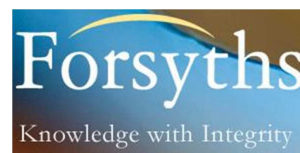




Armidale Triathlon Club



## **2015 / 16 Forsyths Triathlon Series – Race 1 Report**

What a start to the 2015 / 16 season! Great weather (although there was a bit of a head wind for cyclists after the turn) and great participation. Welcome back to regulars and a special warm welcome to new comers particularly to those in their first ever triathlon.

Opening the 2015 /16 season was the Kids race which Catalina Cox won by one second from Miller Harwood. The award for best dressed must go to Zara Ross (also the youngest competitor?) who was straight off to ballet following her triathlon.

Keeping up his form from last season Nathan Friedman again won the men's long course from Jack Parker. A youthful Suzy Ross was first female across the finishing line followed by Jacquie King in her long course debut (or first for some time Jacquie?). Well done Michael Ball making the step up to the long course.

In the short course Alex Thomas was first in the male individual followed by Sam King who was the first junior male. Despite one swimming training session since last season Kath Gwynne was first female home with Lea Selby second and Sheree Friedman third. TAS 3 took the honours in the teams section.

Special mentions to some short course competitors include: Kate Lawrence for the water and food capacity of her bike; certainly no need for bike shirt pockets and gel tubes!; and (I think) to Lea Selby who was making her first Armidale Tri appearance for 20 or so years and advised that the short course hasn't changed in this time!

In the Juniors race Sam Davis was first closely followed by Olivia Strelitz who had trained hard for Tris in the October school holidays at Pony Camp.

Many thanks to our volunteer race marshals. It was great, on the bike, to get early all clear or slow down signals at the road intersections.

Well done all and looking forward to seeing you again for Forsyths Race 2 on the 8<sup>th</sup> of November.