



Ana Leaf Foundation Duathlon Series

Mont Rossignol Off Road Duathlon

25 January 2015

Sunday 24 January saw the second iteration of the full Ana Leaf Duathlon series with the off-road Duathlon held up at Mont Rossignol. Seniors were treated to a tricky 2.5k run on off-road terrain, a 14k bike course and a final 3.1k run for which conditions were perfect, in stark contrast to last year's event.

Ryan Poingdestre pushed hard from the start, practically sprinting to get clear of the chasing pack and more importantly Ollie Turner who was determined not to let too large a gap form. Jon Coote and Mark Wanless put in impressive run splits, both holding position throughout with Simon Roderick not far behind.

Ryan entered transition first but Ollie showed his experience to slickly take off his shoes, don his helmet, exit transition and mount his cyclocross bike ahead of Ryan who is no stranger to a mountain bike and Ollie was keen to try and build and maintain some distance from Ryan.

Hot on their heels was Andy Horsfall who was very impressive on the bike, matching Ollie Turner's split exactly and overtaking a number of other racers.

As expected, Commonwealth mountain biker Rhys Hidrio dominated the bike section and gained back precious time on the other duathletes who were wrestling with this testing course.

Newcomers Chris Stone and Caroline Davies were solid and showed determination throughout the run, with Chris subsequently powering away on the bike and Immie Peree put in a solid and consistent performance throughout.

Tired legs greeted the 2nd run, but still some impressive times. Club President Simon Roderick put in an amazing effort and the quickest time to finish in a credible 8th place with John Coote, Mark Wanless and Ryan Poingdestre all running well. Ollie Turner held the field off though and was a credible winner with 90 seconds separating him and impressive Ryan Poingdestre. Andy Horsfall managed to hold off Mark Wanless and was a worthy third placed duathlete.

Thank you to Colin Hidrio and other race organisers and marshals, Normandy Rescue and Lyndon Farnham and other landowners for permission to race on the land. Continued thanks to the Ana Leaf Foundation as sponsors of the Seniors for Jersey Triathlon Club.

Next race is the Queens Valley Duathlon on Sunday February 1 – see you there!