

## Race Report

### Parramatta Duathlon – Race 3

Sunday August 15 2010

With this event being part of the NSW Duathlon championships the entries filled very quickly and a full complement of 200 athletes participated.

Representing Concord Triathlon Club were Kelly Murphy, Fiona Cowen, Alan Stiel, James Connell and Jim Kirkpatrick. Sarah officiated and made sure all bikes were in working order before entering transition. Moira was the "official" photographer once again.

A warmer start than expected at 8am in Parramatta ( around 10 degrees) and the hopeful cannibals lined up at the mass start. The "rabbits" took off at a manic pace with the rest of the field finding their rhythm - Kelly racing for the second time, James for the first and Fiona and Jim for the 3rd time; each had their goals and expectations.

Kelly flew around the 3.2 k run, 19.2 k ride and 3.2 k run course in a time of 1.13.33, an improvement of almost 3 minutes on her first attempt.

Fiona is improving with every outing and the hard work is paying off with great results. She powered through and finished in 1.11.41, a 3 minute improvement on last time and a massive 6.5 minutes faster than her first Duathlon 2 months ago. Well done Fiona.

James has come out of hibernation and after completing the City to Surf last weekend, put in a good performance (on his old bike ) and achieved a PB of 1.09.41. Look -out as James regains his fitness and sets himself up for the Aquathon season.

Alan continues to improve and the hill repeats are starting to pay dividends as he went 16 seconds faster than his last outing, in a time of 1.03.10.

Jim pushed his way around the course, dropping off a bit from last time ( down by about a minute) and finished in 1.06.56, finishing second in his age group. Photo attached – with prize in hand.

Another sunny finish to a well organised event and all cannibals left feeling good about their performances.

[Photo 1 : Jim strains under the weight of his 2<sup>nd</sup> placing trophy](#)



Photo 2 : James, Jim, Kelly and Fiona in early preparation for the event



Photo 3 : The rabbits are away

