

I'll keep it brief, unlike the other guys I'm not particularly good at this sort of thing: -

This was my first visit to Wimbleball and only my second middle distance race ever. I thought it would be a nice training session for Bolton!

As Jason has already mentioned there were approx 1000 lambs to the slaughter...Baaa, I was one of them! The day started off a bit hectic, we were being called to transition to walk down to the lake and I was still getting my wetsuit on. Thank god Alice (my partner) was there to do it for me, I think I might still be there now if she wasn't.

Anyway the details: -

The Swim

I decided to stay on the left at the back and waited approx 30 seconds after the start before I went (I listened carefully in the safety briefing). This gave me my own water, pretty much from the outset. I didn't panic, I left that to Alice, I just took my time and actually drafted a kind man around 3/4 of the course (I read the race tips in the programme before the start). My time approx 54 mins, not my quickest but I was still fresh (ish) at the end.

T1

Just under 8 mins with a quick visit to the loo.

The Bike

I had made a mental decision before the bike ride that due to my recent knee problem it was going to be unlikely that I would be able to do the run anyway. So I just went for it from the start. For once I got my nutrition right and finally found some gels that I can digest on the bike - vanilla/cola flavour! They certainly worked, 52 hills and 3 hours and 8 minutes later I was back in transition, my best ride ever. At least some of the training was paying off.

T2

Just under 6 mins to make the decision to give the run a go. You can't go all that way just for a swim and a bike ride, you have to finish it all with a 13.1 mile stroll !

The Run

For me this was tough, due to my knee I had only manage to run two 10K runs in two months. I walked nearly all of the 'up hills', gingerly ran the 'down hills' and then ran the flats. This was never going to be a quick time for me but I didn't care I knew I was going to finish and do it in a respectable time (I think). Many people passed me but I never saw anyone from the club go by until the second lap then I think Pete Dennett went by, I did shout out to him, I hope he heard. Then in the last quarter of the final lap Jason caught up with me, we ran together for a short while but the knee was barely holding up so I told him to go on for the last 1/2 mile (so I could walk up the last hill without feeling bad for holding him back). As I reached the start of the red carpet I looked behind and saw someone getting close so pushed one last time and managed a bit of a sprint finish. Cramp set in approx 1cm over the finish line!

6 hours 47 minutes & 55 seconds.