

**Mansfield Tri Club – Race Report**  
**Sutton Bonington Duathlon – 15<sup>th</sup> October 06**

<b>Name</b>	Hugh Barnett
<b>Email</b>	hugh.barnett@btinternet.com
<b>Race Name</b>	Sutton Bonington Duathlon
<b>Date</b>	15 <sup>th</sup> October 06
<b>Type</b>	Duathlons of varying distances
<b>Distance</b>	See report
<b>Venue</b>	University of Nottingham campus, Sutton Bonington
<b>Course</b>	Flat/Easy
<b>Weather</b>	Cloudy but cool and dry - perfect for the race.
<b>Race Contacts</b>	4life events
<b>Competitors</b>	Ages 8+
<b>Overall Result</b>	14/14 in category
<b>Other Result</b>	John Field 4th adult/1st in age group

**Club Results**

**Winner Info**

**Race Report** This event has to have been one of the most inspirational events I've been at so far. It was open to all ages from 8 years upwards and it was actually 8 races in one. There were staggered starts for the various categories and the first to go off were the "Tri Starts" - the 8 year olds. They had to do a 400m run, followed by a 1600m bike ride, finished off with a 200m run. It was mightily impressive to watch these tiny athletes perform because they had the technique and the determination that would put a lot of older people to shame. Best of all, they looked as if they were having fun. I was very impressed with the Tri Starts and their parents have a lot to be proud of.

Next off were the "Tri Stars 1", the 9 - 10 year olds. Their distances were 800m run, 4km bike ride, finishing off with a 400m run. One thing I noticed about this age group was that the boys and girls were of similar physical

abilities and there was some close competition between the genders. Again, I was very impressed with the technique that some of these youngsters displayed, and it was also nice to see kids that are not freaked out by wearing cycle helmets!

The "Tri Stars 2", the 11 - 12 year olds had to do a 1.6k run followed by a 5.6k cycle ride, finishing off with a 600m run. As the ages were increasing then so were the speeds that the racers were achieving and there were some pretty fast cyclists coming to the fore.

It's worth noting at this point that for the under 16s all the racing took place on the campus and the varying distances were achieved by doing different numbers of laps around an 800m loop of the campus grounds (which I would experience personally on my second run later).

The "Tri Stars 3" category was for 13 - 14 year olds and their course was a 2.4k run, 8k cycle and an 800m run to finish. Once this category had got under way then the next three categories were given notice of 10 minutes to their start times. The Youths (15 - 16 year olds), Teams and Novices (my category) would all start at the same time but from slightly different positions and on different courses. The Novice and Team races followed the same course, and therefore started at the same point, but the Youths' first run was three laps of the on-campus course. The final category to start was the adult category. Our courses were:

Youths: 2.4k run (campus), 10k bike (on-road), 1.6k run (campus)

Teams and Novices: 5km run (on-road), 10k bike (on-road), 3.2k run (campus)

Adults: 5k run, 20k bike, 4k run (all on-road).

It turned out that the first run course for the Teams, Novices and Adults was

actually about 4.4km in distance so the bike run was in reality about 8.8k (or so my bike computer said).

All of the races were started as mass starts as opposed to the time trial format that I am most familiar with in the sprint triathlons. This meant that very early on I could see the rest of the field disappearing ahead of me. There were moments when it felt a bit lonely seeing everyone disappear over the horizon but what kept me going was that the pace I was setting was a good one for what I have achieved so far this year.

The whole point of entering this race was to set myself a new challenge to see how a run/bike transition felt; to see what two runs in an event would feel like; and to see how my body would cope with running further than I've run so far (with a bike ride in-between). Normally when I do a 5k run it finishes with nothing after that; today when the first run finished I had to jump on the bike and do another run.

Although I was at the back of the field by the end of the run I clocked the time as 30:07, which was a good time. I knew it wasn't a full 5k circuit but based on the actual distance measured by my bike computer (the bike course was 2 laps of the same run course) my average speed was 5.49mph, which is better than I've achieved in any of the sprint triathlons I've done this year (next best was 5.32mph at the Mansfield tri). Also, this circuit was run non-stop with variations in pace but no walking anywhere on it: I was pleased about that.

The bike effort was pretty unremarkable and I clocked a reasonable average speed over that course (14.17 mph). It wasn't the fastest I've done but it was the first time I've ridden after a run so that needs to be taken into account.

The final run was 4 laps of the 800m circuit and I found this helped with the

psychology of the run: the lap didn't feel too long and therefore it felt doable in bite-size chunks. The third lap was the one where the muscles began to protest and this was probably the slowest of the laps. The last lap was nice because it was the last lap. Towards the end I slowed down in the quieter bits so I had enough for a confident finish. I couldn't sprint like I did at Derby but because I was the last home I had the crowd all to myself and their applause was warm and very welcome.

One interesting moment was on the end of the third lap when a youngster on a bike asked me how many laps I had left because he had to tell the marshals - I kinda knew I was going to be the last home at that point.

My final official time was 1:20:22 and this wasn't as bad as I was expecting when I realised I was only 1:03 behind the person who finished ahead of me and there was a cluster of people finishing in 1hour 18 minutes.

There was one other MTC member running today, John Field. He finished 4th overall in the adult race and won his age group with a time of 70 minutes. His race was a 5k run, 20k bike followed by another 20k run.

A word for the organisers too who did a superb job of holding all these different races in one event and everything going off so smoothly. I would certainly recommend it for next year as a good season ender.