

## Race Report

Wednesday 8th December 2010

Event: Duke Ave Aquathon (500m swim 5.6km run)

I think we have truly hit summer going by the colour of my lovely pink shoulders (and that was only 1 hour in the water yesterday, mind you). It was nice to see a beautiful balmy evening down at the bay to coincide with the official beginning of summer (let's just forget last week's conditions).

Welcome to first-timers for this season, although they are all known to us from previous seasons - Jacques Westraad (nice to see you back JW and we are sad to hear that you are moving to Brisbane in the new year). Also welcome back to Karen Grundy and Aimee Wells (good to see that wing is back in working order).

Group 1 was a bumper crowd tonight with some from group racers 2 pleading they needed to race in group 1 to get home early. A nice addition to this race was Brett who gave into the challenge and raced tonight. I am pleased to report we had no collisions in the pool this week. The boys fought it out on the run but found it hard running into the head-wind on the way back. Rick and Emma have made some great improvements from the last time they did this race. Young John has taken off in leaps and bounds and was sprinting to the finish to take out first place in group 1. A couple of places back was Steve DF who did well after returning from his operation. Fiona and Jason ground it out in the middle of the pack, closely followed by Jeremy, Rosemary and Stretch.

Group 2 was the biggest group of the night. Kylie made her special appearance 2 minutes before the start but nevertheless picked up in the swim to take bragging rights of first place of the ladies in group 2. The boys were hot out of the pool, and Henrick managed to pull away to take out first place in this group. A great win for Henrick – I don't think he has missed a race yet. Consistently a tight bunch, with less than 2 minutes separating the top 10. Following Henrick was Cameron and John M (with Jim a few strides behind). Craig in the middle of the pack was in good company surrounded by the girls – Kylie and Lyn sneaking in front of him, with Karen and Michelle closely behind him with the girl (fire) power holding the back of the pack – Aimee, Amy, Toni and Kate.

Group 3 this group welcomed back new dad Mark Newman. A full boys group this week (with Michele at turnaround – not wanting to dampen any male egos in the long swim), and it was extremely competitive. James and Chris had a little challenge going on; despite James starting after Chris in the swim he was still able to pip him by about 30 seconds. Mick still continues to place well, taking 1<sup>st</sup> place this week in group 3 and overall line honours; if he gets any faster I think I will have to make a special group for him. As it turned out, Greg came in about 90 seconds behind Mick, followed by Tim, Jacques and Sean. Continued strong

performances in the middle of the pack from Paul, Andrew W and Alistair, with James, (2 seconds ahead of) Brendan and Chris S bringing the group home.

It was a terrific race with some impressive times across all three groups – and as stated, nice to (finally) have some warm weather to race in, and no pool incidents on the longest swim of the aquathons we run.

I might just also add, it was nice to see Gaye in the pool, who incidentally did all three swims (1500m) as she rested her strained quads. Nathalie (also recovering from a knee injury) and Letizia also popped in for a dip, while Kel came down for just a gallop ahead of her maiden ½ Ironman (with James and Scott) this weekend.

This is a good message for all Cannibals, as we are all likely to experience hiccups and even injuries or strains over the course of the season. However, do feel free to still come down and have a light session, help out or just catch up / socialise with friends. It's always great to see non-competitors turn out on the night. (You won't be alone, as a good number of choosing to do this each week ... there were just under 10 who did this on Wed).

We were delighted that Bec brought down bub Zara Newman who was just gorgeous in her pink outfit – but can't wait to see her in a tri singlet.

I hope everyone is ready for the CTC teams event next week- I know I am as it's my last day of teaching for the year. Yeehaa.

Thankyou to Steve, Michele, Cathy & Moira, for your assistance at the pool and on the course.

Sarah