

Mud & Mayhem Duathlon Race Report 9th October, 2011



Swinley Forest, Bracknell

There was a big increase in numbers for the 2nd outing of the Mud & Mayhem race in Swinley Forest. As 2011 saw a near doubling of numbers compared with last year.

The first three from 2010 had all returned to do battle again and there was a definite



sense of déjà vu as Cedric Lassonde led into transition after the first 5K run, closely followed for the second successive year by Jez Cox. Third after the initial run was newcomer Dave Rollins with Dean Ricketts improving on last years opening run time to enter transition in a solid fifth place alongside Richard Newey and John Johnson. In total 12 Duathletes

completed the first 5K in under 20 minutes including our leading female athlete Kate Robson who had already opened up a 90 second lead in the ladies race.

The fastest bike split on the day of 39 minutes 15 was posted by Shaun Cheatham as he moved from 33rd position overall into the top 5 places. Another big mover on the bike was Karl Norfolk who moved into third overall with the only other sub 40 minute bike split. At the head of the course Cedric increased his lead entering T2 with a 90 second advantage over Rick Featherstone in second place, with Karl Norfolk just 4 seconds further back.

Kate Robson built upon her strong start lying in seventh overall after the bike leg a position she would hold on to at the end of the final run, ultimately finishing over 5 minutes ahead of second place lady Fay Cripps and third place Gill Newey who exited transition together.





They were inseparable during the final 5K. In all 14 ladies competed at Mud & Mayhem in many cases showing the men how to race Multisport.

Unfortunately for some the bike leg was spoilt by mindless tampering to some of the course signage.

The final run of the day belonged to Jez Cox posting the fastest split time to move through into second place; beaten only by returning champion Cedric Lassonde for the second successive year. Rick Featherstone completed the podium with a strong finish to push Karl Norfolk down into fourth.

Many thanks to official race photographers Richer Sea Photography who worked tirelessly attempting to be on all parts of the course at all times capturing the race for everyone's benefit,

Moti Running and Triathlon store, Reading who provided prize sponsorship and the chance for all athletes to test drive a pair of the new Salomon X trail shoes after the race, and finally to all the enthusiastic marshals who give up their weekends so that Go Beyond can offer you great races.