

Today i went to Blenheim palace to fill in for some work colleagues who where doing the sprint relay but had been let down by their cyclist. I went in with the sole purpose of beating last years cyclist who averaged 17mph. This was do-able as the course was only 20km but it would mean being on the threshold the whole time, something which i do not enjoy at all. The place was well run and set up. All marshals were very helpful and the whole place had a real festival vibe. The sun was out which added to it. We were off at 12:20pm and we watched our swimmer go off. He swims for fun really and is not a competer, more of a completer. Nether the less his time was the same as last year so he hasn't got slower even though he is even more of an older git now. Lol. He handed the timing chip over to me and i was gone. I knew that most of the field were in front of me so went on a mission. HR was almost max after 2 mins. It hurt like hell but i knew it was only for 40 minutes or so, so i kept pushing, reeling in the people in front one by one. I really tried hard to take people up hills when they were suffering so i could rest on the down hills and get away from them. It felt amazing to overtake so many people. I only got overtaken by 3 people on their tricked up carbon bikes. It was 3 laps and was fast but still a bit bumpy. My max down hill was 36mph but slowed do to 11mph on some of the hills. When i finished and came into transition i dismounted and saw rows and rows of runners waiting for their cyclists to come in, it dawned on me then that i had pretty much overtaken everyone and i had got their first. Most of the runners had seen me go out last and by the looks on their faces i am sure they thought i only did 2 laps. Anyway i handed the chip over to Jon Simmonds from the club and off he went. Jon is a good runner and we nearly missed him finish his first lap as he was so fast. He said after it was so hot that he struggled to improve on last year, but he still hammered it. Once he was on his final lap we went to the finish chute so we could join him for the final photo. We crossed the line together hands in the air, very proud of ourselves. We came 80th out of 224 finishing teams.

Jon came 58th on the run at average pace of 7:37 min/miles

I came an amazing 28th on the bike at 20.4 mph average. The first time i have ever been up that end of the results table. I am well chuffed. Me and Jon wore Andover Tri colours and Al wore his non affiliated wetsuit, but was definitely an honoury member for the day. I reckon the club should enter some teams next year. It was a real buzz. Hope you are all having a great weekend.

