

# Main dominates again

## Triathlon

TROY Main won the Harvey World Travel Triathlon hosted by the Mandurah Triathlon Club on Sunday morning.

Main finished the 750m swim, 22km bike ride and 5km run in 1:01:25 in a strong season where he has finished no longer than second.

The long course event started on Doddis Beach at 7.30am with an overcast sky which made it hard for the competitors to see the turnaround buoy in the swim leg.

Main demonstrated his swimming prowess by leaving the water 56 seconds ahead of Luke Goard, followed closely



Troy Main.

by both Dougal Burton and Darryl Harris.

Main also had the best bike leg and run legs of the event and finished 3:17 ahead of Goard and a further 2:39 ahead of Harris.

Riders encountered a moderate but weakening north-easterly breeze that

help produce good times.

The breeze dropped by the time most were on the run leg.

Carina Costello was the first female across the line (10th overall) in 1:15:19, ahead of Kathryn Hookham (1:28:04) and Jo Kelly-Wilson (1:28:28).

James Muir was fourth overall, ahead of Nathan Lyon (a junior) and Elliott Combes who all underlined their potential.

In an amazing performance Colin Luff (still recovering from a nasty bike crash in the Geelong Half Ironman in February), worked hard around the course to move from 20th place in the swim to finish 11th overall 1:17:04.