

Main is the main man

MANDURAH'S 2009 triathlon season started when 32 competitors entered the Mandurah Triathlon Club-hosted annual Harvey World Travel Triathlon at Doddis Beach, Halls Head, recently.

A fifth of the triathletes were competing in their first triathlon with the club.

Some of the competitors had trained off-season for the recent World Long Course Championships in Perth or the Busselton Ironman in December:

But most of the competitors started the Halls Head race just out of their off-season hibernation. They were keen to herald in the new season by completing the short-course event of a 300m swim, 15km bicycle ride and 3km run.

The triathlon started in sunny and windy conditions with a deep water start against a mild current where wet suits were optional.

Strong and gusting southeast winds made the competitors work hard around the cycling course.

The running was done in relatively good conditions.

Competitor Troy Main was first out of the water.

He recorded the fastest bicycle ride and run, dominating the race and winning comfortably.

The results continued Main's good form from last season and signalled he is on target for an exceptional 2009 season

despite his training being interrupted for TEE exams.

Leigh Willison finished second overall, well clear of Brett Criddle, Darryl Harris and a fast-finishing James Muir.

The latter three competitors all finished within nine seconds of each other.

Criddle's third was his best result in a Mandurah race and was achieved after completing the swim leg in 14th place.

Nathan Lyons (14) had a superb race and finished sixth after an incredible third-placed swim leg.

A short course race will be held at Doddis Beach on Sunday, November 22. More details at www.trimandurah.com.

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