

## Our Telekom Triathlon 2013; 1<sup>st</sup> Monthly Championship

### Tri SI Triathlon Report – Saturday 26 January 2013

Triathlon Solomon Islands (TriSI) kicked off the 2013 season last Saturday. TriSI sports' commercial partner "Our Telekom" proudly supports this 1<sup>st</sup> monthly championship. As in previous meetings, there were four different events on offer:

- Short Aquathon – 400m swim, 2.5km run
- Long Aquathon – 750m swim, 5km run
- Short Triathlon – 400m swim, 10km cycle, 2.5km run
- Long Triathlon – 750m swim, 20km cycle, 5km run

Competitors were encouraged to either enter as individuals in one of these events, or as teams of two or three people, with one person completing one leg of the event each.



**Figure 1: On your marks...get set...go! The triathletes prepare for the start signal to be given.**

A total of eighteen excited competitors lined up on Kakambona beach amidst perfect triathlon conditions to wait for the start signal, given by TriSI President Joe Au Ramosaea. Once given, there was a flurry of splashing as the competitors dived into the water and began their gruelling swim leg.

Being the most difficult leg of the event for many, the field was well spread out as the competitors finished the swim. Dave Kelly was out of the water first with the fastest 400m swim time of 7 minutes 37 seconds, followed closely by John Havenga. Marlon Butler lead the 750m swim, running onto the beach with a time of 10 minutes flat, but with only a small lead of 19 seconds on Albert.

The aquathon and triathlon competitors then parted ways, with those tackling the aquathon going straight into the run, while the triathletes donned their helmets for the long cycle ahead.

Don Ross took out the Men's Short Aquathon title, crossing the finish line with a speedy time of just over 22 minutes. A battle of will and strength was being played out on the run course between Lilian Downie, Joanna Mansfield and Melanie Glapa, with both Jo and Mel gaining significant ground after Lil had been the first woman out of the water with a convincing 8 minutes and 15 seconds. Despite the gains made, Lil's superior stamina won out and she crossed the line as Women's Short Aquathon winner with 25 minutes 40 seconds, very closely followed by Jo and Mel. A close battle was also underway in the Men's Long Aquathon, with Jeremy Miller trailing Albert by just 33 seconds after the swim. Jeremy determinedly narrowed the gap on the run but Albert stuck it out to win by 15 seconds.



**Figure 2: Speed queens. Lilian Downie, Joanna Mansfield and Melanie Glapa (left to right) after taking out the top three places in the Women's Short Aquathon.**

Meanwhile, on the cycle course drama was unfolding. Hot favourite Leban Lokata once again encountered technical issues with his cycle, forcing him to run back to the transition compound without completing the cycle leg. There was a thrilling head-to-head battle being played out between Borish Teddy, Dave Kelly, and Ben Grubb, with Dave losing his lead from the swim to Ben, and all three crossing the dismount line within 25 seconds of one another. The tension could have been cut with a spoon.

There was still more excitement to be witnessed among the Men's Short Triathlon field, with John Havenga and Andrew McEvoy making very impressive gains on the 2.5km run course. In surely the most exciting moment of the day, there was a photo finish after John made an eleventh hour attempt to run down Ben in the last stages of the race. However, Ben dug deep and crossed the line a fraction of a second ahead, with a time of 41 minutes and 20 seconds. Borish fought off Andrew's advances to place a well-deserved third.





**Figure 3: Time to relax. Borish, Don, Paul and Leban (Left to Right) chilling out after their super-human efforts.**

Meanwhile, a test of stamina was underway in the Men's Long Triathlon event, with Marlon Butler pedalling hard to arrive back into transition after his 20km ride at the 51 minute mark. He then put in a sterling effort to complete the 5km run in under 25 minutes, taking out first place with a jaw-dropping time of 1 hour and 16 minutes.

Well done and thank you to all the competitors for their inspirational efforts. A big thank you also to all the marshals who worked behind the scenes to undertake yet another successful race day.

The next TriSI event will be held again at Kakambona beach on Saturday, 23 February 2013. TriSI invites people of all ages, genders and fitness levels to come along and take part as individuals or in teams, with the aims of having fun, encouraging each other and getting active. Please come along between 6:30 and 7am to register for a 7:30am race start. We hope to see you there.

By Calum Sutherland