

In race report: Fran Bungay:

What a great day for some fun in the forest! As it was the first time we have run this event, we decided to have a look at the race from the athlete's perspective; therefore I ditched the marshal bib for some bike shorts and running top!! I have to say, I loved every minute of it, but then I prefer running off road! Saying that, I am a road biker, not a mountain biker, but the challenge that the ride provided made it highly entertaining, and being laps, if you got it wrong the first time, you had 3 more attempts at it!! Not everyone is a fan of laps; personally, I thought it was great to be able to go through transition each time as the music lifted you, as did the cheers from the spectators! Although, knowing that you were faced by the sandy climb and the hill from hell 4 times was the down side!! – however the fantastic support from the tristar 1 juniors who were posted at this point was enough to spur anyone on up that hill! (thanks George and Jed!)

I have done a few local off road duathlons, and I personally felt that you couldn't get away with being a strong road biker on a mountain bike with this course, you needed to have some technical ability on a mountain bike if you wanted good bike splits! Saying that, I didn't fall off, I just cornered like a girl! But then I am one, so that's ok!

Thanks to Claire, who filled me up with water as I lost my water bottle on the course, and thanks also to Liz who is clearly much stronger than I am, as she successfully raised my saddle for me after my several failed attempts.(being totally unprepared I had forgotten that the last person to use my bike was a year 6 pupil, so the saddle was a bit on the low side for the first 3 laps).

It was great to see such a family atmosphere, and a lot of the juniors who raced stayed for the adult race and were handing out the water and goodie bags at the end, which was brilliant. Thank you to all those who supported our event, we really enjoyed the day and have had such positive feedback from so many people. However, we couldn't have done it without a lot of support from a lot of people, so a big thanks once again to you all.