

25/9/06

Cam Bartram 2nd @ Cosne-sur-Loire (France) Race Report

Racing in France is never easy, and Cosne-sur-Loire, a 3-90-18 race 2 hours south of Paris, on the weekend was no different. Two trains, a metro trip through Paris peak hour, a desperate search for hotels at the other end (most of which were closed on Friday... go figure) and 60km of riding just to find the course (it turned out to be 20km from the actual town) gives you some idea of the fun and games you go through before you even toe the start line. That aside we got to the race in one piece, but maybe just a little jaded and frustrated.

The shallow lake combined with a two lap course made the swim a race of entries and exits. Making use of the available banks I had the field was strung by the first buoy and a 10 second lead after the first lap turned into 40 seconds as I exited with my first ever swim prime (thanks Blue Seventy). The bike turned into a 90km solo adventure, which I'm starting to get used to over here, although I just need to get a little better at them!

I lost the lead after the first 45km lap as one of the French uber-bikers decided the course was to his liking and punished the terrain. Despite Gilesy words from previous weeks ringing in my ears to go with them no matter what I limped into transition as the leader pulled through the 1km mark of the run. Even with the 2nd fastest bike split, on a reduced run course (18km, not 21, which made it a bikers race) the damage had been done.

The run was another one lane bush trail extravaganza that they so love over here and I think I will miss them when I hit the hard asphalts of Australia again. I crossed the line a comfortable 2nd on what will go down as my first podium over here and one of my more memorable days in France. I had been joined at this race by Queenslander Steve Kanowski who lined up in the concurrent Olympic Distance race. Steve finished a credible 10th in this race before deciding that he'd had enough of triathlon for the time being and that the Munich Beerfest offered much more excitement for the holidaying Aussie in Europe. He may have a point, but I'm not on holidays.

13/9/06

REAL FRENCH RACING

Combined reports on the Douai and Val de Reuil races from Cameron Bartram.



September is the heart of the longcourse racing season in France with races aplenty. When two local half ironman races appeared on the race calendar in quick succession, both (comparatively) close to home base, it was time to find out about it (as Paul Matthews terms it) "real French racing".

First race on the agenda was Douai, a 3/80/20 combination in the north of France just a stones throw from the Belgium border, hosted by what turned out to be the nicest organising committee I have ever had the pleasure of meeting. Despite the torrential downpour the night before (I was promised it would not rain come race day) the home-made

gourlash cooked up by the organising committee will go down as a favorite pre-race meal, if ever I learn how to make it!

On race morning the organisers promise of no pleuvoir held true as athletes tackled the 4 lap swim course, which turned into a navigational nightmare on lap 3 as the field merged into one swirling, circling, splashing mass of swimmers. Charlie Loisel, 2005 French Long Distance Champion, led the swim out and would not be headed for the rest of the day, while I exited in 5th and began the familiar role of chasing. Misinterpretation of a turn signal early on the bike led me down a lonely country road devoid of any signs of life, and with this went any chance of catching the group of 3 athletes ahead of me.

The run, which at times was nothing more than a flooded one lane bush trail (but in a good kind of way) gave you a look at your fellow competitors on each of the 3 laps. I set chase for the 3 ahead (let's forget about Charlie at this stage as he was long gone) and got to within 30 seconds of 4th before the runway ended. Despite the 2nd fastest run of the day I had to settle for 5th and the question of "what might have been?"

The next week was the Normandy Championships at Val de Reuil, this time a 2.5/83/21 (where do they get these distances?) combination. In a field boasting a little more depth than the previous week an altered race strategy got me a sit in the swim, exiting 9th. Having ironed out the race wrinkles from the week before I was feeling positive, despite what seemed like a prevailing headwind for the entire looped cycle course. I was off the bike in 7th and it was time to go hunting, I just hoped the two guys who had got away from me at the 60km mark of the bike hadn't stolen too much time. At the 8km mark the run was on track, but no signs of movement ahead, where were they? Nothing I could do but keep trucking. By the 10km mark I was 5th and this is where I would finish for the 2nd week in a row. It seems even with a map, compass, GPS and written directions I can't find a podium!

As it turns out my bike companions went on with the game and finished 1st and 2nd respectively, so congratulations to Jeremie Py and Bruno Freudenreich.

