

REPORT FOR TRIATHLON STATE CHAMPIONSHIPS – HERVEY BAY 13-15 FEBRUARY, 2014

Congratulations Peninsula Team, as one of the smallest teams attending state trials in Hervey Bay this past weekend we still managed an impressive 6th Place in the overall standings out of 12 teams (5th handicapped score – quality/quantity) our highest achievement ever. We averaged about 5 athletes (M/F combined) per race as compared with 20 in other regional teams (especially all the ones starting with MET).

We had a rocky start, since there were no pre team meetings organised to collect uniforms and be briefed and so confusion filled the air, especially for new families. Arriving excitedly to the airport only to find that ½ the team was booked on an earlier flight (somebody in the office forget to pass that message on) but we were comfortably assured the kids left behind would get a seat on the 9:15pm flight and parents were welcome to wait at their hotel room entrances for their child's prompt 3:30am arrival yay! Luckily these kids were on a later flight otherwise how would've we gotten all the trisuits that were left behind phew!

Onward and upward to Fri Morning into an ocean as clear and calm as a swimming pool making a FAST start and WOW did our swimmers shine, with 2 of our boys and 3 of our girls emerging from the water with the leaders. Others were in the water a little longer, but tore through the field on the bike and run. Hervey Bay was a fast flat course but the winding narrow run produced slower times than previous years. The girls were handicapped (5min for juniors) when reading results 😊

Hopefully each and every competitor is as proud of themselves as we are – WELL DONE!

Seniors competed in a sprint distance triathlon 750/20/5

Intermediates 600/16/4.

Juniors 400/12/3.

TEAMS 400/12/3.

Adam, Michael, Cahn

Emily, Stand in athlete, Kate.

Josh, Liam, Tyson

Connor, Ollie, Dean .

Nathan, Gordon, Alex.

Kehl, Stand in, Jakob .

Harriet, Kaya and Zoe .

AQUATHLON 1k run/200m swim/1k run

Aqua Kids were not so fortunate with weather the following day as the winds picked up creating a little chop ☺

The kids took off in what could only be called a mad dash and jostling for position they showed what they are made of. Some kids dived into the water with carefree abandon whilst others were a little more hesitant (I think a lot of us can relate) but our kids put in 100% the whole way. It can be very intimidating to have such a huge lead up into a race that is such a high level and remember these kids are all only turning 11 or 12 this year – imagine what's to come! What a bunch of legends, well done kiddies!

Many lessons were learnt, and since this was only the 2nd or 3rd triathlon ever for several of our athletes, they got a quick and nasty triathlon 101.

- 1) Look both ways before running out of transition or some of the bigger city kids will introduce you to gravel rash.
- 2) Goggles, shoes and a little bit of skin may be lost along the way..
- 3) Do not look back to see who is pulling at your leg in the water or you will likely cop one to the head and be briskly swum over (we have all learned that one the hard way).
- 4) BOTH feet off the bike before dismount line.
- 5) 15seconds to pass – not 16.
- 6) Do not eat GU on the run without water – it will not go all the way down your throat since you have no saliva at this stage.
- 7) KEEP MOVING FORWARD – Even if you are choking on your ill-timed GU.
- 8) It is a brave thing to put yourself on a start line remember to congratulate yourself.

AND to finish it off we were noted as the highest (by far) level of team spirit of any team 2 years running, all the kids made a point of cheering (screaming) each other on and was great to see so much encouragement for each other. We proved that triathlon is a team sport!