

The sea was warmish and calm. Have to say the distance was, for me, a little daunting but once I got used to being in amongst all those people and got a rhythm it wasn't too bad. I actually got a bit mesmerised by the sand movement on the bottom which helped!

The bike I recorded at 50 miles rather than 56. It was mostly dual carriage way with a few smaller road additions. By heck some of those elite guys can shift and it was very humbling to watch. No major hills except for a wee climb out of Weymouth.

The run was a two lap affair and admittedly the most laboured jog I've had in a long time. Just haven't quite got used to the bike then run bit! Water stations were very welcomed.

The breakdown: Swim 00:42:45, Bike 02:44:52, Run 01:38:15, Overall Time 05:05:52, Position 95 and an impressive mankini (tri suit) tan to match! Weymouth itself was buzzing afterwards with street vendors and performers. I've definitely got my yearly fill of Morris dancing!

Hope this helps. I'd also recommend the Devon Coast to Coast ride that I did last Sunday. We started in Plymouth at 8 ish, skirted Dartmoor and arrived to applause and a steel band in Barnstaple just after 5. There were two tea and munchie stops either side of a lunch break and I actually felt quite full when I finally finished! Flapjacks on the bike could be the way forward. The aim was 350 riders all raising a minimum of £50 for the North Devon Hospice so I reckon they collected upwards of 17,000 that day. Overall it was just shy of 100 miles on quiet roads and national trust cycle routes