

## Shepparton Half Ironman press release

ETPA show's why it's regarded as Melbourne's Premier Ironman Training squad.

ETPA had over 35 competitors at the event with some of our venue based athletes dominating the proceedings. Denmark import Jimmy Johnsen, who swims at our VU swim squad, took line honours in front of a stellar field of pros. Jimmy has been with our squad since his return from Hawaii and he led the race from start to finish. Another ETPA venue base athlete who was making waves on Sunday was Gregory Farrell. Greg had a quick swim time, which is the result of a lot of hard work, and finished fourth in his age group. Both Jimmy and Greg have been taking part in ETPA's high performance swim program over the past few months and have made significant changes to their strokes. Its great seeing the results in the water and on the race track, well done to both.



In the Hexman event, ETPA had two age group champions, as well as a third overall in the girl's event. Laura Brown had a 27min seven kilometres run split to take out third position overall. Only three weeks out from Canberra Half we expect big things from Laura.



Dennis Neal wound back the clock winning his age group and placing in the top ten overall. Dennis, an old veteran of the race track, put in three solid disciplines for a great outcome.

Sue Gould, AKA, James Monahan's mum, won her age group again. Sue has had a fantastic year of racing after heading up to Queensland for the worlds a few months ago. It's easy to see where James Monahan's pedigree comes from.

Our full program athletes also turned up the heat on the day over the half IM distance. Jarrod Holcombe lead the way after some mechanical issues slowed his progress coming in 25<sup>th</sup> overall. Jarrod, along with a group of others, are only three weeks out from Ironman Western Australia and raced on very fatigued legs. Big things are expected from Jarrod at WA this year...stay tuned to ETPA for his WA results! Other athletes heading across for the big event

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who raced at shep and put in PB's were: Glenn Akers, Gary Pitman, Darren Thomson, David Beitzel, Ben Robinson, Michael Doyle and Ian Scott who place 4<sup>th</sup> in his age group.

Let's not forget about the newbie's...

ETPA had a few first timers out on course for the day. Karen Webb, Sarah Holmes, Andrew Killer and Ben Martin all had solid hit outs. Andrew killer was the surprise packet of the day in his first Half Ironman he completed the course in a 4:44, with thanks to his coach Mark Komarnycki.

As with all good things ETPA had a few hard luck stories. Notably, Ron Ziessler was ill on the day and withdrew on the second lap of the bike and Marcus Cook had mechanical problems suffering two punctures and a wheel swap. Marcus showed typical Ironman form and "just got on with the job". Marcus finished the day in fine spirits.



Full results for the ETPA team can be found below.

ETPA congratulate all athletes who participated on the day and we hope to see plenty more out on course in the Geelong 70.3 in February next year.

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## Results for the ETPA full program team

### Half Ironman

	Overall Time	Category	Gender	Swim	Bike	Run
<u>Ben PATTIE</u>	04:34:36	2529	Male	00:38:17	02:25:54	01:30:23
<u>Benjamin MARTIN</u>	05:16:24	2529	Male	00:33:20	03:04:23	01:38:39
<u>Peter SUTTON</u>	04:50:46	3034	Male	00:40:53	02:28:05	01:41:47
<u>James MONAHAN</u>	04:47:47	3034	Male	00:33:31	02:26:25	01:47:49
<u>Andrew KILLER</u>	04:44:19	3034	Male	00:35:46	02:27:03	01:41:28
<u>Glenn AKERS</u>	04:44:36	3539	Male	00:37:49	02:29:47	01:36:59
<u>Gary PITMAN</u>	04:46:31	3539	Male	00:37:24	02:31:45	01:37:21
<u>Ben ROBINSON</u>	04:57:43	3539	Male	00:39:00	02:35:55	01:42:46
<u>David BEITZEL</u>	04:59:06	3539	Male	00:42:56	02:31:50	01:44:19
<u>Jarrold HOLCOMBE</u>	04:17:54	Open	Male	00:29:09	02:20:20	01:28:23
<u>Thierry ROLLAND</u>	04:40:18	4044	Male	00:35:24	02:30:11	01:34:41
<u>Andy O'Donnell</u>	04:47:39	4549	Male	00:33:44	02:36:43	01:37:10
<u>Justin SCHWEIKERT</u>	04:51:27	3034	Male	00:30:55	02:45:30	01:35:00
<u>Darren THOMPSON</u>	05:15:03	3034	Male	00:38:37	02:38:01	01:58:23
<u>Michael DOYLE</u>	05:18:00	5054	Male	00:38:24	02:44:22	01:55:12
<u>Marcus COOK</u>	05:31:34	3034	Male	00:37:20	02:48:45	02:05:27
<u>Ian SCOTT</u>	05:32:40	5559	Male	00:42:43	02:50:18	01:59:37
<u>Susan O'CONNOR</u>	05:50:53	4044	Female	00:38:31	03:00:08	02:12:13
<u>Adrian BALL</u>	05:46:36	5054	Male	01:01:15	02:59:49	01:45:30
<u>Alan HUTCHINSON</u>	05:48:23	4044	Male	00:52:35	02:57:56	01:57:50
<u>Ian ASHLEY</u>	06:14:15	5559	Male	00:44:18	03:11:10	02:18:46
<u>Ron ZIESSLER</u>	Withdrawn during race	4549	Male	00:26:52		

### Hexman

	Overall Time	Category	Gender	Swim	Bike	Run
<u>Dennis NEAL</u>	01:22:34	4049	Male	00:06:28	00:47:57	00:28:07
<u>Laura BROWN</u>	01:32:15	2029	Female	00:09:33	00:54:47	00:27:53
<u>Anna D'ALBERTO</u>	01:42:04	5059	Female	00:12:56	00:57:29	00:31:37
<u>Sarah HOLMES</u>	01:47:17	2029	Female	00:10:53	01:00:58	00:35:24
<u>Zoe ENGLAND</u>	02:19:31	3039	Female	00:18:02	01:11:41	00:49:46

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## Results from our venue based team

### Half Ironman

	Overall Time	Category	Gender	Swim	Bike	Run
<u>Jimmy JOHNSEN</u>	03:51:46	Open	Male	00:24:47	02:08:34	01:18:24
<u>Gregory FARRELL</u>	04:31:47	1824	Male	00:27:15	02:21:38	01:42:52
<u>Luke CAMERON</u>	04:50:53	3034	Male	00:32:34	02:30:42	01:47:35
<u>Tyrone GANNON</u>	04:59:02	4044	Male	00:43:53	02:36:25	01:38:42

### Hexman

	Overall Time	Category	Gender	Swim	Bike	Run
<u>Sue GOULD</u>	02:02:29	60+	Female	00:14:02	01:06:19	00:42:07
<u>Olivia ATANASOVSKA</u>	01:40:21	3039	Female	00:12:19	00:53:39	00:34:21
<u>Kellie PITMAN</u>	01:57:11	3039	Female	00:14:29	01:03:14	00:39:26