



JERSEY TRIATHLON CLUB

## Jersey Triathlon Club

### St Catherine's Duathlon 16 February 2014

The first road based Duathlon took place on February 16 with 33 hardy souls eagerly 'stepping up to the plate' to tackle the fast run – bike – run course. The first run was a 5k canter out and back from the Breakwater with an evil hill thrown in, the bike was 2 gentle loops out and back to Longbeach at Gorey and the final run 2 easy loops round the rock and halfway down the Breakwater and back.

The pace was pretty frantic from the start, with more jostling for position than usual (early season jitters?) Newcomer Amon Ryan had got the big guns all excited when he seemed to be giving Tom Perchard a run for his money (literally – Amon is new to Jersey and not yet a paid up member so he paid the full entry fee...) but with fresh Commonwealth Games qualifying time in his legs, Tom put in a commanding run and entered transition well ahead of the other competitors.

Expert runner Damian Mayer managed to rest his Commonwealth qualifying voice (he even talks when he races) and focus on his impressive run to come in 2<sup>nd</sup> with Amon just a few seconds behind.

Impressive 'youngsters' (younger than most) Demri Mitchel and Ollie Turner put the majority of the seniors to shame with amazing run splits, and then continued to impress throughout the race showing good form and promise for later races this season and next.

Newcomers Geoff Dunn and Michelle Le Mercier were sampling the delights of competitive Duathlon and put in solid run splits – looking forward to seeing them both at Durrell in March!

The bike section as always was a challenge with the undulating course meaning racers found it hard to get a rhythm. As expected, Michael 'Minky' Charlton put in an amazing bike split and saw him springboard from 6<sup>th</sup> to 2<sup>nd</sup> place – a position he held until the end (and yes, his legs were waxed like you wouldn't believe).

Also impressive on the bike was Minky's partner in crime Mike du Feu who was pushing for a top slot with Phil Ahier and Tim Rogers in hot pursuit. A solid bike split also came from our new race committee leader, Vaughan Robinson which saw him climb a number of places up the field.

Mike (not Martin) Osborne unfortunately took a tumble and crashed off the bike courtesy of a greasy road and a white line, with the assistance of a handy marshal – he got back on the bike but the fall was enough to end his race. Currently nursing a suspected fractured shoulder, we hope he mends quickly and is back up racing soon.

There was an unfortunate incident on the bike that led to a member of the public expressing their anger to a couple of marshals. We will reinforce the importance of obeying the rules of the road at the next race and whilst it is acknowledged that at times, you may need to overtake a car – it must be measured and with caution. There were a couple of incidents during the race where this wasn't the case and whilst it was good no one got hurt, it was the poor old marshals that bore the brunt of a disgruntled motorist!

Katie Thompson and Sam Lee had an amazingly close race, they came in together after the first run in 2<sup>nd</sup> and 3<sup>rd</sup> place behind Jo Gorrod but then Katie took the lead with a very strong bike section, Sam found an extra gear on the final run and overtook Katie to finish first female with Katie second and Jo just a few seconds back in 3<sup>rd</sup>. Pippa Worth also put in 2 very strong run splits to finish strong.

Tri Club President Simon Roderick and Tri Club Dogsbody Matt Ebbrell were having a little tussle but Matt showed his strength and class by BEATING Simon by a considerable margin of 35 seconds (Simon – you write the race report and you can say what you want next time ;-))

All in all, a great event with some very rare good weather. Special thanks to Sarah Corcoran for organising, the marshals for keeping everyone safe, the race committee for setting everything up, Normandy Rescue and everyone else who helped to make the race a success. See you at the Durrell Duathlon on March 16!