

# Sport

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**Guernsey Triathlon Club:** Race one of winter series requires a last-minute course alteration

# Galpin wins his first duathlon in season opener

## DUATHLON

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YOUNG Dan Galpin and Laura McCarthy turned in winning performances at Portelet in the first of the winter duathlon series just 24 hours after running through gruelling mud for the GIAAC cause at the Hampshire Cross-Country Championships in Southampton.

Of the 45 competitors lining up, more than half were novices with a large number competing in a duathlon for the first time, a testament to the close ties the Tri Club now has with Get Fit Guernsey, who hosted their own Try-A-Tri event last summer.

For the two two-mile runs sandwiching a six-mile bike leg, competitors headed out to the old fish factory and returned to transition for both run legs.

However, due to the strong winds and high tides leaving some parts of the west coast impassable, a last-minute change was made to the bike route seeing competitors heading straight up Pleinmont Hill and down La Coudre via the Mallard.

Galpin set a lightning pace during the first run and by the time he returned to transition he had opened a gap of at least a minute on second-placed Jon Osborn with McCarthy in third.

The bike leg up Pleinmont Hill would have been a decent early season fitness test for most, let alone those that had been trawling through mud in the Hampshire cross-country the previous day.

Those spectating from the transition area had a great view of the competitors exiting the bottom of Le Coudre and it was Galpin who had held the lead despite Steve Smith reducing the deficit by around 30 seconds.

Osborn and Island Games triathlete Sean Murphy were not far behind, while McCarthy had also held on to her lead heading into the second run.

Galpin increased his lead during the final run and finished first overall in a time of 44min. 2sec.

By now, Smith had now been overtaken by Osborn, who finished in 46-07 with Smith finishing third in a time of 46-48.



Dan Galpin exits transition on his way to victory in the opening race of the Guernsey Triathlon Club's Winter Duathlon Series.

(Pictures by Adrian Miller, 12936777)

McCarthy was first woman home in 48-01 and finished ninth overall while novice Jenny James was second in 52-27 with Sabrina Amy, another novice competitor, finishing third in 55-01.

James said she had 'really enjoyed' her first duathlon.

'I knew my strength would be

my running, but I had no idea how I would do on the bike leg.

'I was pleased not to lose too many places on the bike, particularly on Pleinmont Hill, and was able to finish with a strong run.

'I'm looking forward to the next race,' she added.

Galpin, an excellent runner and promising young triathlete, was equally delighted.

'I wasn't sure whether to race after the Hampshire cross-country the day before. However, I decided to go for it in the end because I wanted to try out my new bike that arrived on Friday.

'I went off fast at the start of the run to see if anyone was going to try and stay with me. I settled down after the one-mile turn when I could see the lead over the chasers.

'It was a good first transition, but halfway up Pleinmont, the fatigue from the run began to hit me. All the way through the cycle, I was just waiting for the riders behind to catch me.

'I had to concentrate on my second transition, but it went smoothly. Once I started the final run in the lead I was confident I could hold it.'

McCarthy said the race was a great way to start the season with lots of new faces, some challenging conditions and a last-minute

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Dan Galpin

bike course change all making things interesting.

'The first run started with Dan setting a very strong pace that I had no chance of matching, but I ran out as hard as I could, knowing the wind would be against us after the turn,' she said.

'Jon passed me on the way back and I tried to tuck in behind him as we headed towards T1.

'With such a short race there was option but to go flat out so I hit the Imperial hill as hard as I could.

'The hills and the strong headwind on the coast section meant it was never going to be a particularly fast bike leg, but with the short distance of the revised course it seemed to be over in no time.

'I was pretty happy that I'd not been overtaken by as many boys as I had expected and that there had been no sign of Jenny or Sabrina.

'The second run was slightly slower but I felt pretty strong and it was a great bonus to finish just before the rain started.'

### Duathlon Portelet race

1, Dan Galpin 44-02; 2, Jon Osborn 46-07; 3, Steve Smith 46-48; 4, Sean Murphy 47-03; 5, Chris Dunford 47-27; 6, Richard Stapley 47-39; 7, Lloyd Wallbridge 47-44; 8, Russell Smith 47-47; 9, Laura McCarthy 48-01; 10, Nick Mann 48-04; 11, Jacques McEneaney 49-38; 12, Sam de Kooker 50-18; 13, Alex Clark 50-32; 14, Philip Smith 51-26; 15, Chris Perkins 51-45; 16, Jenny James 52-27; 17, Simon Leightley 52-29; 18, Matthew Stark 53-16; 19, Jonathan Shaw 53-19; 20, Andrew McArthur 53-24; 21, Tim Duquemin 54-08; 22, Sabrina Amy 55-01; 23, Joe Perree 55-07; 24, Martin Boyde 55-26; 25, Benn Garnham 55-44; 26, Andrea Nightingale 56-20; 27, Pippa Inderwick 56-24; 28, Davey Le Marquand 56-34; 29, Sammy McNaught-Yendell 59-26; 30, Alison Gavey 59-45; 31, Rachel Leech 1-01.26; 32, Claire Allen 1-02.04; 33, Trevor Leech 1-02.10; 34, Robin Bailey 1-02.10; 35, Warren Mauger 1-02.46; 36, Heidi Smith 1-03.04; 37, Chris Dodd 1-04.39; 38, Kerrie McEvoy 1-04.40; 39, Serena Ace-Hopkins 1-04.59; 40, Wayne Barrett 1-05.47; 41, Simon Steel 1-06.45; 42, Barney Lewis 1-07.39; 43, Rick Mann 1-10.37; 44, Lisa Maltwood 1-13.57.



Women's race winner Laura McCarthy was in action the day after running in the Hampshire Cross-Country Championships. (12936779)