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TuksSport

#TuksTriathlon: Sullwald races to second SA triathlon title

Wian Sullwald raced to win his second South African triathlon over the weekend at the Aldam-resort in the Free State. The resort venue event was also an Africa Cup event.

The Tuks-triathlete covered the Olympic distance of 1 500 metres swimming, 40km on the bike and 10km running in 1 hr 54min and 25 sec. That was more than seven minutes clear of the runner-up Jonas Schomburg (Turkey) finishing in 2:01:47.

According to Sullwald this victory is just the confidence booster he needed before he flies out next week to compete at the New Plymouth World Cup (2 April 2017) and the Gold Coast World Series-event a week after.

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“What excites me is the fact that I did not taper down at all. After the Cape Town World Series-event, Coach Lindsey Parry and I decided to put in two weeks of hard training to ensure that I will be at my best the next time I compete internationally.”

Parry was impressed with the way Sullwald swam.

“Like during the Abu Dhabi World Series-event Wian had a brilliant swim. He is definitely now capable of swimming with the world’s best triathletes. He is also very strong getting off the bike onto the run. He proved it during the Cape Town World Series-event,” said Parry.

Sullwald is quite philosophical about his crash at the Abu Dhabi World Series-event which led to him quitting the race during the cycle leg.

“In the past I would have been despondent about what happened but I think I have matured over the last three years. The reality of triathlon is that you will suffer setbacks. It is part and parcel of the sport. If I needed to crash on the bike I am glad it happened now and not later this year when it might have really mattered most. I took full responsibility of what happened. Luckily I was not seriously injured. I bruised some shoulder ligaments.

“As a whole there are more positives to take from the Abu Dhabi-race. It was exciting for me to get in the water with some of the best triathletes and to start the cycle in a small group.”

Those in the know predict that Sullwald will definitely win at least one World Cup-race this year and get a great result in one of the World Series-events. His best result last year was finishing 6th in Edmonton. If Sullwald can get off the bike with race-leaders there will always be a chance of him outlasting them on the run.