

Mt Annan Duathlon



Mount
Annan
Botanic
Garden

Australian Plant Garden
of Royal Botanic Gardens & Domain Trust



TRIATHLON
NEW SOUTH WALES

Race One, 6 June 2010

It was a good start to the Mount Annan Botanic Garden Duathlon Series, especially with the wet weather staying away several days before and on the day for the event. It was indeed a long spell of wet weather and those that competed, no doubt appreciated the opportunity to get out and test their lungs and legs.

The course was revised due to the concerns of the initial transition area being too wet and soggy, and the revamped transition area seemed to be a big winner, especially with parking made relatively easy for all concerned.

The first 4.2 kilometre run was staged mainly on the asphalt, with the runners appreciating the 200 metres of grass run to take out the hill that is part of the cycle course.

The first person to complete the 4.2 kilometres was Mark Scott with the impressive time of 12 mins 56 seconds whilst Clyde Rosanowski was next just six seconds in arrears then a sizeable gap back to a group of runners headed by Shane Ilgen and Robert Skillman with Phillip Parle (M45-54) and Alex Reitmeier right on their heels.

The first female to appear was Tamsyn Moana-Veale with a very impressive 14m17secs just ahead of Erin Hargrave with Wendy Walker (F35-53) in third one minute and eighteen seconds behind.

The cycle leg saw a few changes with the leader board with Mark Skillman taking the lead into the final run with a stunning 29 min 54secs for the 18 kilometre ride with Alex Frame the only other competitor to crack the 30 minute barrier.

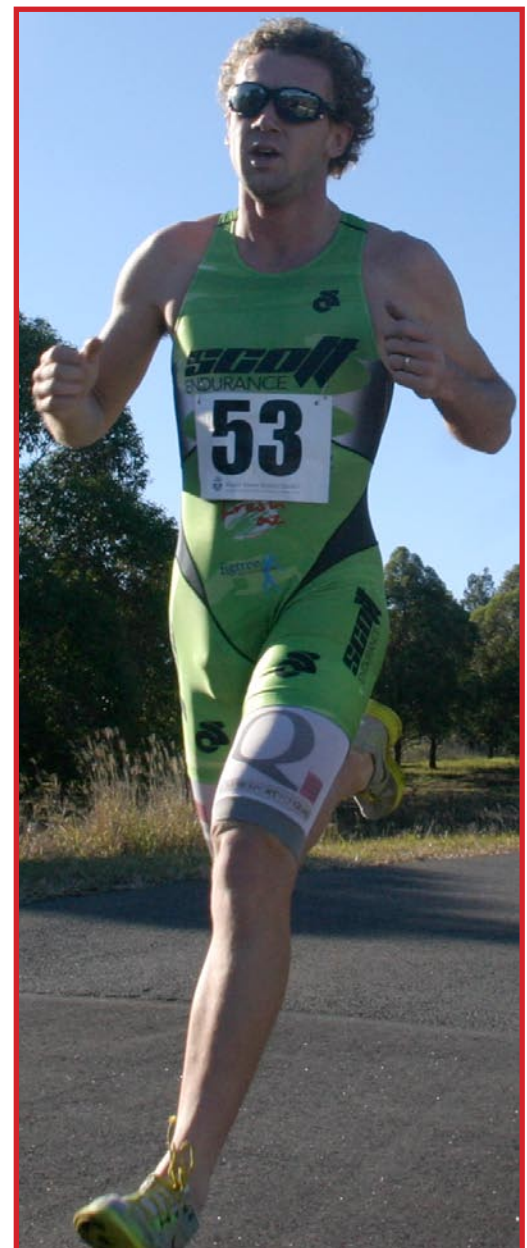
Giving chase to the new race leader was last year's winner Clyde Rosanowski with Shane Ilgen not far behind. However, Rosanowski in a very powerful run, was able to catch a somewhat fatigued Robert Skillman, whose effort on the bike certainly took its toll in the closing stages.

Rosanowski gave no chance to Ilgen and increased his lead off the bike by another 11 seconds in the final 2.8 kilometre run and stopped the clock at 54m 47secs, a tremendous time in the conditions. 18 seconds behind was Shane Ilgen and Robert Skillman, with a 11m 45s final run, just out lasted Mark Scott for third place. Alex Reithmaster ran a solid race for fifth and Alex Frame also suffered from the big effort on the bike and recorded a 11m 50 seconds for the last run to finish with 56m 45s and sixth place, just ahead of Luke Zweers and Samuel Burston.

The women also put on a great show with Wendy Walker overcoming a sizeable deficit after the first run leg to conquer the bike with an astonishing 32m 03s and take a lead of 51 seconds over her main rival Tamsyn Moana-Veale. Tamsyn came back in the final run but the finish line proved just a little to close and finished just an agonising three seconds in arrears.

Wendy Walker finished with a time of 1 hour 12 seconds, with Erin Hargrave 1m39s behind in third place and Narell Talbot (F45-54) responsible for a great effort finishing fourth overall.

Another to make his mark on the day, as did most competitors, was Witold Krajewski (M55-64) who finished 21st with a 1 hour 4 mins 18 seconds.



Mark Scott showing a clean pair of heels



Norman Joyce on the descent ahead of Campbell McNiven on the 1st run.



Tamsyn Moana-Veale in action



THE FINISH

Clyde Rosanowski takes out the 1st race of the 2010 series with a very strong performance



Norman Joyce on the descent ahead of Campbell McNiven on the 1st run.



Wendy Walker powers home with a 12 min 34 second final run to win the women's event



Malcolm Smith (M45-54) put in a very commendable performance on the bike registering a 34m 9s and 18th place overall.