

CITY OF DURHAM DUATHLON

MEADOWFIELD LEISURE CENTRE



RUN 5K BIKE 25K RUN 5K

SUNDAY 18TH APRIL 2010

NICKY McGEE WINS “CITY OF DURHAM DUATHLON” 2010

Nicky McGee of Black Hawk Bikes powered to victory in the City of Durham Duathlon in a time of 1h 18m 23s. Nicky was in 3rd place entering the bike leg where he showed his cycling pedigree, to post the fastest bike split of the day (41m 36s). Gary Grounds of Bike Tracks Tri, a previous winner of the event, put in a storming final lap on the run to overhaul Ben Howard of Durham University Tri and take 2nd place, 35s behind Nicky.

The Women's race was won by evergreen Hilary Ross, racing for the host club Durham Tri, in a time of 1h 35m 52s. The race was ideal preparation for the European Age Group championships in France where Hilary will compete next month.

Durham University Tri Club showed the strength and quality of their young athletes to take the team prize. Ben Howard 3rd, Sam Hatfield 6th & James Wildgoose 12th were well clear of the trio from Durham Tri.

Good spring weather conditions, ideal for racing, greeted a capacity field for the first 5km (3 mile), 3 lap run. The duathletes soon got in to a good rhythm on the fast sections of each lap after climbing a short sharp hill in the first 500m. The first half of the 25km (15 mile) bike leg was “challenging” especially the one mile climb out of Esh Winning and the second half was “fast” on the descent back to transition. On the second 5km (3 mile) run, only the strongest runners posted positive run splits.

The race action was not only confined to the front of the field. Some of the closest battles were seen further down the field where every place was hard fought and where every competitor raced against the clock to achieve the best time possible. The event was successful in attracting a good number of competitors new to the sport and the positive, friendly, supportive atmosphere helped all entrants enjoy the challenge of the event.

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RUN 5K



BIKE 25K



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Prize List.

1 st	Nicky McGee, Black Hawk Bikes	1h 18m 23s
2 nd	Gary Grounds, Bike Tracks Tri.	1h 19m 8s
3 rd	Ben Howard, Durham University Tri.	1h 19m 11s
1 st Woman	Hilary Ross, Durham Tri.	1h 35m 52s
2 nd Woman	Rachel Walmsley, Ryton Tri	1h 38m 7s
3 rd Woman	Liz Oates, Durham Tri.	1h 42m 29s
M40	Ian Walton, Total Racing.	1h 24m 27s
M50	Graham Bradshaw, Durham Tri.	1h 29m 24s
M60	Alan Smith, Elvet Striders.	2h 2m 14s
F40	Dianne Chaney, Ryton Tri.	1h 46m 24s
Club Team Prize.	Durham University Tri.	
Relay Team Prize.	Waterston/Scott.	

Attached

Race Results

Race logo.

Photo

For further information visit www.durhamtri.org

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