With only 3 weeks left prior to returning for the Australian summer I would just like to thank my team, Cesson Sevigne, for accommodating me for the season. My sponsors, Powerbar, Blue Seventy, Rudy Project and Mizuno, and last but not least, the man who has nursed me through my first European season, my coach Grant Giles.

16/8/06

TIM BERKEL @ YEPOON HALF IRONMAN REPORT



13/9/06

Sunday morning 5pm 13/08/06, I woke full of excitement to be here at the Yepoon Half Ironman. I got up had my usual brekky for the day and went through my usual routine. I headed down to transition, ready to race and totally focused on the day ahead, knowing it was going to be tough with Luke Bell and Jason Shortis leading such a strong field. We headed out for 1.9k swim, my swim wasn't going quite to plan with a few ups and downs along the way. Although disappointed with my swim, once I mounted my bike I refocused and put my swim behind. I knew I had some hard

work in front of me. I really enjoyed the bike ride and I had some good company in my good mate, young gun pro, Johnny Cornish. We encouraged each other and settled into a pretty good pace. After getting off the bike in 8th position, I felt pretty smashed but I dug deep because I knew I was capable of running a good 21ks with all the work my coach, Gilesy, has been putting into me. After running down a few competitors I had Boyd Connrick in my sights, when I caught up to him he let me know I was running 4th. As I saw the finishing line approaching I was overcome with excitement at getting 4th in such a strong pro field. I had a brilliant weekend at Yepoon, the resort was great, the race was run really well by all the volunteers and the weather was beautiful. The meltdown party was awesome, I met some really great people.

Thank you Yepoon.

A special thanks to my coach, Grant Giles
Tim.

NICOLE WARD @ YEPOON HALF IRONMAN REPORT



What a great place for a race- the weather was warm and you actually felt like racing which was good. I woke up feeling okay but not sure of exactly how I was feeling (this is normal for me as I when I feel crap, I usually race better!). The swim was terrible and I think I had the worst swim I have ever had. I lost the lead pack and swam off course on my own, so added on a couple of hundred metres- it was such a slow swim (6mins slower than any other half I have done!). I felt pretty shabby heading up into transition but got on my bike and off I went. The first lap I felt okay but it wasn't until the third lap (about 40km), that I started to feel really strong and I just kept the pace and cadence going. I just felt better and better as the ride went on which is something I have never felt before. My last lap was a little slow, which may have been why I felt so good coming off the bike, but I was overall really happy with my bike leg. I had a reasonably good transition and off I trotted for the run. I got straight into a rhythm and started to overtake heaps of people even on the first lap. I think I had the mongrel instinct that Gilesy always talks about as I was determined to run down as many people as possible to get right up there in my age group. I used the fishing visualisation and it really worked as I just kept reeling people in I must have run down about 6 girls in the last 5 kms which was great. It was a hard run with all the windy trails and sand, so I am stoked to have done 1.36mins. Looking at the results I had about the 5th fastest run in the women's overall, including about 3 of us that did 1.36!!

I am really happy with my result and am so pleased with how strong I felt. I really needed the confidence boost to get me ready for Hawaii. I see what you mean now about being a heap better in your second season!! I am really proud of Bern too as he looked great out there- I actually saw him heading in on the bike when I was nearing 2kms on the run and that gave me an extra drive to run hard!

Thanks so much for all your help- I do think the winter training has been awesome and exactly what I needed to get stronger. Oh and my nutrition was spot on too- I had about half the amount of food that I normally have and had no bloating or anything!!!

Bring on the IM training - I am pumped!!
Nicole.

10/8/06

MATT CLARKE @ VINEMAN HALF IRONMAN (USA) REPORT



Well i just returned from San Francisco where i was based for the week in the lead up to the Vineman 70.3 Half Ironman in Santa Rosa,CA.My training in the lead up to the race had been great and the heavy legs of a week ago at Boulder Peak had gone after a rested taper and i was ready to go on race day.

The half ironman field of the year had descended on the swim start of Vineman at the very early time of 6:25am.Five time world champ Simon Lessing,two time Hawaiian ironman champ Tim Deboom and in form Chris Legh to name a few but i felt confident of a solid race,my last hitout before the big one-Ironman Canada on the 27th August.

