

With the Triathlon season now concluded, several members of Andover Triathlon club have been keeping themselves ticking over by take part in two duathlon races in the Hampshire area over the weekend. Katie King travelled to Aldershot on the Army off road vehicle training ground to compete in the aptly titled, Grim Duathlon. This was to be her first experience of a Duathlon event which comprised of a 5km run, a 20k off road cycle, concluded with a further 5km run. The tough course lived up to its name with undulating run and bike sections in wet, muddy, cold conditions. Katie took this in her stride though completing the first run well, followed by an equally strong bike and hung in on the second run to finish in 2hrs 25mins placing 332nd out of 376.

Closer to home Jason Briley, Peter Dennett and Jonathan Simmonds took part in the Thruxton Duathlon, held on the smooth tarmac of the motor racing circuit. A 5km run, 30km cycle and 5km run distances saw 137 competitors take part on a crisp Autumn Sunday morning. First in from the initial 5km run for Andover was Dennett who exited transition to start 8 laps of the circuit on his bike, closely followed by Simmonds and Briley, who's cycling has improved significantly over the season. Getting into the aero position, Briley set into a comfortable rhythm overtaking Simmonds and setting Dennett in his sights. Dennett kept Briley at bay entering transition with a two minute lead, which despite Briley putting in a PB on the second 5km run, Dennett maintained and extended his lead finishing in a total time of 1hr 38mins 16secs placing 68th, with Briley in shortly after in a time of 1:42:22 (88th). Simmonds had a battle of his own to contend with as a flat tyre on the first lap of the cycle followed by illness on the run causing him to him to struggle to maintain his good start to the race. He finished in 1:53:58 placing 117th overall.

