

Race Report: Wednesday Nov 10th 2010

Event: The Cabarita Bay Aquathon (400m swim 7km run)

Just after 5.00 pm, as the storm front moved through after a warm and sunny day; I was wondering what we have done wrong by the weather Gods this year. But alas, the rain cleared and conditions were almost ideal to race come 6.30 pm.

Not perturbed by pre-race storm, 45 Cannibals turned up - with them taking 37 taking on the challenge to complete the Bay Aquathon. A two leg event that features a picturesque, but longest single run of any of our Aquathons.

This week we welcomed back Jane (Mrs Smith) for her first race this season). Much her delight (and relief), she wasn't the only female in Group 3 (having been joined by Helen, who has had an interesting 3 weeks in the city with her Year 8 students).

I (Sarah) decided that I would race this week - probably not the best of ideas seeing I haven't run for a long time and it was a long run tonight but hey we all have to start somewhere and it was nice to be out and about on the course. Thanks to Toni and Michele for covering the timing.

Group 1 was away in the swim the whole pool to themselves. Emma once again was out of the swim first – and managed to hold on for another podium finish. This group headed out onto the run strongly and Louise and Moira seemed to be having a good time running together (I suspect there was probably a lot of talking going on as well). First home was Rick, who was no doubt spurred on by the thought of not getting home in time to enable his wife to get to her squash game. (This excuse is the only thing keeping him out of Group 2 ... for the time being at least!). Next in with Jason, who with new shoes and improving shin splints, ran solidly to come in a couple of minutes back. Letizia never shirked the task and managed to complete the race in great style – drawing applause from all and sundry at the finishing line. (Nice touch guys).

Group 2 also received the luxury of the pool to themselves. Paul gave me a real run for my money. I think I better sneak some training sessions in. The boys were out in force this time. It was more of a precision line with changes happening every 500m. I was holding Lyn and Kate off for a while but the tough course got the better of me. There will be a few people moved up next week (yes Paul I mean you). Paul first home in and then as we have seen in recent weeks, seven finishers within a minute at the 40 minute mark – Henry, David, Andrew W, Jim, Fiona C and Curtis. There were a few very close finishes – particularly Henry and David and Jim and Fiona. One suspects that it's now 'game on' boys and girls. The girls followed Andrew B home, coming in as Lyn, Kate, Sarah & Fiona D.

In Group 3 the boys saw a few more female types added to the mix – but were upset (relieved?) that Michele wasn't swimming tonight. Tim, fresh from Noosa, exited the water first not far in front of James who was strong to the line. Mark wasn't far astern of those two. A fair way back was Neil, who in his first official race, slogged it out for 300m (of the 400m swim leg) and then ran like the gazelle he is to overtake everyone in the run. Look out when this boy learns to swim quicker because boy can he run!

Andrew, Greg who are both more at home on land, watched each other like Hawke's. They exited the swim in close proximity to one another and slugged it out like 2 prize fighters the whole 7k on the run – with Andrew just holding sway. Both gave it their all absolute all. Well done to both of you. Andrew's victory makes it 4 different overall / male winners in the last 4 weeks. With Scott and Travis waiting in the wings, Chris Sayers set to regain fitness as the season wears on along with newcomers Michael Mark and Peter there is real depth at the pointy end of the male ranks this year.

Relative newcomer, Doctor Mick, 'with the luck of the Irish on his side, ran brilliantly to only finish a few only 5 seconds behind Greg. Following the podium-three was Tim, Mark (dead heating) David, James and Matt Mc along with Jane and Helen (nice work ladies). Vlad home in 40 minutes, then Alastair (racing in Group 3 because of leaving his shoes in the car) then Chris, (who still in the process of recovering from some troublesome foot / toe issues), took it pretty easy to finish just under 42 minutes.

Thank you to Michelle and Toni for recording- you looked so scared when I first gave you the stopwatch but you did a fabulous job. Thanks also to Steve and Brett for help with Marshalling and the briefing. Steve we hope you recover soon so you can race again.

Brett was at turnaround and did have the chance for a chat this week – a few faces were happy to see him – the longer run proving a good stretch for some.

Great result and I look forward to next week's "Killer" Aquathon – featuring three runs and three swims.

Good luck to all those competing at the Nepean Triathlon this weekend.

Sarah