I positioned myself well in the swim and exited third with Lessing and french triathlete Rob De Nalan ahead.I made a quick jump onto the bike and into the early morning fog of Santa Rosa.I tried to be aggressive in the opening stages of the bike opening up a small gap in the first 15k to the chasing pack of six that contained all the major players.We came together shortly after and our group of seven rode through the vineyards of Napa at a solid pace.

From there on in i tried to conserve as i knew my competiton in this group-Lessing,Deboom,Cam Widoff were all renowned runners.We came in three minutes down on Chris Lieto who hammered past us during the early stages of the bike.I felt strong in the opening kms trying to evenly pace my day knowing in four weeks i would be doing this distance twice over.

At the four mile mark of the run Chris Legh passed me and i knew if i wanted to be part of this race i had to go with him.He was too strong(his run spilt was the fastest of the day 1:12).I went beyond my pacing and even though i ran through the La Creme winery half way point in 38minutes i was to pay in the closing miles.

I went from 7th to 13th in the closing two miles but my fitness in at good levels and with a month to go to IM Canada i feel very excited for the big day at Penticton.

I want to say a big thanks to my homestay Andy who made me feel soo welcome in Mill Valley for the week and also to Chris and Matt for all their help and for showing me around,look forward to seeing you guys soon.

I am now back in Boulder,CO and have two hard weeks of training till my taper.Next time you will here from me i should hopefully have the legs up after a great day in Canada.Till then,
cheers!

Matt.

Race report -Bartram 8th at Longcourse World Cup



The ITU Longcourse World Cup in Lorient, France, was my first taste of the official longcourse race distance (4km swim, 120km bike, 30km run). It's disappointing that this distance, a hybrid between half ironman and ironman, does not get more exposure in Australia, but hopefully that will change with the Longcourse World Championships in Canberra later this year.

On the course that will be used for the 2007 Longcourse World Championships this race would also double as a reconnaissance mission. The field noticeably lacked volume, but the "World Cup" insignia ensured that quality athletes still fronted the start line. The 200m dash to the first swim buoy looked more daunting than it turned out to be, although be aware next September when the field is at capacity. Wetsuits were allowed for the 2½ lap Australian style (exit the water for a short run along the beach after each lap) swim although the calibration of the thermometer will surely come under close scrutiny next time around.

The picturesque ride along the Lorient beachfront threatened to make or break the day as athletes were pelted by stiff sea breezes and an unrelenting sun. In a welcome relief from your run of the mill triathlon, which looks like a Sunday coffee ride, the course broke the field up and turned the race into a true individual test. Backing up for this race only 3 weeks after Ironman France had left me a little flat as the athletes at the front of the race went from strength to strength. As the day progressed I was left to nut out a result on the lonely shade drenched forest trails that made up the run course.

The final result, 8th, in my first World Cup race was a great result at this stage of proceedings, and personally more than I could have asked for. This race also marked the mid-point of my European season as I now embark on a 4 week re-building phase in the Alps. See you in September.

Cameron.

12/7/06:

IRONMAN FRANCE RACE REPORT -Cameron Bartram

First up, apologies for the delay in this report. The race was over 2 weeks ago and in the meantime I've managed to catch the prologue of the Tour de France in Strasbourg, Ironman Roth in Germany and the Tour de France Stage 7 Individual Time Trial back home in Renne. Such a hectic travel schedule is a great experience, but prompts the question "am I a tourist or an athlete?"

The 2nd edition of Ironman France - Nice looked routine enough on paper, swim in the deep blue of the Mediterranean, bike a hilly course etched with triathlon history, and run home along the pancake flat rocky beachfront.

Throw in the word Ironman and all this gets turned on its head.

The swim, a 1200 people mass start from the beach, had the pros wedged into a 7m barrier in the centre flanked by agegroupers who all wanted the leaders feet when the race began. Basic assessment, get away to a flyer or risk being crushed by the converging pack. After dodging a bullet at the start, I exited the swim in 47.30 and 15th place. Now I'm no 47.30 swimmer which leads me to think that maybe my new Blue Seventy Helix is a 47.30 wetsuit?

The bike moved well early and at one stage I found myself 7th on the road before the path turned skyward. At 100km a time check had the leaders 12 minutes up, confirming the euros were rolling me over on the hills. At 120km I got a good look at the top 5 spread-eagled across the road and looking cosy in each others company. I had been pre-warned that the French see this as 'their' race and would be extremely motivated on their home turf, so should I have been surprised? Anyway, by this stage I had enough troubles of my own to worry about which were compounded on a rough descent as I watched my salt tablets bounce down the road in front of me. When I inexplicably missed an electrolyte bottle at the 160km aid station the alarm bells had begun to ring.

