

Mansfield Tri Club – Race Report
Clumber Park Duathlon – 10th March 07

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| Name | Hugh Barnett |
| Email | hugh.barnett@btinternet.com |
| Race Name | Clumber Classic |
| Date | 10th March 2007 |
| Type | Duathlon |
| Distance | Classic 10k/40k/5k. Sprint 5k/20k/2.5k |
| Venue | Clumber Park |
| Course | Deceptively undulating on both the run and bike courses |
| Weather | Bright sunshine with light high cloud |
| Race Contacts | Pacesetter events |
| Competitors | National |
| Overall Result | 71st in the Sprint Race |
| Other Result | John Field, 18th overall, 1st in age group |
| Club Results | Total 8 members in classic race and 2 in sprint race |
| Winner Info | Classic: Rich Hobby 1:53:35. Sprint: James Ratcliffe 58:37 |
| Race Report | The season opener in the Pacesetter events calendar saw a large and talented field of competitors gather for this race, which was a World and European championship qualifying race. |

MTC had 8 members in the classic race: John Field (2:00:35), Pete Orme (2:09:12), Pat Thorpe (2:15:01), Gary Goacher (2:25:08), Nick Herbert (2:25:57), Mike Jones (2:27:24), David Presho (2:29:34) and Alan Bilzon (2:41:38) - all times provisional. John's time placed him first in his age group and took 9:08 off the time he achieved at the Heartbreaker Duathlon in MK.

The club also had two members running in the sprint race: Lewis Bilzon (1:24:30) and yours truly (1:50:26).

The weather started off a bit dull when registration opened early at 7:15am but by the time the first wave (men's classic) set off at 9am the sun was out, the temperature was rising and we had perfect racing conditions.

The run course was an out and back lap of 5km, which the classic racers had to do twice and the "sprinters" just the once. The route took us out onto the road and bore left to take us over the lake and up a small incline out into the heart of the park. As there was only 5 minutes between the starts of each of the three waves (men's classic, women's classic, sprint) the route was well populated by runners at varying stages of their first run. Once again the camaraderie of multi-sport athletes came to the fore as many runners shouted encouragement to dig in and persevere: many of these coming from athletes who were themselves busting a gut to achieve qualifying times for the international championships.

The bike course was a circuit of 20km that the classic racers had to do twice and the "sprinters" just the once. The route took us out of Clumber Park through Carburton, onto the B6034. There was then a left turn that took us past the entrance to Thoresby Hall, eventually bringing us onto the A614, past the Clumber Hotel and into the park down Lime Tree Avenue. There seemed to be a general consensus that this route was harder than anticipated, partly because of the long steady inclines, but also I'm sure there were some heavy head winds blowing through the trees in the park because although the terrain was level, it was hard to keep any kind of pace going.

What I found surprising and challenging was just how drained of energy I felt at the start of the second run. This has to count as being one of the toughest races I have done so far, and there's a lot of learning that can be taken from it.

All in all, it was a great season opener and well done to everyone who took part.

Also, big thanks to all the family, friends and fellow club members who came along to support us: your support is greatly appreciated by everyone who took part.