

## Australian Olympic Distance Championships - Canberra 24 January 2010

Heading down to Canberra on Friday night with the outside temperature at 38 degrees, there was a little bit of dread that Sunday's race would be taking place in extremely hot conditions. But, thankfully Sunday morning rolled around to perfect conditions to race in.

The swim was confirmed that it would be a non-wetsuit swim; in fresh water given the water was 25 degrees. Having missed the front pack, again I thought I would be swimming the long swim in an Olympic Distance race on my own. I then found myself in a small pack by the first buoy and was able to settle into a comfortable pace. As the pack headed towards the second buoy, when I sneaked a look up I realised the pack may be heading off course. Against my better judgement, but on the advice of Spot – I stopped and made sure I knew exactly where that buoy was. I let the pack continue along and I then headed straight for the second can. By the time I was at the third can and heading back to shore, I was by myself and had dropped the second pack.

Out of transition having spent a good 30 seconds standing around looking for my bike, racing on my new Argon Gallium, for the first time, had me nervous but excited about the ride. Given the bike is still my weaker of legs, I know I had improved enough to not be past by my entire age group. The four lap course was relatively flat with a few undulations, and allowed me to see how far the other girls were in front of me. For the first time in a race I felt completely comfortable on the bike. The set up had me in a more aerodynamic position and wasn't going to leave my whole body aching when I got off to run. Nearing the end of the bike leg a girl in my age group had come up next to me and we were going to get off the bike together. Having attempted to do my maths the total number of girls (all ages) in front of me was about 12.

Getting out on to the run of the 2 lap course, I quickly past the girl who i came out of transition with, and waited for her to come with me, but she never did. Remembering to start out slower which is so much harder than you think, I slowly started to pass the girls who had overtaken me on the bike. At the 5km; with the help of my awesome friends (Laura, Bree, Scott, Mum and Dad) they pointed out that the 2 girls in my age group in front of me were a lot closer than I thought. The last 5km I was hurting, but was determined to podium in my age group, and finish top 10 overall. I over took those 2 girls and a further couple to finish 2<sup>nd</sup> in my age group and 8<sup>th</sup> overall. With a 13minute PB I finished in 2hrs 12mins and 15 seconds; I was ecstatic – and to think I would have been happy to just beat my previous time of 2hrs 25minutes.

After only 6 months of Triathlon training, having a solid off season of training, and doing the little things right it is slowly starting to pay off. It is back to the drawing board to try and shed more time in the swim, bike and run – although it was an improvement – there were 8 girls faster than me, and you can never take defeat lightly.

I would just like to thank the entire team at Bike Bug for helping me out with such little notice to get my bike set up and ready for the Canberra race. Thursday night putting a bike together and answering my millions of questions I know was not an easy task.