The run was always going to be brutal after a low-volume preparation as I overcame stress fractures but you never know if you never go. Modifying my calls at the aid stations from 'electrolyte' to 'energy' delivered the required juice (not the first language barrier I had encountered that day) but the game was over at the halfway point of the run and I was left to struggle for home with nothing more than my pride and with it an unwillingness to admit defeat. I'd finish, and walk away with a whole new perspective on what happens when Ironman goes wrong.

A big thanks must go to the Powerbar crew, especially Bernhard - who seems to show up everywhere I am in France (or vice-versa) and saves me everytime, and my other sponsors Rudy Project, Mizuno and Blue Seventy. And not to forget Jack and Leanne for their support on race day, and Boz for his company when things got dirty.

Cameron.

NEWS: 25/6/06

MATT CLARKE 2ND IN COLORADO SPRINGS SPRINT



Matt on the fly...

Well the decision to do the last minute race in Colorado Springs today paid off. Matt came home in 2nd with a tight tussle with Luke McKenzie. Clarke and McKenzie gapped the rest of the field in the swim and bike portion and Luke edged away from Matt at the three km mark. I felt surprisingly good considering the big week and after a three year lay off from sprint racing i was happy with my speed. Really the only thing i did notice was a lack of turnover (to be expected with all the ironman prep). The best fact about the race is that Matt and Luke hosed the guys based at the USA Olympic training centre.

Matt is living in Boulder Colorado and is training hard for Ironman Canada, his strength is coming together really well. Well done from the crew freezing to death back home in a crappy Sydney winter.

Byron Bay triathlon 14/5/06

Congratulations to our 2 athletes who raced Byron Bay Olympic Distance last weekend 14/5/06. Liz Mahwinney was 1st in the 30-34 age group, a great effort by Liz who is in the middle of a strength endurance phase by winning in only her 2nd ever Olympic distance, Liz is on her way to the World Champoinships in Lausanne in Sept-what an introduction to the world of triathlon.

Ryan Oneill has a pretty rough time of it this year but came up with a fine 5th place overall finish in Byron with a 1:55 finish time after exchanging the lead with Chris Hill, Levi Maxwell etc, great to see things back on track for Ryno. His race report is below-

As the end of the Australian season draws to a close I decided to head up to the ever welcoming surrounds of Byron Bay for the 2006 Byron Bay Triathlon.

After a disappointing race in Geelong, suffering a crash on the 2nd lap of the bike, I was determined to finish on a high note for this seasons races. As the skies slowly cleared after a slightly overcast morning, over 500 athletes headed down the the beautiful Watson's beach for what was set to be an exciting day of racing.

The professional field was an interesting mix of short course and long course athletes preparing for seasons overseas. Being an Olympic distance event it was always going to favour the short course athletes and with Levi Maxwell, Chris Hill and Clayton Fettell in the field it would take a big upset from either Mitch Anderson or Justin Granger to change the predicted finish order.

With the early decision to race the elites as a non wetsuit swim and the tide rapidly on the way out, there was a rush to get the race underway. The swim was to be a 1500m M shape course with each athlete to exit the water at the half way mark and run around the turning buoy on the beach before heading back out for another 750m. At the sound of the siren, using a little of the old 400m speed, I managed to push my way to the front on the run down to the water and made it to the first buoy in second position. Approaching the beach and some bad surf judgement left me off the back of the first group with some ground to make up. Back out and around the next set of buoys I was starting to make up some ground and despite missing a good wave I was running up the beach to transition in 11th position.

By this stage a good crowd had started to emerge form the hotels and hostels and were lining the long route to the bike compound. A quick bike pick up and I was sitting in 9th out on the road for the 40km ride. After a fast swim Clayton Fettell was still putting time in to the field on the bike as we all started to make our moves to limit the damage. For me it was vital to first catch the lead group which took a lot more effort and time than I was expecting, finally at the 13km mark I was back in the pack and still feeling strong. However, during my solo catch up, Levi Maxwell had made an important move and was starting to bridge the gap to Fettell, a move that I knew I had to follow or risk a mid field finish. with 30km completed on the bike I attacked over the rolling hills close to town and managed to establish a gap that quickly blew out to over a minute. Everything going to plan I should have caught them before the end of the bike, that was until my bad luck caught up with me, as the front tyre blew with only 1km to go! Still, knowing that I had a good lead over the cashing pack I decided to ride carefully on the flat tyre for the final km. Approaching transition I looked back to see that my big effort had disappeared and was caught entering transition in 3rd place.

