



Mud and Mayhem Duathlon Thetford Forest 11th October 2009

The first Mud and Mayhem Duathlon from the Go Beyond team was treated to a very impressive display from Sam Gardner ahead his trip to Hawaii for the Xterra World Championships.

He didn't get it all his own way though, at the end of the first 5k run Kevin Murphy was leading the field in 16.44, Sam was hot on his heels though and took the lead in transition where he was to stay. Also in close contention at this stage were Rob Breen and Jim McConnel and it was looking like a good race between these four but sadly for Rob and Jim they were both forced out with bike trouble.

In the ladies race Sarah Wightman was in and out of transition first followed by



[Sarah Miller in full flight](#)

Sarah Miller. Emma Bush in her first Duathlon of this type was also in contention as they joined the field on the bike course. Although Thetford is quite flat, the undulating narrow trails and the introduction of the odd bomb crater give the course a technical feel with one or two wider paths that offer overtaking opportunities. Sarah W continued to pull away on the Bike but Emma Bush, who is relatively new to the bike, got passed Sarah M for second

Meanwhile in the men's race Sam was in his element pulling away from the rest of



the field although Jamie Wightman was having a great ride and had worked his way up to second with Peter Godwin also going well in third. Kevin Murphy was hanging on in there and riding in close company with Ed Cambell, Andrew Girling and Steve Peck



[Sam Gardner dominant](#)

Sarah Wightman continued to pull away at the front of the ladies field but Emma Bush (who designed the race logo) was only 28 seconds down on her second run split and finished strongly ahead Sarah Miller.

Kevin Murphy had another storming run with the best split in the field and pulled up to forth. Peter Godwin was closing on Jamie Wightman but he had enough in hand from the bike to hold his second place while Sam had another good run to consolidate his lead.



1	01:10:38	Gardner		Sam		Male
2	01:19:50	Wightman		Jamie		Male
3	01:20:36	Godwin		Peter		Male
4	01:21:56	Murphy		Kevin		Male
5	01:22:17	CAMPBELL		EDD		Male
6	01:26:35	Girling		Andrew		Male
7	01:29:23	Peck		Steve		Male
	01:30:50	Base		Darren		Male
	01:31:18	Allen-Shirtcliffe		Keith		Male
10	01:31:59	Lloyd		Paul		Male
11	01:32:13	Base		Derek		Male
12	01:33:26	Davis		Alexander		Male
13	01:34:47	Pullinger		Tom		Male
14	01:38:15	Piper		Richard		Male
15	01:38:41	Lloyd		Aeron		Male
16	01:38:43	Wightman		Sarah		Female
17	01:39:34	Boyall		Andy		Male
18	01:41:40	Collins		Tony		Male
19	01:41:52	Dobbie		James		Male
20	01:41:59	Hird		Mark		Male
21	01:42:12	Bryan		Peter		Male
22	01:45:16	JONES		DANIEL		Male
23	01:46:18	Bush		Emma		Female
24	01:50:49	Collins		Steve		Male
25	01:51:33	Miller		Sarah		Female
26	01:53:49	Bush		Steven		Male
27	02:00:48	Uys		Lydia		Female
28	02:14:50	Norval		Alex		Male
29	02:19:54	BARNARD		DATTIE		Male
RTD	RTD	Breen		Rob		Male
RTD	RTD	McConnel		Jim		Male
DNC	DNC	Brown		Alastair		Male
DNC	DNC	Chidley		Jack		Male
DNC	DNC	Crane		Richard		Male
DNC	DNC	HUDSON		DANIEL		Male
DNC	DNC	Siwicki		Rob		Male
DNC	DNC	Stewart		Allison		Female
DNC	DNC	Webster		Ian		Male