

Yeppoon Half Ironman 13/08/06

Triathletes from the Lane Cove Adult/Triathlon Squad traveled up to Yeppoon in Far North Queensland to compete in the Yeppoon Half Ironman. Sunday 14th August was race day and 450 athletes were awakened by an amazing morning in Yeppoon. There was a 2km walk from transition to the swim start. The first wave went off at 8 am and the athletes set out on what was an unusually choppy swim for the waters of Yeppoon. Unfortunately the current that had in the past assisted the swim was not apparent and the swim seemed longer and harder than usual, with most people swimming for at least 5 minutes longer than expected.

Onto the bike: The Bike leg is a 5 lap spectator friendly course that is situated within the Rydges Resort and on some of the roads in Yeppoon. The roads were rather hard and rough, which made taking fluid and nutrition difficult. However, the multi lap course and lots of turn a rounds meant that competitors could regularly keep tabs on the progress of their competition.

The Run: The run was hot, hot, and hot. Most competitors commenced the run around 11 am, just when the heat in Yeppoon starts to rise. The run comprised of 3 laps within and around the Rydges. There was a mixture of terrain: roads; dirt and bush tracks. The best part of the run was the finish line, where athletes could run through the finish line and dive straight into the resort pool!

Peter Schokman and Sophia Amor-Smith raced in the elite field and both came 8th. Nick Burt won the 30-34 age group and placed 9th overall. Marc Person came third in 25-29 age group.

Results

	Overall	swim	bike	run
Nick Burt:	4:22:46	33:06	2:22:37	1:27:03
Peter Schokman	4:23:18	29:18	2:24:23	1:29:37
Marc Person	4:41:50	38:52	2:28:26	1:34:32
Sophia Amor-Smith	4:54:50	31:28	2:35:47	1:47:35
Rebecca Joslin	5:25:51	38:00	2:49:07	1:58:44
Andrew Dentskevich	5:26:15	45:35	2:52:31	1:48:09