

Race Report

Cairns Crocs Tri Club Tri de Femme: Smithfield Pool on 27th October 2013

Seventeen years of Tri de Femme has seen the event become a permanent fixture on the calendars of many far northern families. What a fantastic way to spend a Sunday morning, especially when the weather is as superb as it was! Personal Trainer Sonya Barber called an official start to the proceedings with her excellent microphone commentary as the registration area quickly filled with a sea of pink signalling participant's support of the National Breast Cancer Foundation. Cairns Crocs stalwart and Race Director Rob Davidson seriously embraced the theme dressed in a stunning curly pink wig, top hat and ra-ra skirt, and whilst we ladies think pink fishnets on a bloke are always a little scary, funnily enough they really suited volunteer Rohan Pratt.

Prior to the race, the crew were led into a rousing stretching, jumping and shimmying warm-up led by Dave Harrison from Genesis Fitness. Competitors then quickly hustled into the pool area as excitement and nerves filled the air! At 9.30am on the dot, the whistle heralded a quick start to the race with the more experienced 'guns' leading off the first few swim waves. Next up were the 'middle of the pack' athletes, rounded up by our 'first timers'. The swim leg is the most challenging for the majority of triathletes, with the 150 metre swim proving no exception here leading to some slow legs leading into T1. However, gun swimmer and local life-guard Ellie Harnebrandt led the first wave out of the water and into the ride in fine style.

Soon the road was filled with bmx's, mountain and road bikes, decked out in all manner of ribbons and balloons, as competitors slogged out their 5km ride. Shouts of 'Oh me jelly legs' could be heard across the ride to run T2 transition, which appeared a little quicker for most competitors except those with complicated costume changes er... hem... Catherine Estcourt (who did take out best dressed for her efforts)! As the temperature soared up to a baking 30^oC and 65% relative humidity, bees, butterflies, tooth faeries, cowgirls and angels, and gorgeous local lass Lara Atfield as Angelina Ballerina battled it out on the run course. One of the best things about triathlon are the looks of pure relief, triumph and elation on the faces of competitors as they cross the finish line! The final competitor summed it all up as she fell into the arms of her supporters and said 'I did it!'

Following a feast of Brumbys morning tea, the charity auction kicked off with the Pump n Pedals Specialized Dolce road bike fetching a fantastic \$1100. Although the final count is yet to come, the Cairns Crocs Triathlon Club raised over \$7000 which will go directly to the National Breast Cancer Foundation for important cancer research. At final tally 211 boys, girls and ladies swam, rode and ran their hearts out while their supporters and team members cheered them at every stroke and step! Competitor Alanna Kelly said 'I had great fun, it was such an exciting day. We are definitely keen to do it again in 2014!'

Tri de Femme could not have happened without the amazing volunteers. A special thankyou to the following for a fabulous and smooth race:

DAVID STEVENSON, SHANE BROWN, DAVE PHOENIX, ANDREW BUTLER, SUE HELMKE, LIZ TERRENS, LISA MONKS, LYNDA HICKMAN, KATH KINNEALLY, ROBERT MADDERN, DENNIS SNIJDERS, JOHN PURVES, KELLY DAVIDSON, NICK CARLING, CATHERINE ESTCOURT, LUKE AZZOPARDI, GREG HOFF, GARY

BRYANT, CHRIS COULD, KELLY GILLIES, IAN AZZOPARDI, ROHAN PRATT, ROSS OAKLEY, ROB DAVIDSON and NICOLE SYLVESTER.

Finally, please support the local businesses that continue to support the Cairns Crocs Triathlon Club by way of vouchers, equipment and expertise:

- Pump 'n' Pedals
- Genesis Fitness
- FOHER – Multisport Woman
- 7t30 Personal training
- Harbour Lights
- Shangri-La

Yours in triathlon,

Kylie Anderson

Check out the race photos at <https://www.facebook.com/fohermultisport>

The final Cairns Crocs triathlon of the season is at Lake Tinaroo on Sunday 17th November 2013. Visit <http://www.cairnscrocs.org.au> for details and all race results.