

Race Report :

The last of the Naas Tri Club's duathlon series, sponsored by Wheelworx, took place in Punchestown yesterday. As always at this time of the year there was a bite in the air as the race kicked off.

A big field of 198 competitors lined up to tackle this course which has one of the nicest runs on the circuit around the picturesque Kildare racetrack. As always the men's race was hotly contested up front and as the lead group came into transition the wind picked up making sure that the bike leg was going to be tough.

Michael Black was leading with Alex Donald and Cian Delaney only seconds behind. Martin Kirwan and David Duke, the winner of the second race, completed the lead group that would decide the placings. Dave Duke from Naas Tri Club posted a fantastic bike split but still only came into T2 in second place behind Alex Donald whose lead was enough to keep him ahead as they both gave it everything on the final run leg. Alex took the win ahead of Dave with Martin Kirwan coming in third.

The women's race was even more competitive. The previous two races in the series had been won by Wheelworx's Bronagh Ni Bhriain and nobody was betting against her taking win number three. Nobody except Aoife Lynch that was! Following on from a fantastic 2010 Aoife was in great form and it was nip and tuck the whole way. In the end Aoife had a slight edge this week. She led after T1 by 19 seconds but Bronagh managed to take that back on the bike leg so they went into the second run almost together. Despite putting in a great race Bronagh couldn't stop Aoife from claiming victory this time by a margin of 10 seconds. Marie Boland also did extremely well to finish a close third.

The series win went to Dave Duke from Naas Triathlon Club 🏆 in the men's and Bronagh Ni Bhriain of Wheelworx in the women's. So that wraps up this duathlon series for this year in Punchestown where despite the weather we saw the largest ever fields competing.