A bad T2 left me just behind the chase pack on to the 10km run. With both Maxwell and Fettell having a lead of over 1 minute it was going to be quick game of catch up. after the first 2km things started to heat up with Chris Hill, Clayton Payne and myself surging in tern only to be caught again by the others. At 4 km the 3 of us had broken free and another kilometre down the road Hilly and I had lost touch with Payne who had now moved in to 2nd place. The second half of the run was much faster with Hilly and I constantly trying to break one another and with 1 km to go, up a small rise, he finally surged to hard for me. This pushed me back in to 5th which I held for the remainder of the race.

After a season of ups and downs, this was a great result for me and has confirmed that the new work ethic and approach that myself and my coach are taking, is starting to pay of. The next step from here is again the Asian Championships followed by several high profile European and World Cups in Europe.

Thanks again for all your on going support

Ryan O'Neill

RACE REPORT - IRONMAN AUSTRALIA 2/4/06

What a great day, there were plenty of cheers and also a few tears as the team took on the new course in Port Macquarie. Alison Kean has had a great season as she targets a pro career, she was 1st at Sheparton half Ironman / 2nd at Canb half IM / 2nd at the Port Maq half IM and 6th at Port Maq Ironman. Tim Prowse ripped up the course finishing 9th overall -winning the 18-24 age group by 22 minutes in the process and breaking 9hrs with an 8:59 time on the very tough course, his progress is scary as is Ali's, great effort guys!!

There were some great moments of shear guts as well - Need to mention a few names here who had a very tough day but did not spit the dummy -Andrew Strachan, Trent Haines and Clint Leddon all had hard days and stomach problems

-none of them took the easy way out and stuck and toughed it to the end. Nick, Will and I are really proud of you blokes, so well done. Karly Allen had a bad day by her standards and was very sick in the stomach actually so showed great mental strength as did Michael Mahady to get across the line. Darren Williams again provided plenty of inspiration in finishing in 12:06 he is a cancer survivor who knows more about life than most of us -his wife Anne Williams also completed her first Ironman and made a family race of it going 12:17, well done to you both.

So many great races as well -one of my favourites of the day was watching Deanna Fleming go nuts with a 10:40, the smiling assassin pounded her way into 5th place but missed out on qualifying for Hawaii as there were only 2 spots in that age group - you can't help feeling they should review the way they are distributing the Hawaii spots, still what a great race, well done D -you are a legend. Lynette Blaikie came to her first Ironman with just finishing in mind -she has never gone any better than mid way in her age group in any race but it just goes to show what lurks beneath the surface with some people in an Ironman -she surprised herself enormously by finishing her day on the podium in 3rd in the 35-39 age group and getting the big spot to Kona, great effort -great fun to watch her face at the end, Lynettes other half Stephen Jack went 10:24 in the 40-44 age group and only just missed qualifying for Hawaii after suffering cramps toward the back end of the run. Nicole Ward had a tough day, also with stomach trouble after struggling with a gastro virus during race week -but held on after having to stop quite often and went 10th in the 30-34 age group and also got herself a spot to Hawaii so well done Nic. Bern Ward got on the bad end of 2 flats but ended up having a good run in his first attempt at Ironman. Anton Kapel is an actuary so his work hours are pretty extreme, he is very good at juggling his work and training and had a very pleasing day going 11:16 on his new carbon Cervelo -he looked positive all day and that I think is the secret to a good race.

