

Mansfield Tri Club – Race Report
Dambuster Olympic Triathlon – 21st June 08

Name Tony Goodyear
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Race Name Dambuster
Date 21st June 2008
Type Triathlon
Distance Olympic
Venue Whitwell harbour Rutland
Course Open water/Fast bike couple hills/Flat run
Weather Wet Cold

Race Contacts

Competitors 520 starters
Overall Result 220 overall in 2:38:05
Other Result 95th in age group

Club Results

Winner Info Andy Tarry 1:54. 7mins ahead of 2nd place the man's an animal

Race Report Left home Friday evening to meet Anton, Paul and Sally to travel to Rutland for Friday evening registration. Loaded bike onto Anton's car and headed off. Travelled across country to avoid Friday night rush hour and arrived at Whitwell harbour site just after 6.30. Parked up and registered straight away, collected race numbers timing chip etc and (I'm sorry organisers) a crappy T-shirt, whoever designed this one don't give up your day job! After registration took a walk around transition to get a feel for exits etc then off to the camp site to take the mickey out of the 2 Cub scouts Alan and Mike, hoping to find them up to their necks in canvass, poles and tent pegs. But to our disappointment it was nearly done and they were both calm and composed. Said our hellos and goodbyes then left them to register then spark up there BBQ whilst we went to book in to our digs up the road. Booked in at reception, took bikes and bags up to room, i was sharing with Anton (A Twin room before the jokes start) then off to the local pub for some dinner. After an hour's wait to be seated we finally got taken through to the restaurant. Myself, Paul and Sal had the veggie Lasagna and Anton chose the Meatballs and Spaghetti with metal thrown in for free! After calling over the manager and complaining we

ate up and left, if anyone stays over next year or for the Vitruvian don't go for dinner at the White Horse in Moorcote you have been warned! With full stomachs we headed back to the hotel to get our heads down. Made a quick cuppa, watched the remainder of the Turkey v Croatia game then settled down for some shut eye. Didn't sleep too well and woke just before 5am alarm, put kettle on and forced down a bowl of oats and a banana before loading up the cars and heading back to Whitwell for my first Olympic distance Tri. By the time we arrived the heavens had opened and the wind had picked up. Went and set up my transition area and got my wet suit on then met up with the other Mansfield club members at the water's edge to listen to the race briefing before wishing each other luck. Myself and Ian were in the second wave and was able to get in the water a good 5 min's before we were off to get warmed up, then the whistle went and we were off. The swim was straight out to the first buoy, left turn to the next buoy, left turn again and back to the start. This was my first 1500m open water swim so was very surprised when turning round the first buoy I had a look back to see I was still in the middle of the pack and not at the back, this filled me with confidence as I had been very nervous of the swim leg and I actually enjoyed the remaining 750m. I got to the swim exit feeling good and looked at my watch which said 27.55. I was well chuffed but then things went slightly pear shaped. I suddenly got a searing pain in my left quad as if someone had just shot me which stopped me dead in my tracks, it took me over a minute just to get to T1, as I hobbled along the pain just didn't subside. In T1 I thought that was race over, I had to sit down to get my wet suit off and bike shoes on. Some Marshals came over to ask me if i was OK and to carry on explaining it was probably a bad case of cramp and a couple of minutes pedaling should cure it. So after 3 minutes in T1 I got on my bike and sure enough after a couple of seconds peddling it went as quick as it came. (I now know what a bad case of cramp feels like, you learn something new all the time doing this triathlon lark). I had lost nearly 5 minutes in T1 and was now on the bike. Made up a couple of places in the first few miles especially on the hilly section where some were nearly at a standstill. Was going well about half way round when the cold started to kick in as the rain got heavier, it was just my fingertips that suffered the most. As I went to grab my drink bottle it slipped from my frozen fingers and tumbled to the floor, oh well no more drink for Tony. The rest of the bike went without incident and I continued to overtake more than was overtaking me. By the time i got into T2 I

was feeling good and ready for the run, dismounted and re-racked bike, fumbled around with helmet strap and trainers due to fingers being numb, gobbled down a gel and was out of T2 in just over 1 minute. As i ran out of T2 Andy Tarry ran into the finish for the win in 1hr 54 mins. (I was gutted thought I was in for a shot at this one Ha Ha!!) Soon found my running legs and got into a good rhythm early on, got to the Dam as Ian was coming back from his first lap. Felt really good on the run, the Tuesday night sessions obviously helping loads and to my astonishment was overtaking loads of runners. Done the 2 laps of the Dam passing all the other Mansfield Tri members going one way or the other and exchanging encouraging words. Really pushed myself for the last 800m but didn't have anything left in the tank and crossed the line, having done the run in 41-41 which is a P:B 10k for me by 5 minutes. My overall time was 2hr 38min 05sec, which i was really pleased with for my first attempt. Stopped at the finish line with Paul who looked like a drowned rat to cheer the remaining Mansfield members home before going to get some clean dry clothes on and warm up. Really enjoyed the experience, learnt a lot for next time especially not to be such a cissy when i get cramp next time. Preferred the Olympic distance over the Sprint. Thanks to everyone for the support during the event and for all the training pre-race.

Cheers

Tony