

K1 Duathlon race Sunday 28.1.07

K1 Triathlon Club, RAF Akrotiri, started its season with a short sprint Duathlon on Sunday 28.1.07. The race and run discipline involves 3Krun-15K bike -3Krun starting at the club and biking along beach road to the garage and back to the club again. Although the first race had a small competitive field it attracted some athletics new to Duathlons. Tracey Stratton was competing for the first time and reflected on the race and said, " This was a brilliant experience with a challenging but not overwhelming course. The best thing is the support and encouragement that you get from everyone competing. Before the race everyone was very welcoming giving you tips on the transition between the disciplines. I have now set myself a personal goal on improving my time and fitness and I will defiantly to it again."

The K1 Triathlon Club regularly meets for bike, swimming both sea and pool sessions and are very keen to interest new members to the club. With the season just starting and the first Triathlon on 25.3.07 there is plenty of time to start training towards your first event.

Jamie Redler, Chairman of the club explained, "The club is a fun and very supportive environment to train and improve your fitness. We hire racing bikes and helmets so it's a very inexpensive sport and with the varied training of running, swimming and biking you can really experience the healthy outdoors. We are always keen to encourage new members or if you just want to turn up on the day everyone from the most experienced athlete to beginner will be welcomed and encouraged throughout the event. So now is a perfect opportunity to have a go and take up a brand new sport."

For more information about the K1 Triathlon club contact Jamie on 99184752 or log onto the website: k1triathlonclub.org

Zee Russell
29.1.07