

RACE REPORT - GOREY RELAY 'WITH A REST' AND SPRINT TRIATHLON 07:30 Sunday 16 August 2015

Near perfect conditions greeted the 21 athletes competing in the Sprint event and the 7 Teams of three competing in the relay. It was great to see new faces taking part in both events.

In the sprint event Tom Perchard and Demri Mitchell swapped 1st and 2nd positions throughout the first two disciplines. Demri led out onto the run section first, but Tom managed to over haul him in the remaining laps of the run course, to come in first. Doug Gorman continuing with his triathlon comeback in style, came in third just under 30 seconds behind Demri.

In the women's field 'Iron lady' Sam Horsfall triumphed and then ran home to the other side of the island! Second and third ladies were Claire Kybett and newcomer Jodi Fowler.

Special mentions for Vaughan Robinson who had the fastest T1 of the day! (Always useful if you have helped lay out the course.) And Colin Smith who completed 8 laps within transition before being allowed to leave!!

Lots of fun was had in the relay event particularly trying to master handing over chip timing straps in transition. It was great to see the junior members mixing it up with the adults.

The winning team was the father and son combination of Dave and Peter Holmes ably assisted by Will Atkinson. A very impressive performance was noted from the 'all' junior team of 'Jim Lads' comprising Isaac Dodds, Oliver Rothwell and JJ Lloyd.

As usual a big thanks to all the marshals (Decio Ferreira, Mike Osborne, Richard Whitewood, Stephen Hill, Paul Corcoran, Louise Bailey, Damien Maher and Fiona Atkinson) and the helpers around transition without whom the event would not be able to take place. In particular special thanks to Dougie 'transition maestro', Vaughan 'Mr. chip timing', Glyn 'water safety and buoy removal specialist' and to Sarah Corcoran "Queen co-ordinator"- who never fails to help at every event. Thank you to the parish of Grouville for allowing us to use the Common at short notice.

Next event is the Aquathlon at St. Catherine's on Thursday 20th August, first races start at 18:00.

Richard and Philippa
Race Organisers