

## Geelong 70.3

The 2010 Geelong 70.3 was the final race in the 2009/2010 Australian Half Ironman Series and was held on Sunday the 7<sup>th</sup> of Feb at Eastern Beach, Geelong. 18 Western Australian's made the trip over for the third installment of the event. About 1500 individual and teams raced on Sunday and Geelong turned the weather on! The pro field was stacked with some great names including Craig Alexander, Leon Griffin, Tim Berkel and a number of other up and coming pros from Australia



The 1.9km swim was held in Corio Bay and was a triangular shaped course. The swim was interesting with some big jellyfish to keep us company, choppy water and sun glare, making it difficult to sight some buoys.

The bike course was 3 laps and took us through a technical section through the Botanical Gardens, then out onto an undulating open road to the bike turnaround. There are a couple of small hills on the bike that get your heart rate up and after going up them 3 times, our legs were feeling it! It is an awesome bike course and is slightly up hill on the way out and very fast on the way back to town. There was some serious drafting going on which was a bit disappointing and has been widely spoken about over the Internet in the days after the race.

The run was again 3 laps and was undulating, taking us on a scenic tour through the Botanical Gardens and back down to transition.

Johan Borg smoked the course in 4.13 finishing in 3<sup>rd</sup> place and Andrew Tyack finished in 4.33 and 9<sup>th</sup> in the 20-24 age group. Helen King finished in 5.17 in 4<sup>th</sup> in the 20-24 age group.

Johan and Helen have finished off a great 2009/2010 Australian Half Ironman Campaign, both being crowned series winner for the 18-24 Male and Female age groups!