

Activation Duathlon attracts children, parents and grandparents.

Conditions were near perfect for the participants who turned out to take part in the 2nd "Activation Duathlon" held at Silverstream last Sunday.

The field of over 50 people took on the 1.4km run, 10km cycle and second 1.4km run leg to complete the Duathlon course. The first to finish was top triathlete David Driscoll in 29 minutes, three minutes ahead of Manuel Dalton. The first woman home was 15 year old Danielle Trewoon 7 minutes behind the winning man.

A diverse range of participants took part in the event from absolute beginners to seasoned multisport athletes, though most were there for the challenge. The event also attracted many children to their first Duathlon with their parents and some completed the course participating alongside their grandparents.

"This event has been a huge success in attracting people to take part in a new activity and to become more active. It is opportunities like this that help people to push play and lead healthy lives" said Matt Warren the Active Recreation Manager for Upper Hutt City Council.

This event was well supported by local businesses Lifestyle gym, Cibo café, The Cycle Centre, H²O Xtream and Jina's fruit supply. The event was run by Activation and Fedude Sports, who will run another Duathlon in Upper Hutt as part of the Scorching Duathlon series on Fathers Day, 2nd September.

Final results for the 2nd Activation Duathlon will be posted on the Activation website www.activation.org.nz.

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