

I have tried to keep this brief but here is my report from Winchester tri, which is a 400m pool swim, 20 mile bike ride and supposedly a 6 mile run. I think there were some others competing, please let me know how you got on?

I don't have any confirmed times yet because they were using the chip system for the first time, and although it has worked the results were not coming through properly - a technical hitch. But great that they are using this system now.

Anyhow, my result (all tbc) of my fifth triathlon: 1hr 53mins. I think I came 3rd in my age group and I hope in the top ten ladies. I even picked up a prize as 1st in age group because the two ladies who beat me were placed overall. So Andover Club got a mention at prize giving, which we like :-)

The race itself - what a beautiful day, really sunny with no wind - perfect. It was a bit chilly first thing in the morning, I was pleased I wasn't starting until 09:30 so that there was time for the temperature to rise.

I arrived in good time 8am (I got a bit lost, there are road closures in Winchester at the moment which threw me). Registered, racked my bike, etc. Worked out the transition, there is a long transition between the swim to bike and the bike to run (which apparently was different this year).

I had a strong swim, I am guessing 6:20. The run back to transition was on tarmac with lots of grit, you need tough feet and then there is sand from the astro tennis courts to contend with. They rack the bikes on the tennis court.

The bike was brilliant, lots of ups and downs, it's definitely undulating but nothing too tricky and nice and straight. The bike out (the first 10 miles) went on forever, but coming back was great fun - I even overtook someone, which is a first for me. I think the scenery was pretty good, but to be honest I was so busy trying to go as fast as possible, I didn't really look around a lot. I think the bike took me 1 hour and 8 or 9 mins.

Then another long run back with the bike to transition. I had some fun and games putting one of my trainers on, the back had got bent in, but I soon got this sorted and out on the run. It was a good course, quite hilly. My legs felt like dead weights for the first mile, but I managed to pick the pace up a bit on the down(ish) hill part of the course. I was then overtaken by the girl who was the overall winner, this really helped me pick the pace up again trying to keep up with her for a mile.

I finished strong and grabbed some much needed water, in the lovely mug you are given as a prize for completing the course! I think I did the run in 38mins, I wasn't that pleased with the run because I think the course is a bit shorter than 6 miles and I wanted to go faster, but overall a good result.

I really enjoyed this race and the great weather really helped. It was well organised, particularly considering the number of competitors. It's a shame they are having some problems with the chip system but hopefully they will get this ironed out and the results and splits will be up soon.

Nikki