

Race Report – Round 5 Parkside Physiotherapy Triathlon Series (Sunday 25 March 2007)

Sunday saw the penultimate round of the Parkside Physiotherapy triathlon series. Conditions were not ideal for triathlon with a strong southerly blowing and much cooler temperatures than the 35 experienced on Saturday. Irrespective of the weather, we had a hardie band of competitors who braved the conditions.

There were 3 competitors in race 1, a smaller field than normal but Georgia Miller, Samantha Davidson & Thomas Miller made up for lack of numbers with enthusiasm.

Race 2 had a more consistent turn out. At the pointy end of the race Luke Rose crossed the line 8 seconds in front of Tom Luddington. Jenna Donkin was first lady across the line. However the champion of the race was first time starter, Samantha Rowlands who gave up a few years on the rest of the field. This just shows that our races are open to all. Special note goes to Reece McAlpine who finished his first triathlon. Well done.

For Race 3 & 4 we experimented with doing the bike leg round the shorter Track 2 rather than Track 3. From an athletes point of view, even though you didn't have to negotiate the longer hill of Track No.3 and you could hold a higher average speed, there was less opportunity to rest making Track 2 a testing course all the same.

However, the Track No.2 configurations only worked with the hard work done by the lap counters. With 10 laps around Track 2 for Race 3 and a dizzying 17 laps for Race 4, the experiment would not have worked but for the hard work done by Maria Rose and Lauren Rapley. With 18 different competitors on course at the same time doing very different speeds, counter laps for everyone was no easy task. Well Done!!! I admit that I can't count to 17 while racing. I would have done an extra lap if it wasn't for Maria's assistance.

The good news story of the day was the 8 first time competitors in race 3, introduced to the club by Elaine Bolton. From Elaine training group, each of these first times accepted the challenge of competing in a triathlon. It's a testimony of our club racing that first timers feel comfortable being able to compete at whatever level you are capable of, well done all. For the record Liam Rapley won race 3 with Alex Clark crossing a little later in second. Donna Lloyd was the first female.

Finally Race 4 had 8 competitors. David Rose the prize blitzing the field. It was great to see Sue Flynn back racing at a club tri. Congratulations, Corrie Rowlands for competing in your first club race. Sonia Legovic was first lady across the line. I understand there were no complaints about dizziness from any of the competitors.

Don't forget the last round of the Aquathon series wraps up on Saturday 7 April (7.30am start). Please note this is our annual teams race, watch the web site for further information.

Our last triathlon will be held on 22 April, if the weather keeps cooling as fast as it did over the weekend, there will be ice on the ground! This race is the week before the NSW Club Championships so it will be a great training run. Watch out for further information as we are looking to invite our neighbouring clubs.

Good luck to all our members' competing in this weekends Australian Ironman Championship. .