

Sorry that this is so late but I just haven't got round to sorting out my admin since being back and the bank holiday weekend was very busy. You have all read Tony and Baz's report but now so I will keep this very short as race conditions were obviously the same!

Swim - My weakest discipline, flat water, lots of people, diesel fumes from the safety boats! very glad to get out and get in to T1. Swim time **01:43:50**

T1 - Took it easy, got the nice lady to put lots of sun cream on, and then some more! Split **00:09:44**

Bike - Still glad to be out of the water but felt sick so couldn't stomach anything including water until well after the first aid station. After this things picked up and I was steady away for the rest of the course which was hot and hilly. Time **06:45:22**

T2 - See T1! Split - **00:07:20**

Run - After the Bike I was feeling OK so set off at a steady pace and planned to walk the aid stations which worked well. I ran the whole thing (minus the aid stations) and was able to manage a couple of hellos to fellow club members at various points on the course. Obviously standard marathon distance is not long enough as I didn't realise that I was on my last loop and happily turned to run another lap! Luckily a race official kindly stopped me in my delirium and pointed me at the finish chute!! Time **04:28:38**.

Total Time **13:14:52**.

Well done to all who are or have competed over the week end, well done to Jase great average on the bike mate, things obviously improving in the bike department!!

Paul Holmes.