

Today I completed my third triathlon. So I'm no longer a novice. It was the Royal Electrical and Mechanical Engineers (REME) triathlon. How did it go well.....I won! Technically Sam Wilson beat me but as she is Artillery she raced as a guest and therefore wasn't eligible for any prizes.

I've no idea what my splits were. But to break it down I'm sure the soldier counting my lengths miss counted, I felt like the 400m swim would never end. The 20km cycle was emotional too. So bloody windy and the traffic a night mare for me. When I wasn't on the brakes I felt like I was going backwards. The run, turned out to be 7.5km according to gps not the 6km advertised. But for a change the most enjoyable phase for me. I felt quite comfy, well compared to the swim and cycle. Total time 1hr31 which isn't my fastest compared to my other sprints, but I won none the less and have a rather nice engraved crystal champagne glass to show for it! Technically I won first novice too, but the race organisers in the name of sport thought it unfair for me to have 2 trophies, fastest novice and winner. So gave the novice trophy to the second novice. I was not impressed! But I suppose that's me being a bad sports woman!

I wore my Andover Tri suit yet again and it is still doing me proud!