



## Ana Leaf Foundation Duathlon Series



### St Catherine's Duathlon

22 February 2015

The Ana Leaf Foundation St Catherine's Duathlon took place on Sunday 22 February. A challenging 5.5K run with a steep climb was followed by an undulating 22K bike leg out to Gorey and back (x2) with the final flat 3K run bringing the athletes safely across the finish line.

Jo Gorrod came first in the ladies race (also beating most of the men!) and Demri Mitchell put in an impressive performance to take the honours in the men's race.

The first run was 2 out and back loops that took runners up and over Gibraltar Rock and back to St Catherines. Some impressive split times were posted, most notably from Bruno Francisco who even with a minor deviation from the planned route came in well ahead of the field. Nick Gorrod ran consistently well for both laps to put him in a strong position and Eleanor Blampied came in as second female with Della Roderick and Lisa Porter chasing close behind. Many of the newer athletes ran exceptionally well on what is a difficult run route and notable performances were made by Gus Fraser, Chris Gedrych and John Daly who are all showing excellent progress.

Whilst the athletes were all fairly well grouped together during the run, the bike leg really changed things. Demri Mitchell put in the fastest split of the day and Nick Thorne was particularly impressive as he gained a number of places at the front of the field. It was good to see Mike Osborne back from injury and posting a strong bike split that was just outside the top 10 total bike times. David Price and Race Committee Captain Vaughan Robinson also both put in strong bike splits to gain places and chase down Matt Ebbrell and Simon Roderick who were working hard to ensure no one over took them.

The final run section was a short 400m out and back before heading down the breakwater and back to the finish, this route allowed duathletes to gauge distances between places and there were a lot of nervous faces as racers tried to hold on to positions. In form Phil Ahier put in the fastest split of the day to secure second place and Sam Lee put in the fastest ladies split as she chased down, but didn't quite catch Jonny Flanagan, who is putting in some impressive performances this season as he sets his eyes on some International racing this year.

Thank you to Jeff Ferguson, Truusje Gamlin, Sarah Corcoran, Dougie Smith and other race organisers and marshals. Thank you to the relevant parish officials for granting permission for us to race and continued thanks to the Ana Leaf Foundation as sponsors of the Seniors for Jersey Triathlon Club.

Next race is the Durrell Duathlon on Sunday March 22 – see you there!