



## **Race Results and Report**

### **Duathlon Series Race 3**

**28 January 2018**

Once again we had an excellent turn out with 48 Tristars taking part despite the damp conditions. For four participants it was either their first race of the season or ever. The track was wet and parts of the run course very muddy however last week's training session prepared everyone well for these conditions! It was good to see some excellent racing with some notable run splits both Will and Thomas Atkinson completing the 1.5km run in under 5 mins. There were a few sprint finishes where the Tristars were able to put some of the speed and power training they have been working on over the last couple of weeks to the test.

This was a draft legal race for those in TS2 and above which made for some exciting racing and interesting tactics – often with groups of two working together on the bike for parts of the course.

The morning's racing got underway with Tristars Start, a field of 4 boys and one girl. George Atkinson taking his first win this season with Ewan Ruddy second and Tylah Tobin in third just a few seconds ahead of Callum Stephens. Charlie Gallery also put in an excellent effort, cheered home by some of the older Tristars.

TS1 covered two 800m runs around the fields with two bike laps and saw a reversal in the top two places since the last race with Rory Baines taking first followin some impressive running. Issac Thompson came in second and James Bradbury in third. Saffy Butler took first in the girls race with Evie Worth in second and Hannah Sterry in third.

TS2 once again had a field of 17 competitors setting off for a full lap of the Les Quennevais circuit on the run followed by 4 laps on the bike and an 800m run around the fields. Luke Holmes and Daniel Stocke came into T1 first from the boys closely followed by Alex Read who put in a solid bike split to move up to second place. After the second run Luke took the win with Alex in second and Daniel third. In the girl's race Libby Atkinson won, with Hannah Worth in second following a strong bike leg and Seaena Silvester took third.

TS3 and Youth raced at the same time following the same run courses as TS2 but doing 5 laps of the cycle circuit. Will and Thomas Atkinson once again worked together on the bike, but it was Thomas into T2 first. Both boys again took the wins in their respective races. In the TS3 race Freddy Lucas came in second after working well with Harry Worth on the bike who came in third. Sol Silvester put in a notable solo bike split without the opportunity to draft. Joe Holmes, Lachlan Ruddy and Charlie Hart were just separated by less than two seconds, the latter two by just a 10<sup>th</sup> of a second between them after a sprint for the line. For the girls Eva Scott took the win with Hollie Masefield in second.



Many thanks to all those who helped with the event organisation, set up and marshalling.

## Results

*Note Bike splits are inclusive of transition 1 and transition 2*

### Non-drafting races

Tristars Start							
Place	Race Number	Name	Gender	Run 1 400m	Bike 1.5km	Run 2 400m	Finish Time
1	10	George Atkinson	M	01:53	05:31	02:15	09:39
2	7	Ewan Ruddy	M	02:07	06:42	02:31	11:20
3	2	Tylah Tobin	F	02:12	06:54	03:03	12:09
4	3	Callum Stephens	M	02:09	07:22	02:42	12:13
5	8	Charlie Gallery	M	02:54	08:56	04:12	16:02

Tristars 1							
Place	Race Number	Name	Gender	Run 1 800m	Bike 3km	Run 2 800m	Finish Time
1	32	Rory Baines	M	03:36	07:55	03:58	15:29
2	30	Issac Thompson	M	03:53	07:42	04:16	15:51
3	44	James Bradbury	M	04:07	08:44	04:20	17:11
4	27	Henry Lucas	M	04:32	08:21	04:35	17:28
5	35	Rory Wanless	M	04:21	08:49	04:56	18:06
6	26	Saffron Butler	F	04:26	09:46	04:30	18:42
7	39	Evie Worth	F	05:17	08:17	05:17	18:51
8	0	Hannah Sterry	F	04:46	09:12	04:55	18:53
9	25	Liam Duxbury	M	04:38	09:26	05:09	19:13
10	37	Bethan Read	F	05:05	08:54	05:30	19:29
11	36	Rose Cabot	F	04:46	11:06	05:11	21:03
12	34	Max Bracken-Smith	M				DNF



### Drafting Races

Tristars 2							
Place	Race Number	Name	Gender	Run 1 1500m	Bike 6km	Run 2 800m	Finish Time
1	52	Luke Holmes	M	05:43	12:50	03:42	22:15
2	69	Alex Read	M	05:55	12:41	04:10	22:46
3	53	Daniel Stocke	M	05:43	13:42	04:11	23:36
4	56	Ronan Baines	M	05:54	13:44	04:14	23:52
5	70	Elizabeth Atkinson	F	06:06	13:38	04:29	24:13
6	57	Hannah Worth	F	06:44	13:18	04:42	24:44
7	61	Ollie Huelin	M	07:00	13:00	04:56	24:56
8	50	Seaena Silvester	F	06:29	14:11	04:22	25:02
9	54	Siena Stephens	F	06:40	14:03	04:27	25:10
10	55	Grace Cabot	F	06:45	14:00	05:13	25:58
11	67	Tahlia Averty	F	07:14	14:43	04:30	26:27
12	60	Herbie Buchholz	M	06:28	15:31	04:28	26:27
13	58	Ruari Boxhall	M	07:04	15:04	04:54	27:02
14	59	Libby Hart	F	07:28	14:59	05:58	28:25
15	66	Elsa Wanless	F	07:29	16:13	05:00	28:42
16	68	Lucy Cohu	F	07:26	17:48	04:56	30:10
17	67	Ella Duxbury	F	07:30	18:03	04:58	30:31

Tristars 3							
Place	Race Number	Name	Gender	Run 1 1500m	Bike 7.5km	Run 2 800m	Finish Time
1	74	Thomas Atkinson	M	04:59	14:43	03:48	23:30
2	80	Freddie Lucas	M	05:34	14:46	04:07	24:27
3	89	Harry Worth	M	05:21	15:34	04:04	24:59
4	77	Sol Silvester	M	05:42	15:36	04:03	25:21
5	79	Joseph Holmes	M	06:33	15:51	04:35	26:59
6	78	Lachlan Ruddy	M	06:17	16:40	04:04	27:01
7	90	Charlie Hart	M	06:16	16:07	04:38	27:01
8	83	Eva Scott	F	06:32	16:55	04:30	27:57
9	86	Michael Horsfall	M	06:27	18:17	04:10	28:54
10	84	Jonty Butler	M	06:50	18:52	04:09	29:51
11	85	Hollie Masefield	F	06:40	19:39	04:30	30:49
12	76	Larry Strong	M	08:26	18:27	05:55	32:48



Youth							
Place	Race Number	Name	Gender	Run 1 1500m	Bike 7.5km	Run 2 800m	Finish Time
1	72	William Atkinson	M	04:57	14:51	03:37	23:25
2	75	Joe Beddoe	M	06:22	16:53	04:37	27:52