



ATHLETE'S FOOT TRIATHLON – CLUB RACE 1

Congratulations to all competitors who participated in the season opening event. Cool conditions saw a good number of entrants register for both short and long course events and they were glad to be swimming in the warm waters of the South West Rec Centre.

The short course field was led off by Ben Ontronen, who put in a solid swim time but he was soon chased down by youngster Brad Linfield, who posted the fastest time of the day over the 250m Swim, 12km Ride and 2 km Run course. Ross Hillier filled the minor placings.

Encouraging to see was the number of new competitors who put themselves to the test over the short course distance, and although a few looked a little puffed after the event, they all enjoyed the experience and many are set to return and try to better times set in their 1st outing.

The long course events this season are shaping to be a battle of the "Young Guns of Tri" with "Flyin Ryan" Baillie set to have some serious competition this season, in the form of Bing Pasco and Donovan Castelyn, much to the relief of veteran tri-athlete Craig Kimpton. It appears Ryan was using this race to get a good look at his new found challengers, as Bing Pascoe ran into 1st place 27 secs ahead of Ryan over the 500, 18 and 4 course. "Superfish" Castelyn can also ride and run a bit for someone who appears to have been born with scales and gills, posting a solid 3rd place time. With a bit more bike and run training, Donovan will shake up the top of the field. True to form though, champion veteran Craig Kimpton pushed the "Young Guns" the whole way to just finish out of the places. You can bet as the season rolls on Craig will be keen to take some places from the youngsters at the head of the field.

Again a super recovery breakfast was put on by Donna and her band of helpers and the social atmosphere after the race as athletes swapped stories and recharged was outstanding. For those that stayed on Brian Kempson, TWA Development coach gave a brief talk on many aspects of triathlon, focussing on athlete preparation on training regimes.

All in all another super day out for the Triathlete's of the Southwest, thanks again to our race sponsor, The Athlete's Foot and good luck to all competitors in upcoming events such as Anaconda and the all important Round 1 of the State Triathlon Series, the Bun"Berri" Classic on November 16. The next club race is 7:30am November 23 at the Eaton Foreshore.

Results – Club Race 1

Short Course	Long Course
1 st – Bradley Linfield	1 st – Bing Pascoe
2 nd – Ben Ontronen	2 nd – Ryan Baillie
3 rd – Ross Hillier	3 rd – Donovan Castelyn