

## **Race Report for Sutton Bonington Duathlon 14<sup>th</sup> October 2007**

After having a few weeks off training at the end of my season and then suffering with a cold for the last two weeks I decided (foolishly!) to give the Sutton Bonington Duathlon a go. I have only ever done one Duathlon before which was torture so I am not too sure why I thought that this one would be any different.

The race was slightly late getting underway due to the Junior events taking place in the morning but it was rather amusing seeing little 8 year old kids in tri-suits and racing bikes getting getting cheered on by over enthusiastic parents. By the 1215 start the weather was glorious and hot (whats going on, its October 14<sup>th</sup>!). Not quite knowing what pace to go due to the lack of training and the lack of experience in Duathlon I thought I would use the heart rate monitor and not push too hard. Wrong!!!! After the first few hundred metres I was hot on the heels of Tim Hartley with a HR of about 180 which is definitely not in my steady zone. I eased off knowing that I probably wouldn't finish the race if I kept going at this pace. I finished the first 5km lap in a time of 19.37 in 12<sup>th</sup> place.

The bike went pretty well. The course was a bit undulating but you could not really make good use of the downhill section because of the winding road. The course was 3 laps and on the third lap I started cramping in my left calf, this continued throughout the whole of the lap (had I pushed too hard on the run?) and I had to ease off or get off and stretch it out, I eased off getting passed by a few riders during the last couple of miles. I did the first two laps in 12 mins each so the third was quite a bit slower. I finished the bike in a time of 37.45 with the 14<sup>th</sup> quickest time.

The last 5km run started again with the cramping in the left calf which really slowed me down. After the first uphill section and about ½ a mile the cramp eased off and I got into my stride. I chased a few people down on the last lap to finish the second run with a time of 20.54 with the 9<sup>th</sup> fastest second run.

I finished the race in a time of 1.18.16 in 12<sup>th</sup> place and 2<sup>nd</sup> in my Age group.

It was a small event which was well run by the organizers Four life. It was a good local duathlon which more of the club should consider supporting. (I know some of the club competed or helped out with the Leicester Marathon on the same day)

Johnny Nicol