

## AUSTRALIAN DUATHLON CHAMPIONSHIPS – CANBERRA - 2009

Several members of the Illawarra Tri Club travelled to Canberra to compete in the Aussie champs for duathlon. After an early but freezing start on a glorious Canberra morning competitors undertook a 10k run on the foreshore of Lake Burley Griffin followed by a fast but breezy 40k 3 lap ride, then back into their joggers for a further 5k run to the finish. First home were the boys from the Scott Endurance group which included Alex Ball (2.00.32) Mark Scott (2.03.33) and Trevor Roy (2.04.26) all finishing close together. Alex had an outstanding race with Mark being heard to say, as Alex ran by, "I'll be changing your program". Trevor was pleased with his race in producing this fine result, as was Phil Parle (2.12.13) who had a stressful race start after losing his glasses in the transition area. Yes Phil, they were where you left them, hanging on the fence.



It was, however, left up to the more 'senior statesmen' John O'Connell (2.09.00), Witold Krajewski (2.20.08) and Bob Scott (2.24.10) to bring home Aussie champion medals. John took silver only being prevented from gaining gold by severe cramping in the final run. Witold had his usual excellent race in preparation for the world duathlon champs gaining a bronze medal after battling with his nemesis from South Australia. Bob also gained a bronze medal after his first hit out on his new machine paid off, with the best bike time in his category.

In a short course event (2k run / 13.3k ride / 2k run) which was also conducted, George Burnett won his category in 48.49.

Well done guys and thanks to all our loved ones who endured the early start and freezing temperatures to support us, thank goodness for hot coffee.