

Hi All

I'm delighted to let all you guys know I completed the outlaw iron man distance tri at Nottingham on Sunday. It was a great race, really well organised and marshalled. I was delighted to get round in 13:44. I was fantastically well supported by my wife Camilla, and two girls Olly and Izzy.

Swim was a pleasure – two lengths of the rowing lake, giving a good 1.9km stretch before the fight round the buoys at the turnaround. We went into the water at 6am as the sun was coming up – a great sight. I went a little closer to the edge of the lake than ideal as I fought through a fair bit of weed and felt my fingers brushing the bottom of the lake a couple of times, but on the plus side, sighting was superbly easy as I swam down the guide rails of the lake side, and I avoided most of the melee of the other swimmers.

Out onto the bike. My plan was to go easy on the bike, and Joe Friel had warned me that the big mistake made by most ironwannabees was pushing too hard on the bike. However, I was feeling good and I thought I might as well try and get some time in the bank – the run was going to be tragic no matter how much I saved on the bike. I didn't push the RPEs, but I went faster than in my long training rides. There was great support around the cycle, with several water/ high 5 feed stations, each with goals to aim your empties at which kept things interesting. My fan club leapfrogged me around the course popping up all over to give much needed encouragement. I'd been taking in a lot of fluid, and a gel every 15km until about 135km, when I started to feel the gel wasn't going down too well and I went through a tired patch. I felt better again as I hit the final part of the loops and the dog leg back to transition.

So – the run. Initially felt ok and hit the first 5km quite strongly. Then the enormity of the distance began to hang over me and I knew there was no way I could sustain that kind of effort. I did the maths and I had the cut off in the bag, and even my target time of 15:30, so justified a walk for quite a while. Then my ambition began to grow again – I knew this was my one shot and I wanted to do as well as I could. Encouraged again by the support, I forced myself into a run/ walk compromise and carried on. The feed stations on the run were like a kid's birthday party, crisps, jaffa cakes, oranges, bananas, coke – definitely something to look forward to. Finally the last lap came, the prized third elastic band was given which meant I was on my final lap of the lake. I made a final effort covering the last 5km in a reasonable shape, joining Camilla Olly and Izzy for the final hand-in-hand run in to the line. Fantastic. Job done.

Cheers

Andrew

Swim 01:10

T1 07:34

Bike: 06:52

T2 04:32

Run 05:29

