

RACE REPORT

Wed Feb 2nd 2011

Event: The Roundabout Aquathon - Cabarita

(200m Swim / 2.2k Run / 200m Swim / 2.2k Run / 200m Swim)

Due to the hot weather, the normally quiet Cabarita was far busier than normal – despite the 29.8 degree Celsius water temperatures -a little more akin to a bath than a pool. Despite the 'sauna like' conditions, our usual contingent of over 40 cannibals rolled up; 37 of those racing in one form or another. This included junior (Carla) and 2 newbies; Theo and Ally. Welcome aboard guys.

Due to external lane availability and numbers, we decided to run 4 groups (instead of 3) tonight.

With fewer juniors than expected and a few no shows, Group 1 was finished being light on in terms of numbers. First timer – big Theo, nursing a sore back mind you, stormed home to take the lead (not even Travis could catch him) and finish first in group 1. A promotion is now more than justified! Carla posted an impressive time for the 200m swim and 2.2km in her first Aquathon- well done Carla we hope to see you back racing again. Ally and Gaye had a good time swimming (and chatting) although the water temp was anything but refreshing.

Group 2 - The group that moans the most stays together. After doing the roll call and having jokes with Kate about being late; group 2 were away. Lyn sprinted the 1st swim and stayed strong on the run to take out 1st place in group 1. There was stiff competition between Kylie and Kelly today and Kylie if you hadn't of been talking in transition you must just have beaten Kelly. Good work guys and its great to see you push each other each week. This year's moon arising award must go to Kelly for her famous way of getting out of the pool minus some parts of swimwear. Cath Nolan started out well but due to the heat had to retire early. Kate Campbell determined to beat her fiancée and do some secret training was swimming up a storm in the pool and was on fire on the run. La La was in her element telling everyone to walk in the pool area. Congratulations to Matthew pride Rick Schederer and Lyn Grundy for achieving a PB time of 30 seconds or better than their previous time.

Group 3 – Let's just call this group the sensible ones. They were all present for roll call and ready to race. A tight group that was on each others toes the whole way. Helen Bird must have been doing some training in the school holidays as she was fit as a fiddle and racing like she had eaten way too many red frogs. It was good to see different people take the lead of this group throughout the race.

Group 4 - What can I say but boys will be boys- Dave Issa and Neil Urry thought it would be ideal to push each other into the toddler pool behind the main pool- this inadvertently meant other member went in for an extra swim before racing. Neil is blaming Dave for his withdrawal mid race as he believes the force that Dave used when pushing him into the pool caused him to have a stitch on the run (secretly I think Neil was woosing out of finishing the race). Travis managed to overtake most of the other groups to finish 1st overall. Good to see all you training is paying off. La La once again was issuing penalties left right and centre for people running in the pool area. Watch out as there could be a penalty box imposed next week. Congratulations to Andrew Webber and Michael O'Dwyer for improving on their previous time by over 1 minute or more.

Overall some great performances on what was a very hot night; additional special mentions too;

- Lyn and Helen for winning their respective groups 2 chicks (or Bird in Helens case), in form and on the way up. (Helen was 5th overall – very impressive)
- Quiet achiever Linda, who working hard of late and it shows with a podium finish in Grp 2
- War horse Greg for overcoming his joined at the hip buddy Andrew Burnell – AB is just back from a 2 month o/s holiday, so we are looking forward to the rematch next time
- Henrick for this week finally getting the better of his sparring partner Fiona C
- Michael for giving Travis a scare in the run something he's not accustomed too!
- Travis for not only seemingly knocking down Jim's (course marshal's) bike at the pre-race briefing but also changing lanes to draft off some old injured bloke in the first swim leg
- Kylie both for her famously slow transitions and those togs what else can we say?
- Chris Sayers for getting back 'on the horse' so soon after coming off the bike – albeit complete with a bandage or too. Party's over now big fella!!!

Also good to see Alastair and Vlad (and those bright shoes) bringing the wife and kiddies down for a swim. Family and friends are always most welcome.

Thankyou, Moira, Jim, La La, Susan, Frank who all assisted with supportin the event today.

Sarah & Steve