

# **BOX END QUAD TRI & DUATHLON 2013**

## **RACE REPORT**



**Despite initial fears that the race may have to be cancelled [due to lack of numbers], we managed to re-structure the race and make it more financially viable.**

**When Sunday morning dawned, sunny & breezy, only 17 people trod water on the start line for the 2013 Box End Quad, with a further 14 athletes in the Tri [also on the deep water start line] and just two for the Duathlon. The lake water was quite warm; however most people opted to wear a wet suit to achieve a faster swim time. The water ski jump features made for an interesting swim route selection for some. Steve King [in the quad] posted the fastest swim time and completed the 750M course in a mere 10.35 with the second fastest swim going to Tom Watt who took an early lead in the Tri with a swim time of 11.19.**

**By the time the majority of Tri & Quad swimmers were out of the water the two Duathletes [Jez Cox & Catriona Buchanan] were pounding it out on their first 5KM X/C run lap. The ground had been baked hard from the recent good weather and made for firm footing but was hard work on the knees.**



**Back at the Quad race a diverse range of craft, from sleek K1's to plastic barges, were out on the two lap, two portage kayak stage as the competitors made their way around the twin water ski lakes that lie at the heart of Box End Park. The wind made some testing conditions and a few capsizes ensued, in one incident a kayak was seen drifting under the foot bridge with a paddler swimming madly after it. By the end of the kayak, Steve King's lead had been diminished due to a fast transition & paddle from Adam Norfolk, both athletes' must have almost started the bike leg together.**

**By this time the triathletes were well on their way in the 15KM, 3 lap X/C bike course. Even though the ground was hard, the resistance from the grass and the surprisingly hilly landscaped section of Box End Park made for an arduous and energy sapping bike route. Tom Watt had managed to maintain his strong lead during the bike leg.**



**Over in the Quad the bike stage was starting to hot up, Sharon Colley was giving it great guns as she was the lead lady and posting times quicker than most of the men. Looking at the time splits Adam Norfolk & Steve King must have been in a neck & neck fight for the lead in the Quad. While taking photo's at the short steep hill I notice a few spills and even some walking up the steep slope.**

**The first person to cross the line was Tom Watt, who had continued to maintain his lead throughout the Tri as he took first place in a time of 1:15:01, well done Tom! The second person to cross the finish line was Jez Cox, who posted a 1:16:12 time for the 5-15-5KM Duathlon. Catriona Buchanan, the only lady in the Duathlon finished in a very respectable time of 1:28:12. Both Graham & Aleck Hornshaw crossed the line together to take 2<sup>nd</sup> & 3<sup>rd</sup> place in the Tri.**

**In the final stage of the Quad, the run, Adam Norfolk put his foot down and raced the final 5km circuit in 20:19. This time was to see him take first place in the quad in a time of 1:33:31, with Steve King coming second in a time of 1:35:26. Sharon Colley was the first Lady home in a winning time of 1:56:07, with Jean Ashley coming second with a big smile as she had just beaten her daughter.**



**I would like to say a big thanks to everyone who travelled far & wide to take part in the races. I also would like to thank all the marshals' and staff at Box End Park whose hard work made the whole event possible.**

**Hope to see you all at a race soon.**

**Mark Pryor**

**Quadrac Racing**