Ana Leaf Foundation
Duathlon Series - Durrell Duathlon
25th March 2018

61 athletes turned out even earlier than usual with the clocks going forward overnight, but the weather was looking dry and calm for the 2018 Ana Leaf Durrell Duathlon. Not only an early morning race but an opportunity to raise money for the Durrell Wildlife Conservation Fund – just over £250 raised as part of the race entries, thank you all.

With last year's men's winner Ollie Turner competing in New Zealand in preparation for the Commonwealth Games it was all up for grabs.

(Photo credit: Emma Bateman)

The course was the same as the previous year; two 2.5km loops around Durrell for the initial run, followed by three 7km loops around Maufant and St Martin for the bike, ending with a final 2.5km run.

Great to see so many athletes in club kit – if you are looking for Jersey Tri Club kit you can find out more info here: http://jerseytriclub.com/club-kit-2018/.

A few run specialists were looking to try and take an early lead (Ryan Poingdestre and Dom Maher both capable of around 17:00 for a 5km) but it was Dave Holmes who led the men coming into T1 with Ryan and Dom seconds behind. Experience showed as Dave sped out of transition quickly with Ryan and Dom losing valuable seconds getting themselves and their bikes ready.

Slightly further back Olympian Simon Militis (swimming – Athens 2000) swapped his trunks for shoes and a bike. We hope you continue to join us Simon, although you would have an unfair advantage when the sea gets warm enough for triathlons, so don't train too hard! 😊

In the women's field, there was always going to be stiff competition amongst the Island Games athletes; Jo Gorrod narrowly led Katie Silva and Mel Messervy coming into T1.

Sadly the Gorrod (Jo) vs Gorrod (Nick) competition came to an early end as Nick withdrew after the first run with a calf injury.

It was good to see some of the juniors mixing it up with the seniors; Lily McGarry, Dan Roderick and Adele Maher all toeing the line with a parent in the race.

Onto the bike leg; impressive splits by Steven de Sousa, Doug Gorman and Mark Syvret saw them gain several places. Dave Holmes held onto his lead, the only way he was going to be beaten was if one of the fast runners had managed to keep the pace on the bike leg as Dave is no slouch himself.

Perhaps this is a suitable time to remind everybody of the rules, as there were numerous close calls coming into T2 with competitors attempting to dismount their bikes.

You must dismount your bike before the dismount line; the relevant rules are (**bold** for emphasis):

> ***Cycling is not permitted inside the Transition Area. Mount and dismount lines are part of the transition area***;
>
> *Competitors must dismount their bicycles **before the dismount line** by having **one complete foot contact with the ground** before the dismount line;*

Andy Horsfall demonstrates one way of doing this. Legal, but slightly unconventional and not recommended:

Unusual dismount

Another example to illustrate the point, is Mr Michael Steens – this was illegal as Mr Steen's foot did not touch the ground before the line:

Illegal dismount.

In a sprint distance race the penalty for this infringement is not a disqualification, but a one minute penalty (reminder of competition rules at British Triathlon here, please do have a read).

Lack of a penalty box means this would simply be added on to Mr Steen's overall time.

Early discussions have been held about the possibility of a penalty box being implemented for the next race; this decision will be in the capable hands of the Corbiere Duathlon Race Director… none other than Mr Douglas (Dougie) Smith. Watch this space! 😉

Mel Messervy overtook Jo and Katie on the bike and came into T2 leading the women. Crossing the dismount line in a traditional and legal manner. For the avoidance of doubt, this is how it's done gents:

Correct dismount. Note the foot on the ground

Onto the final run; Dave Holmes managed to hold off the chasing pack and ended up being home and dry well before Doug Gorman in second place and Mark Syvret in third, showing that consistency across each leg with a strong bike is rewarded.

Men's winner Dave Holmes

Michael Steens came in 4th but this was before the 1 minute penalty was applied, so dropped to 6th, beaten by Ryan Poingdestre and Wayne Quenault in 4th and 5th respectively.

Next in was Vaughan Robinson in 7th, who didn't look like he broke a sweat but had an amazing race and is getting faster and faster, followed by Toby Edwards and club president Simon Roderick. Aaron Gouveia posted a decent bike split but his run legs didn't quite match it on the final lap, dropping a few places to round up the top 10.

Mel held onto her lead and won the ladies race coming in 13th overall, closely followed by Jo Gorrod and Katie Silva who had Jo in her sights but couldn't quite bridge the gap. Lou Bracken-Smith came in 4th followed by Charlie Sadler in 5th.

First lady Melissa Messervy

Further back in the field it was great to see some newcomers enjoying themselves; including runner Dan Garrido who is understood to have only learned to ride a bike very recently, beating a number of multisport veterans – impressive! Jules Gabbiadini, Mark Dempsey and Dan Reis posted respectable first times too, with Michael Bateman also showing promise with improving runs in his first multisport season.

It was great to see Dougie Smith ~~heckle~~ welcome home the last competitor Samantha Logan, giving lots of encouragement in the form of an accompanying sprint finish. Reminder of the next race, organised by Dougie on Sunday 29th April at Corbiere, with an option of 5/40/10 or 2.5/20/5. Great prep for the 50 or so athletes from Jersey going to Barcelona Ironman 70.3 in May.

Encouragement for Samantha from Dougie

Sprint finish

Finally, a big thank you to the team who helped make the race another success; in particular Dougie Smith, Vaughan Robinson, Simon Roderick, Sarah Corcoran, Louise Bailey, all the marshals and Theresa Crehan-Ferey from Durrell.

Gus