Duathlon ARDINGLY 2.4.17

A slightly chilly start, but ultimately a beautiful sunny day meant excellent racing conditions for the 25 participants – a record turnout for our club duathlon.

We had several options, and it was great to see Rebecca Moore do a standalone 5k to compete in her first club race. This was the whole point of including this option, so well done, Rebecca.

The two duathlons were fiercely competitive, but as we are quite early in the season, it was very challenging for many to feel their ‘race legs’ so several people were well down on last years times including myself (over 4 minutes).

From the off Jim Graham set the early pace, and turned 5k in 20.26, way ahead of the leading sprint pair, Jo Fleming and Ben Fergie in 21.05. Liane Davids ran a very strong 5k in 21.55, and Rachel Baker was first lady at 5k in the standard race in 23.22

Of course it is the bike that sorts out the duathlon winners and losers, and the return order into T2 was all changed.

Awesome pace of the day went to Martin Shoesmith, the only person to break 50 minutes on the bike leg, although Ben and Barry were only just outside 50, and entered T2 well clear of the field with Ben just 14 seconds ahead of Barry.

Liane maintained her form, and was the only lady to break the hour (58.37) and was well ahead of the field.

In the standard Duathlon it was Colin Chambers who eclipsed everybody with a 77.42 bike split more than 5 minutes faster than Ed Kentish-Barnes second fastest time (82.50). It was enough to take Colin from 5th to 1st place as he also overtook Jim in T2.

Rachel may have been the only lady on the standard course, but she still put in an impressive bike split of 84.16, with only Colin, Ed and Rob Hoodless putting in faster times.

The second run then gave few surprises, with Ben comfortably stretching his lead to finish 46 seconds clear of Barry, with Martin maintaining 3rd place and Liane consolidating her lead in the women’s race.

The standard race saw Colin running like a man possessed to hold off Ed and Jim to take the victory, with Rachel winning the women’s race.

It was good to see lots of other people taking part, with great performances from Beth Shoesmith, Sarah Hinton, James Chisholm and Jon Clark. Kat Barratt made a late decision to enter and cruised round by her standards, and it was really amazing to see Del Hastings racing again after a difficult couple of years getting over significant injuries. Welcome back, Del!

The other nice thing about this format of racing is that it enabled Ricci to do her own distance, electing to do a bike/ run brick and still be part of it all.

In the standard race Doug MacTaggart was having to cope with these ridiculously short distances (he is normally seen on the Ironman circuit) while John MacTear and Brad Williams were struggling with race fitness. However they were still out there doing it, so all credit to them. We also had one relay team, with David Ricketts and Jem Paine exchanging batons. To avoid getting cold in the middle David carried on running up and down and had covered 25Km by the end. A final mention goes to Adam Bryant for very cheerfully competing in his first race with the club – and clearly enjoying it!

Well done to all.

5k

Rebecca Moore 33m58s

SPRINT DUATHLON 5k 23k 2.7k

MEN

Ben FERGIE 21.05 50.07 11.56 1.23.08 0% 10pts

Barry DAVIDS 21.20 50.06 12.28 1.23.54 0.9 9

Martin SHOESMITH 23.04 49.47 13.36 1.26.27 4.0 8

Jo FLEMING 21.05 55.58 12.02 1.29.05 7.2 7

Jon CLARK 28.06 59.00 14.09 1.41.15 21.8 6

James CHISHOLM 26.08 64.51 15.28 1.46.27 28.1 5

Del HASTINGS 29.20 67.09 17.17 1.53.46 36.8 4

WOMEN

Liane DAVIDS 21.55 58.37 13.12 1.33.44 0% 10pts

Beth SHOESMITH 24.00 65.00 13.24 1.42.24 9.2 9

Kat BARRATT 24.50 67.17 13.32 1.45.39 12.7 8

Sarah HINTON 31.01 66.23 17.24 1.54.48 22.4 7

Ricci LENNON n/a 66.05 16.01 n/a 1

STANDARD COURSE 10k 40k 5k

MEN

Colin CHAMBERS 22.33 46.30 77.42 23.07 2.27.19 0% 10pts

Ed KENTISH-BARNES 21.17 43.09 82.50 22.11 2.28.10 0.6 9

Jim GRAHAM 20.26 41.38 84.39 22.26 2.28.43 1.0 8

Steve ALDEN 21.29 44.23 87.19 23.15 2.34.57 5.2 7

Rob HOODLESS 23.08 47.30 84.10 24.58 2.36.38 6.3 6

Doug MacTAGGART 25.58 52.35 90.42 26.57 2.50.14 15.6 5

RICKETTS/PAINE 24.39 49.18 99.41 25.19 2.54.18 n/a RELAY

John MacTEAR 22.20 45.39 104.51 26.54 2.57.24 20.4 4

Adam BRYANT 23.45 49.10 103.48 24.48 2.57.46 20.7 3

Brad WILLIAMS 24.24 50.46 99.00 38.03 3.08.49 28.2 2

WOMEN

Rachel BAKER 23.22 48.15 84.16 25.06 2.37.37 0% 10pts