

## RACE REPORT

**Wed Dec 1<sup>st</sup> 2010**

**Event: Brent St Single Aquathon**

**(200m Swim 3.5km Run 300m Swim)**

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After glorious conditions last Week, the wet weather reappeared for our return to Drummoyne. While persistent rain all day kept numbers down to just over 30 (26 of which raced), conditions come race time were actually near perfect. With only light rain, mild temperatures and no wind, fast times were the order of the night.

This week we welcomed to Riley Kirkpatrick (son of Jim & Moira) and John from our Juniors program. Both did fantastically well in the wet conditions. (Although the former did note that his "old man would have kicked his backside"). We also farewelled Gerhardt - our Tongan friend who has raced with us over the last 5-6 weeks - who is heading over to race in New Zealand. We trust you enjoyed your stay with us Gerhardt, good luck in NZ and we hope to see you again some time.

After a recap of performances at Kurnell on the weekend, other general announcements and safety briefing we were away.

Group 1 is still learning what side of the lane they need to swim on as Jeremy nearly took Emma out in the swim (who was tracking down the far right of the lane .... she must of thought she was swimming in America). I must say that transition times are improving tremendously. John showed us that the young-uns still have it by finishing first in the wave in a time that would have won last night's group 2 wave (how good would it to be young again and have so much energy). Kelly Murphy is on fire at the moment - rapidly preparing for the Canberra half iron man in two weeks. Jeremy has greatly improved on his run posting a big improvement from his last Brent St Single. Riley might not have been able to beat home dad, but he did manage to nose out his Mum (not by too much mind you!).

Group 2 win for the most numbers in a group this week. Gerhardt showed his training has paid off with a strong swim and run to take first place in group 2. As we have seen all season in group 2, a very tight bunch (boys and girls) with only a few minutes splitting the whole group; trying to pinpoint exact finishes for the group was tough as they were coming in fast to the wall. In the end Gerhardt by 20 seconds from Daniel, and Fiona C who continues to improve week to week. She finished seconds ahead of Henrick and Craig. Rick kept the girls company at the back of the pack – with a tight finish between Amy, Michelle and Toni.

Group 3 win the prize for not listening. There was a scramble to find goggles and take clothes off when I called out "Group 3 in 50 secs". I reckon it's the fastest I've seen Alan, Chris and Mark move all season. They were joined by a Alaistair (who was given his own persona starting wave courtesy and the M4 car park!). This group is still jostling for podium honours. Mark is a stable top 3 finisher but the top prize today went to Michael O' Dwyer (who as predicted became the 7<sup>th</sup> overall line honours winner in 7 weeks. (Tremendous competition at

the top this year). Alan and James are finishing very close to each other these days it will be interesting to see who finishes ahead next week. Alistair joined the group late (but did have time to yell out to Brett as he sped past turnaround on his way to the pool). Completing the group were Chris, Helen (our only lass in group 3 this week) and Andrew W. Andrew B pulled up – looked like he was ready to stop and feed the fish at the turnaround point and did the right thing by pulling up as a “short distance”.

A good race overall and completed in very smart time, especially considering we classified “the slope” outside the pool gates as a no-run zone because of the wet conditions. Congratulations to all, especially for taking it easy where needed in the greasy conditions.

Thanks to Steve (briefing), Brett (turnaround), Jason (official timer), La La (sideline coaching) and Cath, Frank, Letizia (cheer squad) for all your help in the wet weather today.

We were glad to see Brett back at the pool after the event and not looking like a drowned rat from turnaround duties, as we have seen a few times this season.

Here’s hoping for some better weather next week.

Good luck to all those competing in the Curl Curl / Bondi ocean swims, Wollongong Triathlon and in particular Jane and Travis Shields are a racing in the Busselton Ironman this weekend.

Sarah