

Mansfield Tri Club – Race Report
British National Duathlon Championships – 13th May 06

Name	Darren Hodgkinson
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Race Name	British Duathlon champs
Date	13.5.06
Type	Duathlon
Distance	10/40/5
Venue	Edinburgh
Course	Very Hilly
Weather	sunny/cool wind
Race Contacts	Edinburgh Racing
Competitors	National
Overall Result	11 th
Other Result	4th Age group (M40-44)
Club Results	None
Winner Info	Matt Moorhouse Tri-Preston
Race Report	My second attempt at the British age group duathlon champs resulted in a team gold as part of the England team but unfortunately no individual medal to go with my last year's Bronze.

The race was held in Holyrood park with a undulating first 10k run, (not a full 10k as I clocked 30.06) followed by 4 laps of the park on the bike consisting of a climb to the top of "Arthurs seat" each lap finishing with a 1 lap 5k run to finish.

I knew from other du's this year that my run is much stronger than my bike so I went hard from the gun and entered T1 in second spot, my cycling this year has suffered a bit and I lost 4 places on the bike entering T2 in 6 th place, a strong second run got me back up to fourth just missing out on a repeat of last year.

The event was superbly organised with closed roads throughout, the

organisers should be well pleased as it was being used as a practice run for next years European champs.

The three of us had a great weekend in Edinburgh and i am looking forward to having another crack at the course next year.

Daz