



RACE REPORT

Duathlon Race 1 - 13th January 2013

On a cold morning at Science park everyone rocked up with an air of apprehension about them. From the guys coached by us no intensity had been done since the end of last season and for some it was their first duathlon ever. The Tri-A also came up with the awesome idea of racing the Elite junior, Elite senior as well as some age groups in the same wave.

After a slight delay the first wave charged off which looked somewhat uncomfortable. Learning to suffer is a skill all endurance athletes need in order to succeed and today was the first lesson of the year. With a two lap run, 7 lap bike and 2 lap run for the adults and youth it was one of the most entertaining races I have seen in HK.

After being split up on the first run much of the race came together on the bike with some of the slower runners putting in some fast bike splits. Since drafting is legal in most local races now brushing up on your pack riding skills is critical. With a fast second transition one of the HK junior male athletes held on to take the win dispatching all of the HK senior team in the process. Great achievement.

From 26 we had some good results and I was proud of everyone for hanging in there. I had explained to most before the race that we don't jeopardize training to do well in small races.

Race 2 is on Feb 3rd.

RESULTS

Kate Rutherford – 2nd Elite Open female
Paul Darcy 5th – 40-44AG
Nick Tan 20th – 45-49AG
Peter Brown - 9th 50-54AG
Reiny Brown - 4th Male Elite Junior
Henry Warren – Lost number belt
James Tan – 7th Male Junior
Matthew Tan – 1st Boys 2000
Oscar Coggins – 4th Male Youth