

# Alder excels on Gold Coast

AUSTRALIAN Crawl Triathlon Club's Dave Alder had a superb start to the triathlon season at the Gold Coast half ironman event at Coomera on Sunday.

In glorious Queensland weather, Alder excelled by taking 5:29 minutes off his time from last year finishing in 4:47:45.

Warren Forbes placed first in the 30-34 age category and 16th overall for the Quarterman event. Three shorter course events are next on the triathlon calendar for athletes at Raby Bay on October 14.

They are the QTS (400m swim, 15km ride, 4km run), enticer (200/5/2) and kool kids (100/2/400m) events.

The Bribie Island triathlon series starts October 21 with the long course (750/20/5) and just tri short course (300/13/3) sections.