

Jersey Triathlon Club Race Report 21/01/2018

The first Jersey Triathlon Club event of the year – **The Ana Leaf Intro Duathlon La Pulente 2018**

34 competitors entered a slightly wet, but thankfully not so windy first event of the year. It was also great to see some new faces participating in their first Duathlon.

The 2Km run started from La Pulente gravel car park heading towards La Pulente hill and then turning onto the cliff path towards the head land, runners navigating through the puddles and around the headland before a short climb up to the wooded area and then running down to Petit Port slip, up and back around the headland to the transition area at the La Pulente gravel car park.

First into transition and out on the bike course was David Holmes, quickly followed by Wayne Quenault and then Vaughan Robinson.

The first female into transition after the first run was Rosie Adamson and first junior Daniel Roderick.

The bike course was a 8km ride, 4km north, with a dead turn at the Scout ground towards the end of the five mile road. Riders enjoyed a tail wind going out and then a slight headwind on the return.

Again David Homes was first back into transition increasing his lead over Wayne Quenault on the bike leg.

The final leg was a short, but hilly, lung busting 1Km run over the sand dunes down to La Carriere car park before heading back along the bridle path and road to the finish line.

David Holmes finished the course in a time of 27.20, ahead of Wayne Quenault and Vaughan Robinson in 3rd place.

Rosie Adamson was the first female to finish in a time of 35.07, ahead of Nicola Holmes and Jill Stocke in 3rd place.

Daniel Roderick , junior, finish in a time of 36.16.

A big thank you to all the marshals, Louise Bailey and Dougie Smith for helping with the organisation of the event.

Next event is the first of the Duathlon Series at Les Platon Sunday 25th Febuary.

Mark Syvret.