

Times improved across the board when the Armidale Triathlon Club held the fifth race in the Forsyth's 2013-2014 series on Sunday.

Callum Dolby set a cracking pace in dominating the Long Course Race in posting a 52.17. The Tamworth contingent were very strong at the front of the race, especially in the absence of Pat McMillan. The Heeney family, Shaun Betts & Kelly Moore were all very strong. The younger brigade of Hayden Freeman & Jack Parker performed well.

A special mention goes to Andrea Bishop who completed her first long course.

There were strong numbers in the Short course and Junior's race, partly due to a number of TAS boys competing.

In the Short Course, young Ella Heeney just edged out Brent Rees from TAS by nine seconds. It is great to see so many youngsters stepping up from the Junior's race. For example Sam King and the O'Neil boys had a crack at the longer distance.

We also saw some teams return to the race with four teams giving the 200m swim, 10km ride and 2km run a go.

Sixteen racers competed in the Junior's race further improvement in times from the last race. Tom Bible and Alicia Ball were the fastest. Notably, both Tom & Alicia have worked their way up from kid's race and it is great to see them go on with it.

The kid's race was again well attended and this is the future of our club.

The last race in the Forsyth's series will be held on Sunday 9<sup>th</sup> March. Many categories will be decided on the day. The long course will be fought out between last year's winner Pat McMillan, Alex Thomas and Anthony Heeney. McMillan has a two point lead from Thomas with Heeney a further seven points back.

Paul Billings is the only competitor in the club with a perfect points record of 75 from the 75 points available so far.

The Junior boy's category sees Jacob Freeman out in front from Tom & Sam Bible. The Junior girl's category is currently being led by Mackenzie Constable with Lucy and Alicia Ball in contention.

After the last race, the club will hold a presentation lunch at the Armidale Bowling Club starting at 12.00pm.

Next Sunday, the club will hold the much anticipated workplace challenge with registrations from 7.30am and the race starting at 8.00am. Proceeds go to local MS support.