

I did the Thruxton Duathlon on Sunday morning, as did Pete and Jase.

For anyone wanting to know, this is how NOT to prepare for your first duathlon:

1. Have a spicy curry and a belly full of ale and a late night the night before.
2. Dispense with the carbo-loading regime, inwardly thinking to yourself: I've done a marathon, I don't need to worry about carbing up for a piddly little duathlon.
3. After your porridge in the morning, make a quick curry-induced visit to the bathroom and empty your self out completely. Then don't eat anything more.
4. Half an hour before the race, visit the on site toilet facilities and in the struggle to take your tri suit off to relieve yourself, drop your banana and then accidentally step on it. So no more last minute nutrition then.
5. Start the run at the front of the pack and go through the first mile in 6mins40secs, posting a 5km time of just under 22 mins (personal best). Then remember I have 30km bike and another 5km run to come. Gulp.
6. Forget to check your bike over, then be forced to stop on the first lap to pump up a flat tyre, costing three to four minutes.

I was really annoyed about the flat tyre but kept going. I pushed too hard though and on the fourth lap, I had a massive sense of humour failure. I felt like I was cycling on empty (which I probably was), so had to slow right down from 20mph average to nearer 16. The bike leg seemed to take forever and I got more than a little tired of being overtaken. Eventually after 8 laps, I was done. By this time, I was cold too. In transition, it took me ages to do up my laces, my fingers were so numb!

The second 5km was a total nightmare. I absolutely DETESTE running after cycling. My legs screamed out in pain and it took a massive effort of will to keep going. I suppose I haven't practiced it enough. Twice my calf cramped up and twice I had to stop and stretch it out to prevent cramp. Anyway, upshot of it was that the second 5km wasn't 5km at all the Garmin said 2.54 miles. It took me 23 minutes at an average of 9 minutes and 14 seconds per mile, which is ridiculously slow for me.

I finish in a torrent of hunger and very nearly last 118th out of 137. Total time 1 hour 53 minutes. Absolutely starving. Went back to the mother in laws for Sunday roast and ate enough to feed a small village.

Great support from the Wills and Brileys though. And well done to Jase and Pete who clearly prepared much better than I did !

Jon