

Wednesday 23rd March 2011

Brent St Double (200m Swim, 3.5km Run, 300m Swim, 3.5km Run)

This week saw a downturn in numbers lining up to race, maybe all the rain over the last week kept a few away, while others are still recovering from Huski. Despite that, near perfect conductions saw 32 starters, including a couple who raced a short course and Jason who pulled up lame in the first run, (still recovering from Huski, but glad I'm not a horse!). Also welcome to newcomers Grace and Katie, as well as Brad and Liz, two Canadian teachers that Sarah has been billeting and duly roped into racing, well done guys.

Group 1:

The winner of the group with the most people racing. The pool was packed to the brim but they still managed to swim in an (almost) orderly manner. First out of the water was Matthew Pride. Jo a diligent newcomer showed she had strength and determination to not only finish the double course, but to also place 1st in group 1- Don't get too complacent there Jo as I feel a move to group 2 is on the cards. Brad and Liz (our Canadian friends) decided that a jog and a chat were a great way to spend the race and couldn't get over how lucky we were to have beautiful weather and a pool on the harbour. Fiona Day was in her element posting an impressive time. Anne Reidy's training is certainly paying off as she finished in a new and improved time, and looking stronger each week. A worthy mention to Jeremy, proving that a warm up stretch is over-rated as he arrived a few seconds before the start of the race and managed to smash a full minute of his previous time.

Group 2

Prior to the start of their race I tried to get some people to race in group 3- Andrew Boros was extremely upset when I told him that once he won the group he would move to group 3. Andrew quietly swapped hats and stepped into negotiation mode by asking "Why hasn't Fiona moved yet". Lucky for Fiona she didn't win group 2 this week. Newbie Grace clearly underestimated her abilities and was swimming and running so fast I nearly missed her- Due to the constitution rules on group changes you will be racing with group 3 next week. Whilst on the newcomers, welcome to Katie who nearly convinced Jason to place her in Group 1, but clearly showed she's a quality contender and cemented her place in group 2. Andrew decided to show everyone he has style by executing a textbook style tumble turn- the same couldn't be said for his choice of run top, maybe the blue truckie singlet was a poor attempt at imitating the Concord run singlet). Craig and Curtis tried to outdo each other on the run and came flying down the hill at the end. Lyn Grundy has just taken off and is now hard to catch on the run although Andrew's reasons for running with Lyn are yet to be determined.

Group 3

Off to a good start- Chris nearly broke my marker with his sweaty hands (not only does he compete he decided to run to the pool instead of driving) and Travis decided to start an argument about why he had to have a number on his hand- luckily Jane was there to tell Travis to behave and get the number on his hand. Jane being the only female seriously needs some competition in

group 3, (Grace, we're talking about you). Jason and Steve were impressed to see Jane pacing her little sister Lyn on the final run, and we couldn't help but notice their identical running style. Greg Muir showed me that swimming pants can double as a Goggle carrier- I just wished he hadn't put them down the front of his pants. This group kept a good pace on each lap of the swim and run, with Travis blisteringly fast in that red tri-suit, and will be heavily handicapped in next week's memorial event.

Many thanks to Cathy and Michele who did the turnaround point and provided everyone with a drink and some encouragement.

Thanks to Jim, Steve, Cathy, Michele for helping out tonight.

Sarah and Jason