

Parramatta Duathlon. July 2010

Race 2 in the Hills Triathlon Club winter Duathlon series was held today in similar conditions to last month with a freezing cold morning opening up to a brisk sunny day.

Concord had only 3 Cannibals competing today with the ever reliable dual member Alan on his new Cervelo carving up the course and achieving a similar time to last month (just 19 seconds down).

Fiona Cowen came ready to race and looked strong on the first 3.2 k run, with a smooth transition she powered the Trek around the 19.2 K bike leg, following up with a good finish in the second 3.2 k run, coming home in a respectable 1.15.29, a very impressive 2min 43sec improvement on her last outing.

Jim felt he could lift his game a bit from last month and pushed a steady pace through the 3 legs and came in 2 min 14 seconds faster than last month and second in his age group.

I would recommend this event to any Cannibals looking to keep the fitness going through winter, it is a well organised and safe event that attracts up to 200 competitors

Regards Jim.