

Race Report - Wednesday October 27th 2010

Event: Brent St Double Aquathon

(200m swim, 3.5km, run 300m swim, 3.5km run)

What a difference a few hours makes. At 3.30pm the heavens opened up with a hailstorm. As I left work running to the car to avoid the hail I had serious doubts the weather would clear up to let us race. By 5.30pm the weather was hunky dory providing us with perfect conditions for a nighty swim and run.

Welcome to all First Timers: Kate Mclean, Matt Mccarron, David Haynes as well as those who have joined this season and completing their first official race.

Welcome back Cannibals making competing on a Wednesday - Moira & Hally.

A smaller crowd of 37 (mainly due to the off-putting weather) saw us go into 3 groups. We were under pressure to get the groups in and out by 7.20 but by keeping organised, we managed this in an orderly fashion.

A few people are becoming true professionals for a Wednesday night and getting down to the pool early for a warm up swim namely Chris, James, Kelly, Jason, Hally and Nathan - as long as you don't try for a warm down swim you will be right.

Group 1 was away with Cath Nolan taking out the swim despite her protests about not racing tonight. This was a girls domain and they were determined to finish some part of the race any which way they could. This saw Kate show off her backstroke and Letiza her breaststroke skills in the water. Angelica must have got wind of how warm swim caps keep you on the run and went off onto the bay run with her cap on (it is my trademark and if Kylie sees you with a cap on she will want to rip it off). Cath realised the only way to make up time was in transition and has now perfected putting a swim cap on whilst running. Kelly's new run program saw her come back first into transition and again first in group1 at the end. I think its time for Kelly to go to group 2 as Kylie only just managed to bet her by 00:02:00 of a second. Great effort from Jeremy, Angelica and Lala – going hard at it for an hour is tough at the front of the season. Christina, Kate M, Letizia and Moira each took the short course option.

Group 2 saw Kylie taking out the swim leg yet again. The girls were outnumbered by the boys but the girls stayed close to provide support for each other. The best part of the group was watching each person struggle- especially Kate's comment of "these shorts are not triathlon friendly"! The boys had to resort to sitting on the ground to try shoelaces and Kylie took her time to get her feet dry. Looks like its time to buy some elastic shoelaces. Bronwyn showed us focus is the key to taking out first place of the girls in group 2 by having a quick transition time as

well as staying close to the boys during the run – she finished in the middle of the pack. Paul took line honours for Group 2 - second back overall. The tightness in Group 2 continues with the first 6 home all within a minute (following Paul was Alastair, Henrick Steve D, David H and Daniel – boy power dominating this week). Tight in the middle as well as Bronwyn, Craig, Kate C & Curtis all finishing within 15 seconds at the 49 minute mark. The girls (Lyn, Kylie and Fiona D) ing Rick company at the back of Group 2.

Group 3 got away with the battle of the swim taking place. Steve and I hedged bets and even contemplated letting the girls have a head start to beat the boys. It was Warren, Tim and Michele out of the water first. David Issa's swim is getting a lot stronger (have there been some training sessions that we don't know about!!!). This group has the fastest transition time (clocked you guys at 3 seconds) - even Andrew managed to tie his own shoelaces this week, although sadly he is not yet at a competent level as they came undone on the run. Hally was using tonight as a warm-up to the Port Macquarie half-ironman- we wish her all the best. Greg Muir the dark horse came and stole Tim's thunder by taking out first place in group 3 overall in just a pair of budgie smugglers - the old guy still has it in him. It is great to see the boys in this group push each other to improve their times each week. Chris decided to swim in this group in his new Concord budgie smugglers but wouldn't run in his thongs - poor sportsmanship I say I would have paid money to watch you race in thongs.

A good hit out for Group 3 and it continues to be tough at the back with the speedsters. Brett is getting upset as no-one in Group 3 wants to stop, hydrate and have a chat at the turnaround. Nice finish in the middle from newcomer Matt, posting 44 minutes, closely followed by Brendan, Cameron & Warren. Michele did the short course, tuning herself for next weekend's big charity ride. Well done to all.

Thankyou to Steve, Brett, Jonathon, Jason and Fiona who assisted on the night.

Sarah