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The Crank

In the lead up to Kona some good 70.3 performances on the weekend.

- APac continues to have small pro fields. Both Yeppoon and Philippines had relatively small fields. They were laced with quality though. Hopefully the races improve their rankings to get the bigger athletes back. Just ask Wildflower winner Jesse Thomas who smashed himself all over the course. To his credit he was still second.
- Speaking of APac how was Pete Jacobs? This guy is slowly working his way into some ripping form. In Kona speak, when you have a swim leg like his you are going to make the front group. aka the Hawi express. His bike time last season was 4:47. Macca, in that front group clocked 4:31. And there it went for Jacobs. This year though he looks like he has worked on his biking. Still, maybe if he had ridden faster he would have run slower. And there in lies the complexities of the Ironman. He is going to bring something to the Big Island this October.
- How much longer can Belinda Granger go on racing for? She is triathlon's version of the energiser bunny! She wins our "welcome back cotter" award after a return to the top step.
- A good second in Copenhagen to our pal Jimmy Johnsen.. this guy is one the nicest blokes in tri. Well done fella.
- Tim Berkel has dialled in the Challenge Copenhagen course. It seems once an athlete dials in a particular course they are a threat the next year. Berkel took his time to overtake and win, a sure sign of racing maturity. Not a bad time either (8:11).
- Ok so Mel Rollison has to be the real deal. Another weekend and another win ahead of the likes of Heather Jackson. Sure there was no swim but put that aside. Rollison's run will soon be one of the most feared in the 70.3 world.
- Interesting tweets coming from the pros at the adjusted Steel head race this weekend. Fraser Cartmell was quite damning in his post race commentary "A cancelled swim sucks, going 1st in resulting TT style bike sucks but most of all, drafting sucks. That's all I'm saying on that #roadrace?" winner Tom Lowe posted "First win in a long time at 70.3 Steelhead, very contented. Totally agree with @Frasertri, drafting really sucks. Great ride up front buddy."
- Luke Bell has had a stellar season and it continues this week with his win at 70.3 Lake Stevens. With his Kona ticket punched he is looking to build his frequent racer points and a win at Lake Stevens this weekend further underlines his credentials for a return to the top 10 in Kona. The fact that he got the job done on the run is a great sign.
- Bek Keat has made a habit of winning Challenge races. Another sub 9 hour race was gold in Copenhagen.
- Bob Babbit's tweets too were interesting this week #1 "So after riding 112 or so miles w/tons of climbing, Crowie & Rinny are now running mile repeats on a dirt road... and then he wrote ..."...Rinny finishing up her 8th one, all run at 6:00 or less; Crowie doing 10 -12 repeats and has been going between 5:20 and 5:40 or so...." sounds like an epic day..
- Great to see Triathlon Australia's buffonery continue with not a mention of Ironman Melbourne anywhere. Irrelevant.