

## **Forsyth's Series Triathlon 2014-2015 Race 2 Report**

What a day! Warm weather, not too windy - though the flat before Tip Hill on the bike leg always features a breeze of some sort - and 82 entries; the bike rack was full!

In the long course men congratulations to Nathan Friedman who took out the day with a PB (is that right Nathan?) at 1.03.14. Behind 2<sup>nd</sup> placed Hayden Freeman after the swim and bike legs Nathan powered home in the run. Well done too to 3<sup>rd</sup> placed Paul Billings who made up considerable ground on the field in the bike and run legs.

Veteran Suzie Ross was again first home in the Women's division and special mention must also be made of her swim tactics where she lapped another Ross entrant! Well done to the Guyra Gunners who were the first team home.

30 short course participants made for a very competitive race. Congratulations to Brent Rees who placed first with a cracking time of 32.32. And well done to Alina Butler who was first placed in the Women's.

In the Junior race Lachlan Harris was first home followed by Tom Bible with Olivia Strelitz placing third overall and 1<sup>st</sup> in the Girl's section.

A great finish in the Kid's race with the team of Zac Finlayson, Tom Finlayson and Nick Newsome taking the honours.

### **Families**

It is great to see so many families regularly attend Sunday's triathlon. Today those with more than one competitor include: the Friedmans, the Ross family, the Perottets, the Penningtons, the Balls (with an older generation of Balls being regular spectators), the Finlaysons, the O'Neils, the Schmudes, the Bibles, the Clarksons, and the Starrs – please let me know if I've missed you.

### **Transitions – T1 & T2**

Making a quick transition at T1 & T2 is an art in itself. Transitions for competitive tris also have rather strict rules as to where they must be made, how your bike should be racked and how gear should be stored. For the next Forsyth's tri spend a little more time before the tri ensuring that your transition is ready for speedy changes for T1 and T2.

I'll see many of you next Sunday for the Schools Triathlon and then again 3 weeks after that for race 3 of the Forsyth's triathlon series on Sunday December 7.

Alex Thomas.