There were also very strong races from Andrew Page, Graham Creed, Scott Lunney, Justin Louis and the Yeates brothers Dave and Anthony, Dave and Ant are twins which made spotting who was who during race day a hilarious comedy, we gave up in the end and just called out AntDave at once -it was piss funny but the boys took it well. Chris Shaw (Junior Burger) had a strong first ironman and went 10:47, Chris was the 2nd youngest competitor at this years race @ 19. Jason Taylor also had his first Ironman and saved himself well for the run coming home in 10:53 he stuck to his race plan and came home like a train. Florian Knoepfel had a very interrupted lead-up with having long crazy hours at work then picked up a gastro virus to boot in the race week - he still managed to pull a 60min PB -great effort. Rebecca Everleigh came down with a cold on the Wed before the race and had a torrid few days leading in, after advise from the race doctor she got the ok to race and had a strong first Ironman at 11:10 and 10th in the 25-29 age group. Peter Goldrick had a good solid day improving his PB on the harder course by 27mins thanks to improved run strength. Brett Morgan had more lives than a cat and this is a common thread amongst first time Ironman racers but he stuck to it and never let the bad spots get on top of him - well done bretto with a 10:50 -you can go surfing again now mate. Michelle Hatton was a tad nervous before the big day as were many others -but she never looked like faltering during the run and went 12:32 in her first IM with a great run. Other first timers were Matt Thomas who was involved in a serious car crash during the taper which threw him a curve ball big time but he had a solid day going 10:13 in his first race and the next race prep will have to be easier after this one. Well done to Kirsten Gorman in her first race. Steve Orenstein is another man who was tasting Ironman for the first time and looked solid all day and was always smiling -12:27 on ya mate.

Steve Orenstein..... Justin Louis and Clint Leddon

Tim Prowse..... Darren and Annie Williams

A few points for the future from looking at the results as a whole - we had about 4 or 5 people who picked up viruses in the taper, as I've said before the taper is a dangerous time and you need to try to limit your exposure to large groups of people where ever possible (ie) no self serve buffet -including the carbo party, your body is really sensitive in this phase and it doesn't take much for you to pick something up.

Always take whatever you need with you even if you don't think you'll need it - a few people got caught out not taking salt tabs in the race because they didn't think they would need them -always take them with you even if it's just in case, better safe than sorry -it can make a massive difference on race day.

The importance of mind set -in my view the most critical factor of all - you must break the race down into manageable parts and you must stay positive and think your way through problem patches - it's how you cope with down periods during the race that makes the difference.

On a personal note I think you all did a great job, we started 31 and we finished 31 - you can't get better than that.

Finally I want to thank coaches Nick Gaffney and Will Carroll for their efforts on the day, they put in around 16hrs each on race day and their support for our team was outstanding. Nick Gaffney has done a great job getting Tim Prowse onto the podium as well ,and I think Prowsie and Ali had great support from the other team members on the course. Grant.

	NAME	CAT	TIME	PLACE
1	Tim Prowse	18-24	8:59	1st age / 9th oall / Q Haw
2	Alison Kean	Pro (F)	9:59	6th overall / Q Haw
3	Matt Thomas	30-34	10:13	1st Ironman
4	Stephen Jack	40-44	10:24	
5	Andrew Page	30-34	10:26	
6	Graham Creed	40-44	10:29	
7	Deanna Fleming	25-29 (F)	10:40	5th age
8	Karly Allen	Pro (F)	10:40	11th
9	Scott Lunney	35-39	10:44	
10	Chris Shaw	18-24	10:47	1st Ironman
11	Brett Morgan	30-34	10:50	1st Ironman
12	Jason Taylor	30-34	10:53	1st Ironman
13	Justin Louis	25-29	11:03	
14	Rebecca Everleigh	25-29 (F)	11:10	10th age / 1st Ironman
15	Bern Ward	35-39	11:12	1st Ironman
16	Anton Kapel	30-34	11:16	
17	Lynette Blaikie	35-39 (F)	11:20	3rd age / Q Haw
18	Anthony Yeates	25-29	11:20	1st Ironman
19	Michael Mahady	35-39	11:21	
20	Nicole Ward	30-34 (F)	11:30	10th age / 1st IM / Q Haw
21	Peter Goldrick	45-49	11:41	
22	Dave Yeates	25-29	11:45	
23	Darren Williams	35-39	12:06	
24	Anne Williams	35-39 (F)	12:17	1st Ironman
25	Steve Orenstein	25-29	12:27	1st Ironman
26	Michelle Hatton	25-29 (F)	12:32	1st Ironman
27	Florian Knoepfel	30-34	12:47	
28	Kirsten Gorman	35-39	13:08	1st Ironman
29	Clint Leddon	25-29	13:51	
30	Andrew Strachan	30-34	14:24	
31	Trent Haines	30-34	14:47	