

Mansfield Tri Club – Race Report
Cheshire Sprint Tri – 4th June 06

Name	Stuart Pinches
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Race Name	Cheshire Sprint
Date	4th June
Type	Tri
Distance	Sprint
Venue	Nantwich
Course	Salt water pool!
Weather	Fine
Race Contacts	Fun2tri
Competitors	National
Overall Result	38th of 350 male
Other Result	8th Age group

Club Results

Winner Info Andy Brooks 58.18

Race Report A weird event for two reasons. Firstly a brine open air pool and secondly two locations for transition. The event was a 500m swim, I wish I had read this as I put down a 400m swim time. This ensured that with my lucky race number - 13!! I was right at the start. I had been practicing how to be swum over all week in preparation. On the day it was not so bad though. Having a mouthful of salty fluid takes some getting used to though! The swim was over with a split of 8.36 and so into T1 (next to the pool). The bike is a 13mile blast through Cheshire countryside. If anyone has ridden Cheshire roads before they are not the smoothest so keeping a rhythm is the most difficult aspect. My overall T1, bike split and T2 was 37.47. You ride into T2 which is nearly a mile away from T1. The run is 4 laps around Barony Park. What was really strange was having such a early race start and taking 5 people on the bike there were only a few of us running the course to begin with. Later on in the day it became bedlam. I crossed the line in 1.07.32, this is over 7mins up on last years time. My overall position was 38th of 350 males and age group was 8th - my first top ten. Overall really chuffed. The event has got bigger and bigger and speaking to work colleagues who started later they didn't

enjoy the event as transitions were crowded and roads became busy with traffic. My advice to you all is lie about your swim time and enjoy drafting on the swim, clear roads and an empty run course.