

NJD Sports Injury Clinic team compete in final 2011 Winter Duathlon Series



Epicevents held their last Duathlon race of their winter series on 20th Feb 2011 on a cold but dry day.

The **NJD Sports Injury Clinic** team successfully completed their first full Duathlon. The weather was cold but dry, with little wind. The duathlon comprised 3 mile run, 10 mile cycle ride, finishing with a repeat of the 3 mile run.

Nicola Dinsdale

Nicola who now runs the clinic finished 86th / 90 competitors. *"I thought I would finish last, fortunately this wasn't the case"*. Nicola's split times were 28 minutes - 03 seconds for the 1st run, 40-28 for the cycle ride, and 30-36 for the 2nd run. Nicola's overall finishing time was 1 hr – 39 mins – 07 secs.



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Mike Roden

Mike finished 64th/90 competitors. Mike's split times were 20 minutes - 58 seconds for the 1st run, 35-51 for the cycle ride, and 21-40 for the 2nd run. Mike's overall time was very creditable 1 hr – 18 mins – 29 secs.



Helen Roden

Helen finished a creditable 80th/90 competitors. *"I just wanted to beat my sister Nicola"*. Helen's split times were 23 minutes - 21 seconds for the 1st run, 40-58 for the cycle ride, and 24-11 for the 2nd run. Helen finished in 1 hr – 28 min – 30 sec.



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