

## Mansfield Tri Club – Race Report

<b>Name</b>	Paul Slater
<b>Race Name</b>	XT Triathlon and British Triathlon Cross Championships
<b>Date</b>	24 <sup>th</sup> September 2011
<b>Type</b>	Off Road Triathlon
<b>Distance</b>	Olympic Distance
<b>Venue</b>	Gibraltar Barracks Farnborough
<b>Course</b>	Royal Engineers Training Area
<b>Weather</b>	Warm 18 degrees

### Race Contacts

**Competitors** Richard Stannard

**Overall Result** 62nd

**Other Result** 11th AG

### Club Results

**Winner Info** Richard Stannard 1:42:17

**Race Report** As we left Mansfield on Friday lunch, the sun was shining with the weather forecast for race day was looking great, we eventually arrived in Farnborough around 8pm after getting stuck on the M25 car park, So it was straight into the hotel (bike under my arm) and out for some food.

At 6am the following morning the first thing I did was look out of the window, blue sky but quite a lot of mist, the weather forecast was a sunny 18 degrees. We eventually found the race village after my sat nav took me to three other wrong venues, hidden within Gibraltar barracks (heart of the Royal Engineers training area) was the race car park.

We entered the water, OUCH was echoed from most of the swimmers, according to race officials the water was a warm 13 degrees.

The sound of the klaxon and off we went, I had a decent start and all seemed to be going well until the 1st right turn, a slap across my face and I was stunned. My goggles filled with water and my swim cap left my head like a helium balloon. I turned on my back to try and compose myself, swimmers were swimming over me

like I wasn't there, I eventually calmed myself down when one of the canoeists offered some assistance, but I needed to get going, I managed to start swimming again breast stroke at first then back into front crawl, I eventually got back to the bank for lap two, at this point I figured do I stop and pack in or try and swim the next lap trouble free, I removed my goggles and refitted them and off I went for lap two, I settled into a steady pace using a swimmer at the side of me to follow. What a relief it was to climb out of the water alive, with T1 on my mind I ran across the hardcore path/car park into transition.

The bike course was fantastic with a mix of short steep up hills and some technical single track along with many cut off tree stumps to avoid, this made overtaking very tricky at times but I had a ball and made up time whenever possible, this really made my race enjoyable.

So out of T2 for the run, along an off road path and into the woods, the course consisted of running along the tracks which the army use for training, a foot deep in mud for most of the way and plenty of obstacles to get over, we tracked along a high fence, within its boundary stood a compound of what looked like an army training centre, the deafening noise of gun shots helped you up your pace at the fear of getting shot. It was two laps of the run course, as I approached the final break off point the travelling marshal on a quad bike signaled it was 1500 metres to the finish, I tried to up my pace as I had lost a few places climbing over one of the many bunkers on all fours, the final push saw me make up what I had lost with a sprint into the finish. This was my 1st Olympic triathlon completed. I felt a massive sense of achievement with the hope of competing in many more.

Swim 28.37

Bike 105.27

Run 39.41