

## RACE REPORT

**Wed Feb 16<sup>th</sup> 2011**

**Event: The Bay Aquathon - Cabarita**

**(300m Swim / 2.4k Run / 200m Swim / 1.6k Run / 100m Swim / 0.8k Run)**

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A perfect night for racing tonight. After compiling the results and checking against results from the last time we raced the Killer I am left wondering what was in the water as 95% of people who raced tonight improved their time by 1 minute or more. Either it's the after effects of the Wine and Cheese night or Valentine's Day.

Group 1 Saw some newbie's races tonight Ally doing her first race as well as Trent, Tony and Adam having a go. Tony & Adam were roped in by Christine who has a knack for making people come and join her racing ( I think her motto is If "I'm suffering then so are you"). Christine however required the wam ambulance after going too hard on the first lap. Trent severely underestimated his abilities and was flying on the course to take 1<sup>st</sup> place in this group. Group 2 next time for you sport. This was the girl's race and Fiona day was pushing herself to the max to take 2<sup>nd</sup> place in group 1. Kelly who pleaded her case for staying in group 1 had her eyes focused on overtaking people during the run and swim- a good tactic that has seen her shave 3 minutes off her previous time. Anne's new tactic this week was to wear the swimming cap under her running cap so she could save time in transition. La La was looking extremely sporty in her new club tri suit and looked like she had snuck some training in throughout the week as she was cruising along on the swim.

Group 2 after finally sorting out who was going first in their lane and not happy that they only had four lanes were off and chasing each other. This group is so well grouped that they were able to stay on top of each other for the whole 300m of the swim. Andrew Boros budgie smugglers had the week off and in place were his Eric the eel pants. Andrew was holding back a bit in the run and sprinted to the line to dead heat with Lauren (1<sup>st</sup> female home – impressive effort at just her 2<sup>nd</sup> Aquathon). Just in front of them was John and Cameron, who after racing side by side with Lauren all the way, pulled away on the final stages to beat her in by just 16s. Kylie and Linda were head to head to the finish line and Kylie is worried exclaiming she needs to do some more training.

Group 3 AKA the group with perennial latecomers - with Neil, David and Brendan sneaking in just in time to race. Although I asked for their late notes I received nothing but a bunch of excuses. Coming in first was Mark Huber ahead of perennial sparring partners Andrew & Greg. Chris Sayers brought along dad (Brian) to watch and provide feedback on his current racing technique. It must have worked because he gave his mate (Dave) a real run for his money this week (much to his delight and Dave's chagrin!). Just in front of those two was James, who is starting to show the results of some solid training en route to the Ironman. Tim brought along his best friend Kipper (his Dog) to keep him company on the run. Kipper however failed to listen to the race briefing and due to not completing all legs of the course had to receive a DNF. Hennrick was a bit overwhelmed initially about going into group 3 as he has been enjoying group 2 lately. Not only did he achieve a massive Pb he would have also won group 2. The No shirt crew Neil, Matt and Greg were having a good time chatting and running along the way.

Thanks to Sarah, Steve, Cathy, Emma, Rob (Christine's partner) and Frank (who fronted up on his 20<sup>th</sup> anniversary) who assisted and/or cheered on from the sidelines today.