

# Ana Leaf Foundation

## Duathlon Series Durrell Duathlon

### 12<sup>th</sup> March 2017

A fantastic turnout today for a slightly damp duathlon in aid of Durrell, with over 60 registered seniors – a 40% increase on 2016! Great to see lots of newcomers and numbers growing year on year.

Sharing the morning with about 40 juniors of varying ages meant for some logistical challenges that the Race Committee worked hard behind the scenes to resolve; a big thank you to Vaughan, Sarah, Alex, Dave and of course Dougie whose transition areas were laid out with usual precision. Thanks also thanks to the honorary police keeping our juniors safe with the road closure and marshals who endured some miserable rain keeping all the athletes safe and helping the race to run relatively smoothly, as well as the Durrell staff opening up early to keep us warm.

Due to logistical timings of road closures and the junior races we had to start bang on 07:30 which was quite sudden and took some athletes by surprise. The race itself started in the Durrell car park before exiting over the timing mat and onto the main road, taking two 2.5km anti-clockwise loops around the outside & back of the zoo as in previous years. With the race starting slightly before the timing mat, we had a bonus recording of the “start to the mat” times over 25 meters – the leaders at this early stage being Ollie Turner, Matt “Elbows” Ebbrell and Richard Whitehead, about a second ahead of the other athletes – well done on your quick reactions gents! ([Video here](#))

After the two run laps totalling 5km Ollie Turner came into T1 in 1<sup>st</sup> place:



*Ollie Turner leading the run*

Relative newcomer Wayne Quenault was hot on Ollie's heels on the way into transition followed by run specialist Toby Edwards. Richard Tanguy was close by and eventually got clipped in to a nice looking TT bike and his biking pedigree had him speeding away in hot pursuit, but not for too long; in the wet conditions he took one of the first corners a bit too quickly... luckily a relatively minor spill with no breaks but some nasty road rash. Despite this he managed to record the fastest bike split – well done Rich!



*Richard Tanguy getting clipped in*

The bike course was altered last year to keep to anti-clockwise and mostly left turns, avoiding crossing traffic where possible; three loops resulted in a 21km bike leg around Maufant, St Martin and the top of Rozel hill before returning to Durrell. Strong bike legs from Mark Syvret, Mark Wanless and Ian Jones saw them all gain several places on the faster runners, TT bikes were proving to be an advantage for most.

The final run leg was a single 2.5km lap of the run course; Ollie Turner came into T2 first with Richard Tanguy having gained half a minute despite the spill – however there were no more gains to be had as Ollie ran home the clear winner by well over a minute – well done Ollie!



*Ollie running home with the win*

Consistency was the key to 3<sup>rd</sup> place for Mark Syvret coming home after solid performances across the board. Wayne Quenault and club president Simon Roderick completed the first 5 over the line, followed by the only relay team of the day of Nick Thorne & Matt Gambles who were slightly faster than Matt Ebbrell, unable to hold on to 2<sup>nd</sup> position after his initial 25m dash. Another blistering second run from Toby Edwards and a really strong run off the bike by Dom Maher gained them both several places to 7<sup>th</sup> and 8<sup>th</sup> men respectively, catching Richard Worth and Ian Jones in 9<sup>th</sup> and 10<sup>th</sup> but not enough to catch Mark Wanless in 6<sup>th</sup> whose strong bike leg was enough to keep them at bay.

The ladies' field was dominated by Jo Gorrod, leading after all legs with a really impressive performance for first lady (and family honours!) with Melissa Messervy in second also putting in some great times. In third place newcomer this season Charlie Sturrock is surely one to look out for, coming out ahead of numerous experienced triathletes – well done Charlie!!



*Flying Charlie & Smiling Decio*

Whilst the pointy end of the pack gets most of the focus in this report, one of the great things about our sport is the welcoming community aspect; great to see Decio running back and accompanying



some of the athletes coming in later in their final run and giving encouragement. Everybody is truly welcome and it's a testament to the sport and the effort being put in that there was competition between athletes in the same race despite ages ranging from 15 to 58; great work!

Next race is Sunday 23<sup>rd</sup> April – details to follow...