

Ironman 70.3 UK- Dan Mason

Ok quick report from me no doom and gloom for once ;) .

Times

Swim 33:28

T1 6:33

Bike 3:20.27

T2 4:24

Run 2:08.13

Total time 6:12.53

The Swim - Well me been who I am started from the front and slightly left of centre, just two people in front of me ... hehe this was going to be fun. After the National Anthem the hooter sounded and we were off - the first 200m was mayhem and I was gulping for air every third stroke, getting battered from all directions and thinking maybe this wasn't such a good idea. I stuck with it and managed to get some clearish water. Before 800m was up I took a heel full in the eye, am sure my eyeball touched the front of my goggles - shortly after another heel smacked me in the mouth - this made me more determined - I continued and after drafting a guy for a while realised I had gone at least 20m off course inwards so had to change direction and head back towards the main bunch. I finished with a flurry overtaking quite a few on the last 100m or so. I felt good and as I exited the lake I wiped the top half of the wetsuit off and started my long slow run up to T1 - Saw Dave and his wife and gave them a wave and some of the other supporters on the way up and was feeling good. (228th out of the water)

T1 - I managed to get my bag with no problems but struggled with getting the wetsuit off - a helper came along and pulled at my suit, to only pull me off the chair, bouncing off my helmet on the way down - eventually the wetsuit was off and I donned my hat, gloves etc and was off.

Bike - I was using my TT bike so thought this may have been a little tough but I managed the first hills out of T1 no problems just spinning up, the road was rather busy with lots of others swaying around - after the first 4 miles its pretty flat/undulating until mile 19 so I was going at a good pace. At mile 20 Mark Wills said hello and we had a quick chat then he was off. The lumpy bits of the lap went by fine and I managed to crawl up them - 2nd lap was pretty much the same, my legs felt good and I kept on with the good pace on the flat and downhills and spinned on the uphills - at about 48 miles, I think, the other Mr Wills... Paul ... passed me and we had a quick chat then he was off - Spoke to a few other friendly trifold then headed down the last leg of the bike to T2.

T2 - ran into T2 with the bike, legs felt good, passed the bike to friendly helper and then nipped into the portaloos - jogged into the tent found my bag, sprayed sunscreen over me put my runners and cap on and was away - slow but I wasn't rushing.

Run - The run what more can I say about the run other than it was hilly, 900m of climbing on the run - not good. I have been struggling with running related injuries this year so wasn't sure I was going to do but since I was there I thought I would try. First lap walked the steep hills and pretty much every incline and ran/jogged on the flats until I could feel my ankles tightening - 2nd lap walked the hills and most of the inclines - third lap walked the hills and most of the inclines. It was great to see and hear the support of the Andover team crowds and the support from the other athletes I saw along the way.

My aim was to complete the race with no injuries in preparation for Bolton IMUK in 6 weeks - Job done :D. Nutrition was great, had no problems whatsoever, must have been the pint the night before, felt good after I had finished and today I feel fine if a little tired.

Very pleased with my result - what a great couple of days with great company, looking forward to Bolton now.