

## Triathlete Troy is contest's main man

THE Mandurah Triathlon Club 2009 "Harvey World Travel Triathlon" attracted 27 competitors and was won by Troy Main, who took line honours in 1hr 1min and 25secs.

Main has dominated Mandurah Club races this season and has finished no lower than second place in all races he has competed in.

The triathlon is a long course event comprising of a 750m swim, 22km bike ride and 5km run.

The race started at 7.30am on Sunday at Doddis Beach, with an overcast sky making it difficult for competitors to see the turnaround buoy for the swim leg.

Main showed his prowess by leaving the water 56 sec ahead of Luke Goard, followed Dougal Burton and Darryl Harris.

He later backed up his superb swim with the best bike and best run performances of the day to win by 3min 17sec ahead of Goard. Harris finished third.

As competitors left the water to start the bike leg along Halls Head Parade, they encountered a moderate but weakening north-easterly breeze that provided some assistance to record good average speeds on the inward-bound section of the bike course.



**Troy Main.**