

Wednesday October 27th 2010

Event: Brent St Double Aquathon

(200m swim / 3.5km run / 300 m 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 one of our more demanding events: The Brent Street Double.

Upon arrival, noticed a few sneaky cannibals doing a warm up swim – namely James, Kelly, Hally, Cathy, Chris S and Jason. Staying warm prior to the race however was the key as it was rather cool by race start time (when is it going to get and stay warm this spring???).

The cooler than average temperatures kept numbers down a tad, but we still had a cast of around 45 Cannibals turn up to either race, train or support the event – including those injured and/or not up to racing at the present time (Chris S, Jason, Stretch, Steve, Fiona C).

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.

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 to tie shoelaces and Kylie took her time to get her feet dry. Looks like its time to buy some elastic shoelaces. Bronwyn Isaacs 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. Paul was the second person back at the finish completely passing most of group 1 on the run.

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 Michelle 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 sadly he is not yet at a competent level as they came undone on the run. Hally's was using tonight as a warm-up to the Port Macquarie half iron man - 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 and gender 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 \$5.00 special 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 number of additional special mentions this week, these go to;

- Kelly for blitzing group 1 and mounting a strong case for re-instatement into Group 2. Well done Kelly, the hard work is paying off. PS You were spotted out doing a long ride up North of Saturday morning
- Cathy for continued improvement ... who will get here chance to snare Group 1 Gold Medal next week
- Angelica for not even considering not completing the entire race, despite a goggle malfunction at the start. A notable achievement for one so new to the sport
- Kate Maclean for having a go. About as comfortable in water as a cat, Kate jumped in and 'medley relayed' her way through the swim legs. Well done Kate, everywhere has to start somewhere.
- Christine, who despite an uncomfortable (and long) tri suit / pants, raced with on her (red) face. Good to see you really enjoying your sport Christine.
- Paul 'Ranga' Everson – for again winning Group 2. Just about time for you to step up and play with the big girls and boys Paul. (You are not far behind him Alastair!).
- Excellent performance by Stevey D. Aided by longer run, Steve ran past virtually but 3 in his group in a welcome return to form.
- Bronwyn for finishing in front of all but seasoned athlete Hally in the women's division
- Kate C (who said she really tried this week), to finish in sight of some of the faster boys
- Greg for working his backside off to take overall line honours. (Tim really made him work for it mind you!). Fantastic to see you back in form Greg and great to see such good competition at the pointy end of the male division
- Solid debut by newcomer Matt M – would have been even more solid if he didn't have to get out the pool and retrieve his goggles half way through the second swim leg (that salt water really stings the eyes doesn't it Matt)

Thank you to Brett, Stretch and Jim who assisted on the night.

Sarah & Steve