

## RACE REPORT

Wed Feb 9<sup>th</sup> 2011

Event: The Bay Aquathon - Cabarita

(400m Swim / 7k Run)

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A welcome cool change in the weather saw a bumper crowd of over 50 turn up to race tonight at Cabarita (43 of who raced). Tonight was the night for achieving PB's with most people improving on their previous time by 20 seconds or more. It's been a while since everyone has done the bay run so maybe it's all the extra training everyone has been doing in preparation for Kurnell and Huskisson or the new uniforms.

Group 1 There was some fierce competition happening in group 1. If there was an award for gracious pool exit then this group would win it- everyone carefully walked over to the edge and climbed out using the stairs. Rick who hasn't been moved yet to group 2 because he's scared of getting home late and being in trouble with his wife was constantly chased by Chris Oakey on the run. Chris managed to get ahead of Rick by going the wrong way to finish and will subsequently be sent out to run next week with a GPS and whistle to prevent this. Kelly and Fiona were pushing each other the whole way with Kelly sprinting line just to finish in front of Fiona. Matthew Pride is one who has definitely been doing some sneaking training not only did his swimming and running look strong but he achieved the biggest Pb of tonight 5:32.51- well done Matthew. Nathalie was also running strong and her swimming has improved out of sight.

Group 2 was a hive of activity. We welcomed Mike from Balance tri club who was having a run with us and protesting that I shouldn't put him in group 3 as Jane would beat him. Andrew Boros was as usual talking himself up and abusing the race officials - Andrew reckons he doesn't make threats only promises and apparently I'm going in the water whether I like it or not next week (guys I'm going to need some help on this to prevent it from happening). Christine Carlin or should I say Ms Conspiracy dragged newbie Lauren along to race under false pretence. Christine's diligent partner thought that he may as well get some snoozy time at the pool and was happily asleep on the grass. Once everyone had sorted themselves into a lane (graded slow, medium and fast) they were off. Kylie with her new tri pants but still vintage swim wear was a quick exit out of the pool and into transition but had to wait for Kate so that they could use the race time wisely for wedding planning (who would believe that in a 7km run that they covered topics such as dresses, engagement parties, invitations and cake designs). Frank used his transition time wisely to dress and style himself just in case there were some good looking females on the course- he got lucky at the end as Carmen was waiting for him. Cameron after busting out 7km at full pace was still the gentleman and let Lauren finish in front of him. Henrick decided that the best way to get a Pb was to sprint to the finish. John Tsaousidis is claiming his fast time on his new running shoes- he was so fast that he ran straight past the finish and probably would have done another 7km if we hadn't told him he was finished.

Group 3 was waiting patiently to race. Whilst some of the boys were pre race fixing who should come first, Helen trying to keep warm in her fluffy pink and white towel and secretly wishing she had some candy canes to munch on before the race. Due to the colder weather group 3 had the majority of the pool to swim in and the girls decided that they would have a girl's only lane and were swimming like a precision team the whole way. The boys decided that they would all draft off Steve but Steve quickly banished that idea by sprinting away from them. Travis was out of the water with some rather

interesting swim wear that has left us wondering what PIS is an acronym is for? Luckily Dave Bolt was present to hand Travis some board shorts or he could have been picked up by Burwood police. Those board shorts did not slow Travis down one bit and he still finished first overall. Neil decided that the best way to tackle the 400m swim was to rest at each end- although I have my suspicions that he was watching Foxtel on his underwater plasma screen watch. I think Helens sneaky training at school has been paying off as she just gets faster and faster – I believe she's being doing the beep test with her students on a regular basis. This group definitely wins the award for the most Pbs.

Thanks to supporters / swimmers, Brett, Steve, Gaye, Stretch, Carmen, Dave B, Paul, Fiona, Christine & Ray.

Thanks also to everyone who has taken chocolates/ snakes and sold them the boxes are now gone. I have some very willing students at my school that happily go and sell them and the obesity level in our school has risen by 10% in the last week.

Sarah

### **View from the Pool Deck – Steve's Special Comments**

Great nite for racing and as usual some standout performances, both on and off the course; these included:

- Continued improvement of Kate C's soon to be hubby Chris Oakey who, even despite going the wrong way, has come on leaps and bounds – a promotion for you now seems imminent;
- Sarah mentioned some impressive pool exits from Group 1, but this week's winner for the most inglorious pool exit clearly goes to Aimee Wells. Well done A, your Ballet teacher would be proud NOT
- Frank who has been coming down to mainly socialise of late, decided to have a crack, knowing that his better (Carmen) was venturing down watch. (I should mention that both have been selected in our national dragon boat teams and are in heavy training for the worlds later this year – good luck guys)
- Impressive finish line action of (young) John T – showing off to the juniors with a Greg Welsh-esque salute across the line. Good time to John.
- Christine C's reappearance after a prolonged hiatus – bringing with her the very speedy Lauren (from Nth Qld) and hubby Ray (muscles). While she couldn't be persuaded to do race (claiming that she forgot her togs .... yeah right!), she has promised to go hard at the wine and cheese nite;
- The good performance from Peter B, who despite claiming his legs are too skinny (yes I hear everything Pete), posted another solid result after having completed his first tri on the weekend;
- Significant race on race improvements of not only Matthew P (as mentioned by Sarah), but also Rick, La La, Andrew W and Helen (who low flying at present).