

Kathy Tremblay Breaks her own course record over 5km!



Michelle Dillon coaching, The London TriathlonTDC athletes were having their last hit out at a local 5km before the racing season starts in just two weeks time. **Kathy Tremblay** broke her own course record this morning at the Ruanway Bay 5km road race to win in a time of 16mins 32sec just three seconds quicker than she ran at the same race last month.

Will Clarke and Stu Hayes had some good competition in the mens race with frenhman David hauss pushing the pace. Clarke led the race early but it was David hauss who had the fresher legs to pull away and win in a time of 15min 58sec from the training partners **Will Clarke** and **Stu Hayes** who finished almost together running 15.03 & 15.04 respectively.

Chris Hayward the youngster of the squad finished a solid 5th place in a time of 16mins 20sec and ran quicker than his effort last month. The team now turn their attention to the bigger races with Mooloolaba in two weeks and Sydney in four weeks time.