

## *Report on the Hervey Bay Tri by Damian Sillars*

Hervey Bay is located 3.5 hours north of Brisbane in a quiet coastal region and is considered the Whale Watching Capital of Australia where the annual hump back migration occurs from June to November.



The triathlon course was a fantastic course, the swim almost picture perfect conditions with water like glass, the temperature was also idyllic offering 24 degrees. It was a 150 metre swim off shore, then 650 metres heading North, 50 metres south, 500 metres back again and then into shore making up the 1.5 kilometre swim. During the commencement of the swim, there was a bit of a bashing going on but settled down after the first turning of the can where the field spread out.



The bike leg was equally as good, venturing South from the transition area of Seafront Oval 5 kilometres, then turning around and heading North for 10 Kilometres along the coastal road, down around Gattaghers Bay and Point Vernon and back again for another loop. Views on the bike track were great, looking out into the beautiful waters of Hervey Bay, not too hilly (just one major steep climb)

The run leg was a direct 5 K run South and then back again, along the path / track through shaded Scarness and Torquay.

Overall participation was 650 including around 100 teams so not large and not over crowded.

