



Durrell Duathlon, 5k/20k/2.5k March 22, 2015

The morning of Sunday 22 March saw the third Durrell Duathlon with over 70 duathletes signing up for the challenging course which would see athletes run 5k, cycle 20k across 3 laps of a testing bike course and finish off with a 2.5k run. Island Games athlete Michael Charlton took the win narrowly with fellow IG competitor Nathan Woodland in second place and Mark Nicol in third. In the ladies race, IG athletes Jo Gorrod, Sam Lee and Philippa Worth crossed the line in that order boding well for the ladies team triathlon later in the year. It was great to see so many new faces and there were some really promising performances from individuals as they tried out multisport racing and this dry but windy day.

During the 2 lap first run, the large field was instantly strung out as experienced triathlete-turned ultra-runner Marc Nicol showing his running form coming into transition over 30 seconds ahead of Phil Ahier. There was a steady stream of competitors that came in shortly after with some tired legs early on due to the short but sharp climbs on the run course.

The fast, and in parts technical bike course headed out around St Martins in a 3 loop format with notable performances from Ollie Turner showing some impressive form and newcomer Taran Hase showing his class. Vaughan Robinson put in an impressive split to claw back 16 places and showed that all his training (and his new bike) are paying off.

The second and final run was a single lap of the first section and a real mix of splits was posted to determine final positioning's. Robbie Campbell put in the fastest split of the day with Nick Gorrod and Sam Lee also putting in impressive performances.

Congratulations to all who finished, it was a tough race but it was lovely to see Club President Simon Roderick and Fintan Kennedy cross the finishing line smiling and holding hands...

Huge thanks to Mike Du Feu as race organiser, and to Dougie Smith for keeping everyone safe in transition. Thanks to Truusje Gamlin, Paula Turner and Rachel Maher for registering and time keeping and thanks to all the excellent background work done by the Vaughan Robinson and the race crew. Thank you to Durrell, the various parishes and parish officials and to Normandy Rescue.

The next Duathlon in the Ana Leaf Duathlon series is the Corbiere Duathlon which takes place on April 26, more detail to follow!