

Ana Leaf Foundation

Duathlon Series St Catherine's Duathlon

21st February 2016

Despite the horizontal rain and wind, it was great to see 36 seniors and 3 juniors turn up to the St Catherine's Duathlon, after a cancelled Queen's Valley event and postponed La Pulente event I think everybody just wanted to race no matter what the weather. The race featured a 6.5km trail run through St Catherine's woods - including stepping stones and rivers - followed by a 2 lap 11km circuit to Gorey Village and back, finishing off with a 4km loop around Gibraltar and St Catherine's breakwater, which I'm led to believe was once again a little bit longer than it looked.

The risk assessment for the race had a number of elements that were considered to be acceptable despite the weather and the trail elements although "Lost Shoes" didn't feature in our planning, lesson learned about lacing your shoes up properly Mr Ebbrell. Lots of positive feedback suggests the trail run was a welcome feature and as enjoyable as these kind of events can be on a wet and windy Sunday morning; apologies to some of the scenic route runners, the recce was uneventful so we thought it would be clear enough with the signs & directions.

Everybody braving the elements deserves some credit for showing up in the interesting conditions, thank you to the marshals for keeping everybody safe. However, there were two stand out athlete performances of the day that deserve a special mention.

Firstly, Eamon Ryan showed up to his first event in Jersey for over a year and led from start to finish, destroying the field with a blistering pace on all segments and winning by over two minutes overall. Great racing Eamon!

Secondly, club veteran Fintan Kennedy pulled out an incredible performance with a fast first run through the wooded, followed by a strong bike leg in which he looked at risk of leaving it all out there, powering through the 1st lap ahead of the rest of the field but being overtaken on the 2nd lap. However, Fintan sprinted back into position with the second fastest final run of the day to take 2nd place. Well done Fintan, ahead of a very hotly contested 3rd place with Ollie Turner racing as a senior getting over the line ahead of 4th placed Matt Ebbrell and 5th placed Demri Mitchell, with only 20 seconds separating the trio. Great performances by all!

Jo Gorrod took first female despite needing a change of helmet, also narrowly claiming household honours just ahead of Nick.

Many club juniors were in the UK training all week so after delays and a rough ferry crossing, Peter Holmes, Lily McGarry and Daniel Roderick did well turning up to complete a route of 2.7km run over Gibraltar, one 11km bike lap to Gorey village, and an 800 meter run around St Catherine's rock. Peter took first place, with Lily second, and Daniel coming in third. The pace the juniors are developing at is frightening; look forward to seeing more from the tristar's following in Ollie's footsteps and giving the seniors a real run for their money in years to come.



I hope you have all dried out by now and are looking forward to the next race which is the Durrell Duathlon on March 13th, all proceeds going to Durrell (£5 Members / £10 non-members) - hope to see you there. Anybody who has not registered as a member for the club can still do so, and find out about all forthcoming events at <http://jerseytriclub.com/>