T1 (first transition) in a time of 26.39.

Behind there were many races within the race. Mike Du 'farmer' Feu was fighting to get into the top 5, more of that later!!

So far Dougie Smith had not uttered a swear word so things were going well (races are judged on whether Dougie swears or not!)

Out on the bike Tom was hitting out the watts trying his best to keep the gap on Nathan who was lucky to start the bike as his rear tire had punctured in transition, fortunately for Nathan the marshals were on hand to change it for him 2min before he arrived into T1. Move of the day was coming from Michael 'Minky the Marvel' Charlton with some very slick looking waxed legs to aid his aerodynamics. Having moved up to 3rd on the first lap of the bike after a warm up jog on the first run, Minky would have the second fastest bike time of the day of 57.34.

In the women's race Jo was keeping her number one spot while Katie had move up to 2nd place. Sam Lee was quietly making up a few places moving up into 3rd. Meanwhile Dominic had moved back a few places due to talking too much to Nestor and complaints were received from the residents of St Ouens that they heard a lot of swearing in Spanish.

Tom continued to put time into the rest of the field with his folks looking on nervously, his mum terrified he was going to break his new bike. Minky had Nathan in his sights but Nathan was holding him off.

In the women's race Della Roderick, Sam Horsfall, Nikkie Yates, Arlene Lewis and Sarah Corcoran were all with a few minutes of each other and would remain in that order after Jo, Katie and Sam Lee.

Tom flew into T2 (second transition) having ridden 55min 34sec for the bike leg, 2min after than the next best which was Minky Charlton. Next in was Nathan followed shortly by Minky and then Nestor who was doing his utmost to get away from Damien who by now was on the subject of the upcoming elections which is a completely new subject to Nestor coming from Columbia.

In the womens race Jo came in off the bike in an impressive 1hr 09min, followed by Katie and then Sam Lee.

Mike Du Feu was moving up into the top 5 but hearing Damien at the run turn around decided to take a toilet stop and read the morning newspaper at the La Pulante WC's. This cost him 5th place but earned him some peace and quiet time, he found his peace – and subsequently went off for his final trot to the finish.

So far there had still been no swearing from Dougie Smith so things were clearly going smoothly. The time keepers were doing a fantastic job for the first time this year, mainly because men have been doing previous time keeping duties, the girls make it look easy!

Tom finished in first place in a time of 1hr 36min 52sec having run 18.40 for the final 5km run, Nathan 2nd in 1hr 41min 02sec and not far back Minky Charlton in 3rd in a time of 1hr 43min 24sec.

In the womens race Jo was first in 1hr 53min 54 sec, Katie 2nd in 1hr 57min 56sec and Sam Lee 3rd in 2hr 04min 11sec.

At the end of the race things had warmed up and the sun was out, racers were treated to Della's fruit cake and cup cakes for their efforts. Everyone stayed to cheer Lyndon in 2hrs 33min after starting.

This was followed by prize giving with prizes supplied by Pedal Power.

Thanks to everyone for turning up and making this years duathlon series a very competitive one.