

Ana Leaf August Aquathlon Series 2014



Race 4 Report Thursday 28 August 18:30 St Catherines

The fourth and final race of the series and the weather was once again kind, despite the forecast, with cool but clear conditions and a mirror like sea for the swim. There was another good turnout with 21 swimmers starting in the water (including Eve Bowers opting for the swim only and the first team of the series in the form of Sarah Corcoran and Della Roderick). Despite best efforts the race again started a little late, apologies to all, we will revisit the timings for next year. Details of the juniors' races can be found on their website.

Dan Halksworth in his first race of the series was held to second place in the swim by JJ Galichan with both making transition within 10 minutes. Billie Cave officially (this week) opting for the shorter swim came out of the water just before strong swimmer Ollie Turner. Arlene Lewis was the first women out of the water in around 13 minutes, about half a minute ahead of Philippa Worth with Claire Kybett a minute further behind her.

Despite shoe troubles Dan, who forgot his official running shoes, but fortunately carries spare sports gear in abundance, ran the challenging 4km course in 15:11 finishing comfortably ahead of JJ. We'll never know if Demri's run course record of 14:40 could have fallen if Dan had remembered his gear. Ollie Turner managed to maintain third place, which meant JJ and Ollie also finished second and third respectively in the series. Sam Mason finished fourth in this race putting him fifth, one point behind Richard Sellors, in the series. Arlene Lewis put in another solid performance with her running seeing her make up two places over Dan Heaven and Steve Hargreaves, to finish fifth in the race and sixth in the series. There was a three way sprint for 13th, 14th and 15th, with Jonny Flanagan just edging out Jon Coote and Colin Hidrio respectively.

Thanks once again to Richard Whitewood for all his hard work this month, it was great he finally got to race. Thanks also to Dougie Smith who brought his wetsuit and seemed disappointed he wasn't kayaking, but was in position to give helpful on the spot coaching tips to yours truly. Thanks to Glyn and Megan for setting out the swim course and kayaking, Paula Turner and Irene Whitewood for timekeeping and thanks to all of the other parents and volunteers who helped in and out of the water.

Race of the day for me goes to Jon Coote. For the first time in the series there were two people who ran 4km quicker than they swam 750m. Fintan Kennedy swam 17:31 and ran 17:18. However, Jon was almost five minutes quicker on the run than the swim being second to last out of the water but second fastest on the run. Well done Jon, though you might need to rebalance your training for next season.

A huge thank you to all those who made the series a success. If you have any suggestions for next year please let us know by emailing info@jerseytriclub.com. We hope some or all of you can make it for the end of season relay on the morning of Sunday 28 September also at St Catherine's.