

Tissink, Koll take SA Long Distance title

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Raynard Tissink and Caroline Koll were too strong for a quality field in the Vanderbijl Prestige Ultra Triathlon, which doubled as the SA Long Distance Championships on Sunday 21 February.

BSG Triathlete, Sander Berk, had a cracking swim, covering the 1.9km in the Vaal River in 24min 1sec, leaving Tissink in his wake 80sec adrift. But once on the bike, Tissink was in a class of his own. Needing just over 2 hours for the 90km cycle leg on the flat roads of Parys, Tissink, once on the bike was never going to be caught.

The bike was an out and back course, giving Tissink a good idea as to where his opposition was, likewise they could see just how fast he was flying.

Berk in the meantime had his hands full. A 4min lead after the swim over Donovan Van Gelder, quickly evaporated on the bike and after 90km, Berk was 3 min behind. Although 2 minutes faster than Tissink on the run, he had to much of a deficit from the bike leg to make up and had to settle for second overall.

The ladies saw Dominique Donner lead out the water first, with Katherine Du Buisson right behind her. Riana De Lange and Caroline Koll were next. Koll then proceeded to eat in the lead of first, De Lange whom she caught within the first 30km of the bike leg. Donner progressively fell back and Koll was chasing Du Bussion.

"I came off the bike leg a bit further behind Kathryn than I wanted, so I went very hard in the beginning of the run. I'm glad it did not come back to haunt me." Koll went past Du Buisson on the second of the three 7km laps that made up the 21km run. Once she went past Du Buisson, Koll was always going to be the winner. "The run is my strongest event so I was very confident once I took the lead. I was surprised though as to how good I felt. I have been clocking up some big miles in preparation for the Iron Man in April. But winning the SA Title is really super. On top of the podium, finally," she says referring to her second place finish at the recent JHB Tri Series.



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