

Race Report Jan / Feb – Naas Duathlon 2020.

Patrick Buckley

Following suggestions from Ger to provide a race report here go's my attempt at same as have not done one before!

In terms of context I decided over Christmas when setting out various goals / objectives for 2020 that I would get going early with some events to keep focused and get sorted earlier this year in preparation for Youghal. Last year I waited until Quest in March before i got my act together in earnest for Youghal and left it a little late to be fully prepared.

Unlike a few others my discipline is not as good to do consistent training and I continue to have good spells and quiet spells, hence the events in Naas and others to come to keep me in check each month.



Bar the club event in 2018 it was my first time participating in a Duathlon in Jan and second last weekend.

First day out we all went and Julieanne and the kids were dropped off at Kildare outlet at 10.30 on my way up and collected on the way back at 3 pm.

Last weekend went up and down on my own – headed off at 8.15 and back at 5.30 with a stop off at the Horse and Jockey for some food and the first half of the rugby match on the way back down.

The event is very well organised, the course is a clean tarmac surface around the track and the road surface for the cycle spot on with some rolls on the way out and back.

Transition on a tarmac surface in front of the main stand.

A good mix of abilities and ages so a good option for anyone no matter what your standard.

In terms of equipment a good mix of top of the range machines with all the Jaxx to standard bikes. Many like me cycled with the runners and standard pedals which saved the footwear change on going out and return.

All the Naas members and Tri Ireland officials both days spot on and very helpful.

The pace at the off is fast and a big eye opener for me as I have only done 3 or 4 Sprints since getting the bug and got caught on the first run both days as went out way too fast for what I would be used

to . Hard to keep it slower at the start as you are downhill for a section very quickly and in a bunch that does not separate until you are 1000 mts into the race.

Once you settle down and the line spreads out and you get your breath and chest stops exploding you are on the back side heading for the return for the stand and transition quickly enough and already focused on the transition and the bike .

Transition spot on and loads of room for getting through with a short run to the front of the stand before you can mount your bike and head out on the road for Blessington.

Bar circa 3 sharp right hand turns on the way out the route is spot on and plenty rolls on it so a good test for the legs after the run from the off.

On the turn you are climbing immediately for 10/15 mins and a good solid run from there until you get back within 1 / 2 km where your climbing again back to the track.

Hitting the run here is the tough bit in terms of cramping but once you are over the first 1 km you run that off and head for home.

Great atmosphere at the finish, Free water and Bananas and coffee etc as well.

You need to wait then until the last person is back in from the bike before you can collect your bike from Transition.

For those of you who tend to be in the medals and need to collect that happens straight away so very little hanging around after and you can be back down the road for 14:00 latest.

I was hoping to beat my time last Sunday from Jan but ended up with similar times for the first run and bike and a minute slower on the second run.

Got a run in before the race as was there early last Sunday and tired the legs a before the race.

Two great days out and despite the drive up and down which is a bit of a trek still worth it for the 1hr plus of some speed training and a good way of measuring where you sit in the context of a larger group of Triathletes as approx. 150/170 each day competing .

Worth a go for anyone of any ability.