**T3 Roundwood Duathlon March 2012 – Race Report**

Last Sunday 25th March we had the first T3 Duathlon of the year held on the nicest day of the year so far. We had a good turnout considering that members only got 1 weeks’ notice. Some new members took part for the first time and they were all in agreement that the Duathlon is great preparation for the summer races ahead. The race started early in the morning and considering that the clocks went forward that morning it meant that only the early birds of the club appeared. The race went very smoothly thanks to our race directors Peter and Anna.

Participants were sent out in 1 minute intervals to ensure a safe draft free time trial. Overall Peter wasn’t that happy with the bike times, making the comment after that we were all about 2 minutes too slow. He was pleased however with Gazza’s bike splits…. It just goes to show that a winter of commuting by bike is no waste of time!

Ronan had the best bike and run splits of the day and was our overall winner. Congratulations to him on his early season form. There will be some coming out to challenge his dominance on April 15th no doubt at the next T3 Duathlon in Roundwood.

In terms of running , there were strong efforts from Evan, Ian, Angel and Jenny but special mention must go to Ben who impressed Peter with his steady fast pace throughout the 5km run section. We all had a good breakfast in the local café and as you can see Barry was particularly looking forward to his. We look forward to the next race in on April 15th when we will have a guest appearance from our Munster monster on the bike… Griff.