



## JERSEY TRIATHLON CLUB

### **Trinity Duathlon in Aid of Durrell – Race Report**

#### **Sunday 15th March 2026**

A perfect spring morning greeted competitors for the annual Trinity Duathlon in support of Durrell, with the Jersey Tri Club turning out in force for this early-season test of fitness. Calm conditions and sunshine provided a welcome change from the winter training months, helping create a fantastic atmosphere at the start line.

A great turnout saw 6 ladies and 15 men take part, with the club also raising £95 for Durrell, adding a charitable boost to an already enjoyable morning of racing.

#### **The Race Format**

Two race distances were on the menu:

##### **Sprint**

- Run 1 – 5km
- Bike – 21km
- Run 2 – 2.5km
- Total – 28.5km

##### **Super Sprint**

- Run 1 – 2.5km
- Bike – 10.5km
- Run 2 – 2.5km
- Total – 15.5km

Only two competitors opted for the Super Sprint, while the remainder tackled the Sprint distance.

Course changes were required due to ongoing roadworks, with the race committee introducing an additional challenge — a drop down into and back out of Rozel Bay on the bike course. The extra climbing certainly added some bite to the middle leg.

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## Early Pace Setters

From the start, DC Swart took control of the race, laying down a blistering 18:18 split for the opening 5km, quickly establishing himself at the front of the field.

In the women's race, Lisa De St Croix led the way into transition with an impressive 21:09 run, a particularly strong effort on what is known to be a very lumpy run course around Trinity.

Meanwhile in the Super Sprint, Renzo Young marked his senior club debut with a confident opening run to lead into T1, closely followed by Helen Gath.



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## The Bike Leg – Where the Course Bit Back

The revised bike course made for an exciting and dynamic middle section.

Several athletes produced strong rides, leading to numerous position changes throughout the field. Nick Thorne and Mark Syvret were particularly strong on the bike, steadily moving themselves up the standings.

Richard Tanguy produced one of the standout rides of the day, setting a blistering pace and looking to enjoy every part of the demanding course.

In the women's race, Katie Tanguy delivered a superb bike leg, extending her advantage and putting daylight between herself and the chasing pack.

One of the most encouraging performances came from Dylan Hedgecock, competing in his first ever senior duathlon. After a strong opening run, he continued the momentum on the bike — an especially impressive effort considering he was the youngest competitor in the Sprint race.

The bike leg wasn't without drama. Peter Holmes and Tim Baker both suffered mechanical issues. Tim, however, demonstrated admirable composure by quickly fixing a puncture roadside — proving he can indeed change a tyre without booking into a bike shop.

Further back, Carmen Tyler delivered a powerful ride, pushing herself up into second place in the women's race heading into T2.

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## **Final Run Deciders**

The final run saw the day's results locked in.

In the Super Sprint, Renzo Young maintained his lead with a strong second run to claim victory on his senior debut, while Helen Gath followed in to secure a well-earned second place.

In the Sprint race, DC Swart, despite losing some time during the bike leg, used his strong running ability to regain control and secure the win. Ryan Patterson crossed the line in second place, with Mark Syvret completing the podium after his strong ride earlier in the race.

The women's race saw Katie Tanguy produce another excellent run to hold on for the win. Carmen Tyler finished strongly for second place, while Rozanne Swart rounded out the podium.

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# Final Results



## Ana Leaf Trinity Duathlon in Support of Durrell Sunday 15th March



Super Sprint Distance						
Name	M/F	2.5km Run 1	10.25km T1 & Bike	2.5km T2 & Run 2	15.25km Total	
Renzo Young (137)	M15-19	00:10:41	1	00:24:54	1	00:47:48
Helen Gath (120)	F40-44	00:13:56	2	00:29:04	2	00:58:27

Sprint Distance									
Name	M/F	5.0km Run 1	20.5km T1 & Bike	2.5km T2 & Run 2	28.0km Total				
Dirk Swart (128)	M35-39	00:18:18	1	00:40:07	6	00:09:33	1	01:07:58	1
Ryan Paterson (151)	M25-29	00:19:05	2	00:39:57	5	00:10:49	2	01:09:52	2
Nick Thorne (133)	M45-49	00:20:32	5	00:38:36	3	00:11:12	3	01:10:20	3
Mark Syrett (131)	M50-54	00:21:11	8	00:38:16	2	00:11:45	7	01:11:12	4
Joe Holmes (112)	M20-24	00:21:42	13	00:38:52	4	00:12:33	11	01:13:08	5
Dylan Hedgecock (122)	M15-19	00:19:29	3	00:44:13	10	00:11:17	4	01:14:58	6
Daniel Larbalestier (125)	M40-44	00:20:59	6	00:43:09	9	00:11:28	6	01:15:36	7
Jeremy Rogers (142)	M20-24	00:21:15	10	00:42:34	8	00:11:51	8	01:15:39	8
Katie Tanguy (132)	F40-44	00:21:13	9	00:42:31	7	00:12:29	10	01:16:14	9
Richard Tanguy (140)	M35-39	00:25:28	16	00:36:53	1	00:14:07	16	01:16:28	10
Carmen Tyler (138)	F40-44	00:21:42	12	00:46:28	12	00:12:34	12	01:20:44	11
Rozanne Swart (153)	F35-39	00:22:14	14	00:47:42	13	00:12:58	13	01:22:55	12
Tim Baker (116)	M45-49	00:21:29	11	00:50:09	14	00:11:24	5	01:23:02	13
Lisa De Ste Croix (119)	F40-44	00:21:09	7	00:52:16	17	00:12:26	9	01:25:51	14
Adrian de la haye (118)	M55-59	00:26:01	17	00:46:24	11	00:13:34	14	01:25:59	15
Alex Syrett (130)	M35-39	00:24:24	15	00:50:51	15	00:13:41	15	01:28:56	16
Darren Wetheridge (136)	M50-54	00:26:37	18	00:51:34	16	00:14:14	17	01:32:25	17
Cindy Wanless (141)	F50-54	00:28:50	19	00:54:45	18	00:16:15	18	01:39:50	18
Peter Holmes (150)	M25-29	00:19:30	4	-	###	-	###	DNF	###

## 2026 Try-a-Tri Cohort

A big welcome and thank you to members of the 2026 Try-a-Tri cohort who came along, supported, marshalled and absorbed the atmosphere:

- Charlotte Bester
- Rachel Selby

Spending time around some of Jersey's most experienced triathletes in conditions like today is invaluable experience. We're sure the lessons learned will serve you well as you begin your own triathlon journeys. Rachel has already joined the club and we hope to see you racing with us soon.

## Thank You

Huge thanks go to everyone who made the event possible:

Course Setup (Saturday signage )

- David Bailey
- Josh Snowden

## **Marshals**

- Josh Snowden (RD training)
- Dave Holmes
- Jason Wyatt
- Charlotte Bester
- Rachel Selby
- Derek De La Haye
- Kylie Young
- Simon Young

Your support ensures these events can happen and is hugely appreciated by everyone who raced.

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## **Looking Ahead**

Next up is the Ana Leaf Sorel Duathlon series starting on 2nd April.. Entries are already open for both athletes and marshals, and we look forward to another fantastic series.

<https://jerseytriclub.com/event-calendar/>

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## **A Great Club Morning**

With the sun shining at the finish line, competitors and supporters gathered to cheer home the final athletes. The atmosphere reflected everything that makes club racing special — friendly competition, great support, and plenty of smiles at the end.

Once again, the event was made possible thanks to the efforts of the race committee and a fantastic team of marshals who ensured everything ran safely and smoothly.

Dave

Race Director