

Mansfield Tri Club – Race Report
Derby Sprint Tri – 17th September 06

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| Name | Hugh Barnett |
| Email | hugh.barnett@btinternet.com |
| Race Name | Derby Sprint Triathlon |
| Date | Sunday 17th September 2006 |
| Type | Sprint Triathlon |
| Distance | 400m/18k/5k |
| Venue | John Port School, Etwall, Derbyshire |
| Course | Pool/Country and main roads for bike/some off-road and village road for the run |
| Weather | Overcast, cool and dry |
| Race Contacts | www.punishingevents.com |
| Competitors | Mixed ages and abilities drawn from across England |
| Overall Result | 583rd out of 601 finishers |
| Other Result | 129th in M 40-49 category |
| Club Results | Stuart Pinches 66th; Sally Hughes 201st; Mike Hankin 247th; Julian Davies 263rd |
| Winner Info | Mark Redwood 0:56:34 |
| Race Report | This was the 15th Derby Sprint Triathlon, based at Etwall in Derbyshire, and it was my second year in this event, having entered as part of a relay team last year. However, this year was my first solo attempt at this race. |

The early weather was perfect for racing: overcast, cool and dry, which was a stark contrast to last year when the early competitors had to contend with early morning drizzle.

This year there were 696 competitors on the start list and 601 finished. There were 8 that didn't complete giving a total field of 609.

Today the club had 5 representatives in this race: Julian Davies, Mike Hankin, Sally Hughes, Stuart Pinches and myself. Stuart was the best placed club member, finishing 66th in a time of 1:07:14. Sally came next in the club rankings finishing

201st with a time of 1:14:23. Mike finished 247th in 1:16:01 with Julian next on 1:16:39. Yours truly wooden-spooned again with a time of 1:47:33.

One of the most memorable parts of the day was witnessing Julian and Sally heading for the finish line. Julian had set off before Sally and had a couple of minutes on her as the run leg started. But Sally is a speedy runner and as we watched them coming back towards the finishing line it was clear that Sally had made up most of this time gap and was closing in on Julian. Julian did, however, manage to hold on and cross the line first.

From my perspective the swim went well but the first transition had a long run from pool to bike and this added about 5 minutes onto the swim split. The bike section was done about 10 minutes faster than I did it last year but the run was a disappointing 41 minutes. The start of the run was much harder than anticipated and this slowed me down a bit. I did try to compensate by sprinting like the wind at the end but it was not enough to help me hit my target time of 1:42:40. I finished in 1:47:33.

This is my fourth and last solo tri for this year. It was originally intended to be my first and only solo tri but the year has gone remarkably well and I can look forward to 2007 with new ambitions and expanded horizons.

My season finishes with a swim for the club relay team at next week's Last Minute Tri at Southwell.

Well done everyone and thanks for your support this year.