

Race Report

Wednesday November 17th 2010

Event: The Park Aquathon (cousin of “The Killer”).

(300m swim, 3 lap run, 200m swim, 2 lap run, 100m swim 1 lap run)

Did anyone else get eaten alive by mosquitoes last week? I'm thinking we are truly getting into summer now and the weather just needs to come to the party.

Welcome to First Timers Chris Oakey and Darren Selwood, and welcome back for their first race this season, Dave Bolt and Sean Burke.

Congratulations to Kate Campbell who got engaged to Chris last Friday. I hope you realise now Chris that you won't be able to escape Wednesday nights anymore. We hope your wedding plans go well. We also received the great news that Bec and Mark have welcomed baby Zara Chelsea to the world. And fitting, that they have her on a Wednesday (race night). Great work guys. Also nice to see Mark and Lisa and new bubba out on the course. Brett reminded me that the last time he saw Lisa running the Park aquathon he was warning the cars to slow down, as Lisa was running faster than them.

Tonight's race had a few people worried - firstly the name (we let you figure out why after the race – but it was actually the Park aquathon – it's called killer when we run it in reverse) and secondly how many laps do I have to run? I can report that nobody got lost this week and everyone passed the count the lap test.

With a quick briefing we were under way.

Group 1 was away in the swim with the reminder to swim a big circle. Due to the weather being slightly better this week we only had 3 lanes to complete the swim leg. Christine's plea for help out of the pool didn't fall on deaf ears and Darren from group 2 came striding forward to help her out of the water- good to see Male chivalry still exists. Michelle G (nice to see you back) was sporting an interesting tan - I thought it might have been from a few weeks in Fiji or something but no it was just a Ranga tan from a physie comp (dance comp). Welcome to the physie club as well as there are a few of us who do Physie as well. Letizia showed a whole new meaning to multi-tasking by answering her mobile phone whilst in transition to the run. Rosemary and Anne had a close race to the end with lots of talking going on during parts of the run. This group jostled around a bit for first place but the honours go to Jason this week. Good work after persevering with those shin splints in recent weeks. Great effort at the back of the pack – Gaye,

Moira and Pauline grinding it out – 3 swims and 3 runs is TOUGH, as we know. Christine was frustrated all night – plagued with stitches this week.

Group 2 were roaring and ready to go. Conditions were a bit cramped but they managed even though someone tried to take Letizia out in the swim. Paul, Alistair and Andrew have proved that they are too good for this group and will be moved to group 3. Kate gets to have gloating rights over her new fiancée but I think that could change in a few weeks. Bronwyn just scraped in on time to race but posted a good time. Kylie is still enjoying her long transition time complete with drying toes and an update of her working week. (Did I forget to tell you the prize this year isn't for the longest transition time). Special mention to Fiona C who gave the boys a run for their money in Group 2 and was running better and faster than we have ever seen – looked great out on the course this week. Fi. Henrick and Lyn pushed hard coming home in under 40 minutes – nice.

Group 3 was bolstered by Sean and Dave, adding more competition to the elite pack – 16 in group 3 this week. The group stayed fairly close to each other the whole way and Michele finally had another female in this group to race with. Hally decided that the stairs were a much easier way to get out of the pool. Mark Huber just pipped Greg to take first place in group 3 this week, but it was quite an epic struggle between Mark, Tim, Greg and Mick – in the end only 24 seconds splitting those 4 (there be no time for drying toes in transition in the top end of group 3). Excellent result there – I think that is 5 group 3 winners in 6 weeks. Neil continued to look very quick on the track – looking for less swim time.

I hope everyone will be training hard this week for the upcoming Cabarita Cup next week.

Thankyou to Steve and Brett for help with Marshalling and the briefing. Steve we hope you recover soon so you can race again.

Sarah