

I took part in the Beaulieu sprint Triathlon last weekend and am really pleased to say that it went well. Infact I would go so far to say that this was my strongest race to date in terms of how I felt before, during and afterwards, which I completely put down to the amount of crazy hours I am spending training for Ironman at the moment.

The distances were a 750m swim in Bucklers Hard tidal river, 25km bike and a 6k run. Mentally before the race I had already put this one down to an intensive brick training session and wasn't really too worried about times or performance....until I started that is!!! The swim went ok-ish, the salt water wasn't particularly nice but it was an out and back affair going with the tide for about 300m and against the tide for 450m and included a few hundred metres run up to transition. After exiting the water about half way in my group (there were 5 waves of about 60 people) I overtook a few people on the hill leading up to transition where my wetsuit came off with ease, helmet and glasses on I grabbed the bike and crossed the timing mat. Total time inc T1 = 17.42, not a blistering time but I was pleased as my much faster brother was literally a minute or so ahead of me....he was now my target!

Crossed the mounting line and hopped on the bike, feet slipped straight into my shoes (I opted for no socks due to the shorter distance) and off I went. I quickly set into a good pace and passed a number of people as I set about catching my brother...secretly I knew deep down that this would be a difficult task as we are both very similar on the bike. At mile 15 I checked out my speedo and the average read 23.5mph, it was a fairly flat course with no real climbs and the weather was completely calm and cool. As I approached the last half mile it was apparent my brother was not in sight and the road started to climb somewhat which brought my average down a bit but I still kept a good pace going. I again opted to leave my shoes clipped in as I entered T2 and hopped off the bike bare foot, a risk to stubbing toes but one worth taking. Bike racked, helmet and glasses off and running shoes slipped on (highly recommend the elastic laces with knobbly bits in them) and off I set for the 6km run. Bike time = 43.28 which worked out 13th fastest cyclist (25 seconds slower than my brother though who was 8th quickest!)

The out and back run was again fairly flat, a few gentle long up's but followed with equally long gentle down's, I set off at a good pace and felt good, no jelly legs and furthermore no pain, something I have not been treated to in a triathlon to date! As I neared the turn point my brother was coming towards me, he had about 2 mins on me and for a minute I thought if I really legged it I might catch him up for a sprint finish. Unfortunately for me, he told me afterwards he panicked when seeing me so close to him, he had other ideas and really pushed himself to keep in front. All this did mean that for the first time ever in a triathlon I didn't get overtaken by anyone, instead I had the luxury others normally have with me and I overtook people! Total time for the run + T2 = 27.59.

Overall I placed 34th out of just under 300 people in a time of 1.29:11

My brother came 16th overall in 1.25:20!!

Next up is the Ironman 70.3 in a weeks time...lets hope I can feel as good during this race and at the very least beat last years time!

Cheers,

Paul