

2011 Gijon ITU Duathlon World Championships Sunday 25 September

Ipswich Harriers has a World Champion!!

Ipswich Harriers had two athletes competing for Great Britain at the annual ITU Duathlon World Championships this year held in Gijon, Spain. These athletes were Ross Fawcett and Andrew Rooke who achieved this by taking part in the Cambridge Duathlon in April earlier this year and finishing in the top three in their respective age groups, Ross Fawcett (18-19) and Andrew Rooke (20-24).

A duathlon is an athletic event that consists of a running leg, followed by a cycling leg and then another running leg in a format bearing some resemblance to triathlons. The International Triathlon Union governs the sport internationally. Duathlons are most similar to triathlons, with the key difference being the lack of a swimming leg.

Andrew Rooke was taking part in the sprint distance duathlon (20-24 age group) which consisted of an initial 5km run, followed by a hilly 19.2km cycle, finished off with a final 2.5km run. Weather conditions on the day for the sprint distance race were perfect for the sprint race with dry roads and virtually no wind, leading to fast times. Andrew started the race well and completed his first 5km run in 15:49 (quickest first run in 20-24 age group) and followed this up with a solid 19.2km bike ride in 33:36 (7th fastest cycle in 20-24 age group). After getting off the bike and completing a quick transition Andrew then sped round again on the 2.5km run to record a time of 7:48 (quickest second run in 20-24 age group). In doing this Andrew snatched third place and the bronze medal with his last run. His overall time was 59:39 and was within 1:30 of the world champion.

Then it was the turn of Ross Fawcett taking part in only his fourth Duathlon and making his international debut. Ross was taking part in the standard distance Duathlon (18-19 age group) which consisted of an initial 10km run over four laps, followed by a 38.4km cycle which was two laps, finished off with a final run of 5km over two laps. On the first run Ross completed the four laps in an impressive time of 35:51 for 10km, which was the quickest time for his age group, this was also the fastest 10km that Ross has ever recorded too in a race!! Next was the bike that Ross showed impressive form, a 59:32 time was recorded over the 38.4km cycle, which means Ross averaged just over 24 mile per hour for the bike stage. Again this was the quickest time in his 18-19 age group. After completing his second transition in a time of 1:58, Ross Fawcett then completed the 5km run in a time of 18:39 (quickest in 18-19 age group) to cross the line comfortably in first place to take the gold medal and become the **2011 ITU Duathlon Standard Distance 18-19 Age Group World Champion**. Ross won the race by nearly three minutes and recorded the fastest individual splits for all three legs of his duathlon.

2011 ITU Sprint AG Duathlon World Championships - Gijon
Sprint Distance AG Results
20-24 Male AG
5km Run 19.2km Cycle 2.5km Run

Rank	Bib	Name	Nat	Run1	T1	Bike	T2	Run2	Total
3	123	Andrew Rooke	GBR	15:49 (1)	00:51	33:36 (7)	01:38	07:48 (1)	00:59:39

2011 ITU Olympic AG Duathlon World Championships - Gijon
Standard Distance AG Results
18-19 Male AG
10km Run 38.4km Cycle 5km Run

Rank	Bib	Name	Nat	Run1	T1	Bike	T2	Run2	Total
1	401	Ross Fawcett	GBR	35:51 (1)	01:30	59:32 (1)	01:58	18:39 (1)	01:57:28