

Wednesday 9th March 2011

Duke Ave (500m Swim 5.6km Run)

Well how is this for comparison? Last week we had a bumper crowd and this week only a handful of members came to race. Everyone I believe is tapering to ensure they peak on Saturday or Sunday's Event in Huskisson or Penrith. Welcome to Priscilla who came to check the club out but ended up being coerced into helping with timing. She is very much looking forward to racing with the Concord tri club crew.

Group 1 after some members who shall remain nameless were told by their friends they could not race in group 1 the true group 1 athletes were off with a mass start. I could see a lot of swimmers putting Daniel Bain's swim tips into action as there was a lot of digging going on underwater. Jason, who relegated himself back to group 1, took Daniel's tip on reducing surface area in the water a bit further and shaved down his arms for tonight's race (it matches the shaved head). The sit down and put shoes on was popular in transition today although many people had to be reminded to focus on the race at hand. Sam was flying on the course and took out 1st place in group 1 – Say hello to group 2 next week Sam! Matthew is still holding back trying not to win group 1 as he doesn't want to move up.

Group 2 were looking so excited about the number of people in their group today as it meant they only had to have 3 to a lane compared to the normal 7 to a lane. Chris Sayers decided to do his warm-up swim with this group and let some of the group draft off him. The look on Andrew Boros and Andrew Webber's race when they realised they were late was absolutely priceless, like two naughty school boys they snuck in and apologised for being late. Jim was taking it easy after his big race on the weekend (He still had his number on his leg to show everyone he race and placed first in his age group or he just doesn't know which soap to use to get permanent marker off human skin). Ash Kegg after being forced into group 2 was still whinging whilst starting the run- I tried to bargain with him but he didn't want to pay the \$5.00 to stay in group 1, Speedy Gonzales you will be going to group 3 next race as you won group 2 this week. Andrew Boros despite having an interesting transition sit down position (butt scratching on the deck) is getting close to winning group 2, if I move a few more people out you will have a chance. Henrick was going at a cracking pace in the swim but had to pull out mid race due to an injury to his hamstring- we hope you're alright for sailing this weekend.

Group 3 Waiting ever so patiently decided to enter a staring evil eye competition with the Juniors Water polo team across the pool. The juniors were eager to get in but had to wait- something they might need some practice at. Group 3 battled on unperturbed by the juniors jumping in to lanes to retrieve balls that they had thrown. Chris after swimming over a Kilometre

pre race was still going strongly; I reckon you have legs of steel. Paul was first out of the swim and was insulted by my questioning him if he had done 500m of swimming. Andrew Burnell closely followed Paul out of the water but then took off on the run and couldn't be caught. Paul also gave me some insight into the male's mind on how to determine women's shirt sizes- apparently Paul just works it out by focusing on the chest size.

Many thanks to Moira and Michele who did the turnaround point and provided everyone with a drink and some encouragement, or was there some heckling?

Thanks to Jim, Steve, Priscilla, Cathy, Kelly for helping out tonight

Sarah and Jason