

Race Report - Wed Oct 20th 2010

Event: Duke Ave Aquathon (500m swim, 5.6km run)

What a difference a week makes. Last week it was pouring, this week it was almost perfect - nice and sunny with a cool breeze making for perfect racing conditions. The fine weather attracted another bumper crowd with over 50 Cannibals coming along – 47 of those racing. Well done to all participants.

Welcome to all First Time Racers: Andrew Webber, Jeremy Browne, John Garbutt and Gerhardt Sanft. Welcome back also to Cannibals making their first appearance for this year, Stephen Hill, Vlad Tohadze, Stretch, as well as Dean & Alison who popped in to see how the club was going.

Group 1 was away with John Garbutt first out of the drink. This was really the girl's domain and they battled it out to see who could get an advantage on the run by having the quickest transition time. Rick quickly caught up to the she-pack who had passed him in the swim to take 1st place in group 1. Great effort Rick. Cath, Emma and Fiona were on each others heels to take out 2nd 3rd and 4th (maybe next week at the drink break they will decide who gets to be first). La la was showing off a very new and impressive tri suit until Jason pointed out its special aerodynamics at the back - maybe that's what the wolf whistles were for. Impressive effort from Amanda (fresh from her podium finish at Homebush last weekend) and Jeremy (first race for the season). Great effort from Gaye sneaking in under the 50 minute mark. Angelica grinded it out on the bay, with Anne, Pauline and Ruth taking the short course.

Group 2 set off with some muffled protests from those promoted from Group 1 – Michelle G (who said she couldn't swim 500m) and of dry-toes-Kylie. Kelly also managed to find herself there as a result of missing the Group 1 start an obvious ploy to that she could race with her training mate (Kylie).

Kylie quickly got over the group over the promotion, however she was seen consoling herself by using someone else's towel in transition. Jim offered some guidance as he demonstrated the 3-second transition. Bronwyn and Lyn were showing off their impressive smooth swimming styles whilst Kate had to manage swimming 500m without a cap as hers broke before the start. Out on the run, Paul, Daniel and Jim battled it out for 1st, 2nd and 3rd in very close times. Close behind them, Curtis, Henrick, Alistair, and Andrew W. Bronwyn (first woman home in group 2) nudged her way in front of Steve Di Francesco to beat him by 2 seconds or maybe Steve was just being a gentleman. Lyn, Michelle, Toni, Kate and Kelly came in close together at the end with Kelly showing some incredible speed on the run.

Group 3 got away with Tim muscling-out the 1st 100m to try and get in front of Michele; but without a tumble turn he stayed behind her for the next 350m. James showed us that a fast tumble-turn is important to make up time in the pool. Andrew Burnell got some outside assistance with Christine tying his shoelaces for him (seriously guys – can I have mine tied next week?) It was nice to see David and Gerhardt timing their swimming so they could push off the wall together at the same time at each end (you gotta love synchronised aquathon). Helen was nervous about being in group 3 but posted an impressive swim (beating most of the boys out of the water) and an impressive run time, ensuring she will now be permanently in group 3 – big effort from last year's Rookie-of-the-Year award recipient. Tim, Peter, Andrew, Greg and Alan stayed as a tight knit group on the run – so much so that Stretch and I were wondering if straws were drawn at the drink break to decide places at the finish; the first 6 boys in group 3 all within 50 seconds. Michele posted the first girl home in group 3 at 35 minutes – nice. Very good efforts from Mark, Nathan, James, David and Dax – all posting good times.

A great night of racing – it's great to see the competitive spirit come out between friends on the night. Thankyou to Steve, Brett, Jonathon, Jason and Christine who assisted on the night.

Sarah

View From the Pool Deck: Steve's Special Comments:

As mentioned is Sarah's Report – a great night of racing. Groups 2 & 3 in particular very competitive with many finishing in close proximity to another (the first 11 finishers across the line in Group were only separated by just over 2 minutes). It augurs well for the season to come with many individual battles spurring people on to new heights.

What is particularly noticeable is the differing levels of running & swimming prowess demonstrated by a number of competitors – with many being much more at home on land than water or vice versa. This always makes for great multi-sport racing, as some try to establish a lead in the swim leg, whilst others chase them down on the run.

As usual there were a couple of meritorious performances – both from a sporting and non-sporting point of view. Those to catch the eye included;

- Vlad who returned for his first race of the year, dressed like he was going to the snow, then proceeding to race only in a pair of budgie smugglers
- The improvement shown by Daniel Lotze (especially in the pool). Has not missed a session this season and results are starting to show – almost taking out Group 2.
- Dito for Henry who is improving every week
- Cath Nolan for going ever so close to taking out Group 1, being pipped at the post by Rick (one who is definitely not a noted wet tracker!)
- Ruth for forgetting her running gear and Andrew Boros for forgetting his runners (you guys related by any chance?)
- Continued improvement of Pauline (especially in the pool) and Gaye
- Michele and Tim for overall / gender honours
- Bronwyn who has come from nowhere to finish top 3 in the female ranks
- Season newcomers Peter B, Andrew Burnell & Mark H in Group 3, who have really added to our clubs depth at the top end
- Kate Campbell's impressive finish line entrance – what's next we wonder?
- Paul for taking out Group 2
- Runners Steve D and Fiona who came out of their waves almost 'stone motherless last' then managing to sweep up a few on the run
- Dave Issa for overcoming his fear of the swim by managing to not come out last (beating Gerhardt – long lost brother perhaps???) and not falling victim to sharks Yes, that's what he said pre-race.

Big thanks also to **Sarah** for Race Timing / Results and Reports.

Steve