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Busselton win for Lane Cove triathlete

24 year old triathlete, Renaud Herington, has proven that he's one to watch after he won his his age group in the prestigious Busselton Half Ironman, south of Perth, Western Australia.

Herington, who trains with the Tri / Adult Squad at the Lane Cove Aquatic Centre, completed the 1.9 kilometre swim in 26 minutes.

Herington said "the swim set me up for a strong overall performance - a 17 minute personal best overall time!"

He completed the 90 kilometre ride in just under 2 hours and 18 minutes and the 21.1 kilometre run in just under 85 minutes.

The 24 year old came 19th overall out of a field of more than 850 competitors.

Lane Cove Head Coach, John Thompson, said "Renaud seems to move effortlessly through the water. I believe he has the ability to go even faster next time."

Herington is preparing to represent Australia in the World Triathlon Championships in Europe later this year.

He said "Busselton was good race practice but I'm really looking forward to competing for the Green and Gold!"

Further information:

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