

**Beverley AC Duathlon  
Thursday 30 June 2011  
Report by Kay Farrow of Beverley AC**



**Beverley AC Bike Night 2010 with some of those who took part in the duathlon**

Beverley Athletic Club held their first club duathlon last week and 35 members took part.

The event consisted of a two-mile run followed by a ten-mile cycle ride and finished with another two-mile run.

The duathlon was based around Skidby Windmill and the run included an off-road section. The cycle element followed the route of the Ferriby 10 race which has a challenging first half as it goes through Little Weighton and High Hunsley. The return was mainly downhill but the last 200 yards took the cyclists up the steep hill back towards the windmill and transition to the final run.

For those not wanting to compete in both elements there was a team competition where the running and cycling were shared between the two team members.

Andy Tate organised the race to provide a fun event for the many club members who enjoy cycling as well as running. Times were noted and competitors achieved gold, silver or bronze status according to their total time which included transitions – gold sub 1 hour, silver sub 75 minutes, bronze sub 90 minutes.



**Duathlon organiser Andy Tate**

Nick Riggs was first to finish crossing the line in less than an hour in 53:37. Sam Allen was the first lady. She completed the course in 1:07:50.

Husband and wife Andy and Carrie Smith competed as a team as did father-in-law and son-in-law David Robinson and Alan Glover.

Most competitors had never competed in a duathlon before but all did really well and thoroughly enjoyed the event.

It is a pity that nobody thought to take any photos as a record of a new challenge for club members. A volunteer is needed for next year.

### **Finishing times: Individuals**

Nick Riggs 0:53:37; Dave Millson 0:58:24; Stuart Little 0:59:17; Matt Chadwick 0:59:27; Kevin Hayward 1:00:56; Rob Singh 1:01:08; Andy Tate 1:01:50; Lucas Meagor 1:02:47; Andy Collinson 1:03:01; Steve Ostler 1:05:54 ; Pete Watkinson 1:07:13; Dan Hammond 1:07:17; Tony Beck 1:07:26; Sam Allen 1:07:50; Steve Bolton (Guest) 1:08:57; Julie Donald 1:11:38; Jed Holden 1:15:01; Neil Bant 1:18:04; Andy Grainger 1:20:02; Jackie Wright 1:23:21; Jayne Dale 1:24:04; Joy Hagger 1:31:48; Ivor Roberts 1:38:07; Mary Carrick 1:43:45.

### **Teams**

Carrie Smith (run), Andy Smith (bike) 1:04:09; Dianne Coleman (run), Mark Oglesby (bike); 1:20:46; David Robinson (run), Alan Glover (bike) 1:12:54; Mandy Ritchie (run), Eddy Moore (bike) 1:10:05; Michelle Patterson (run), Anne Nequest (bike) 1:08:20.