

La Pulente Duathlon

12 January 2015

Sunday saw the start of the Ana Leaf Duathlon series with another new course but more importantly; lots of new faces – a great turn out with a few of the old die hards also rocking up to brave the elements and the short, hard and fast course at La Pulente.

The first run loop headed off towards Corbiere (towards Petit Port, off road) and looped back to the car park at La Pulente with an 8k bike down and back along the 5 mile road with a short second run also out and back in the direction of La Bray.

Weather was 'testing' ...bright but very windy conditions meant for a slow and tough bike on the way out and then a fast (and tough) bike back with a lovely tail wind pushing competitors into transition. La Pulente was probably the windiest place on the Island due to the wind direction!!

The race was won comfortably by Commonwealth Games triathlete Tom Perchard who literally sprinted up La Pulente at the start (there is a rumour that the 'sonic boom' he created could be heard as far away as Gorey). Seamless transition and textbook pacing saw Tom finish almost two minutes ahead of second placed Matt Ebbrell who was nervously focused on keeping Simon Roderick and fast approaching 2UP competitors Richard Worth and Vaughan Robinson away from him on the bike.

Peter Holmes was extremely impressive as first junior with Lily McGarry not far behind as she towed 2015 Island Games triathlete Jo Gorrod along throughout the race to be first ladies across the line.

A strong bike leg from in - form (and expert swimmer) Della Roderick matched her decent run splits, but was she holding back?! We will see this season...!

First timer Cindy Wanless put in an impressive performance to finish mid field in her first race and newcomers Michelle Tring and Rebecca Taylor-Fitch also finished strong in what was a very demanding race given the wind!

Event of the day had to be Simon running the second run split barefoot as he was "in a rush" and "didn't have time for shoes". Marginal gains...

There was debate as to whether ex professional Ironman Triathlete Nick Saunders should've been disqualified for doing a 3UP with his 2 children (via a pushchair and a bike trailer for toddlers) but given his ambitions for the Wasdale Half Ironman distance triathlon this year – we thought it best to include him in the results rather than dent his ego...

Thanks to Nathan Woodland for organising and providing results and content for the race report, the marshals for keeping us safe and on track and the Parish of St Ouen for letting us race. If I missed anyone...sorry!

Next race is the offroad Duathlon at Mont Rossingnol on Saturday 24 January. If you don't have a mountain bike but still want to race; why not try and find a mountain biker to do the bike leg as team entries are welcome!