

Mansfield Tri Club – Race Report
Royles Deva Triathlon – 25th June 06

Name	Stuart Pinches
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Race Name	Royles Deva Triathlon
Date	25 th June 2006
Type	Triathlon
Distance	Olympic
Venue	Chester
Course	Open Water (River)
Weather	Overcast
Race Contacts	www.chestertri.org.uk
Competitors	National - BTA ranking event
Overall Result	2h 26m 19s 113th
Other Result	22nd
Club Results	Billy no-mates
Winner Info	Paul Hawkins (Royles) 1.58
Race Report	Sort of tradition this one. It was the first ever olympic I did and it is situated in my home town of Chester. Got round in 2004 in 3h 02min and improved that to 2h 32min in 05. This was my big race of the year and two goals were set

- 1) Break the 2h 30 barrier
- 2) Achieve a top 145 placing

If you want a well organised event this has to be one of the best. Massive transition areas, mechanics on hand, post race massages £3 and this year a mini aquathon the night before. This last bit was really useful as it was a 650m swim in the river Dee and a 1 lap of the run course. I opted only to do the Dee swim. Colwick may appear cold sometimes but it is not a patch on the Dee - where the water is snow/rain run-off from the Welsh hills. It is a river so there is a flow. Recently the practice swim for the World famous Dee mile challenge (which is 1.5 miles!!) was abandoned because no competitor could swim upstream against the current! The flow was Ok, temp was cold, there was low visibility and a strange taste of diesel

due to all the pleasure boats. I was really pleased I did this warm-up as it got me psychologically prepared for the next day Race day

The swim is 700m upstream, 800m downstream. A series of waves, all with different coloured hats, were set off 10 mins apart starting at 8. I was 8.30. The swim went great even managing to pick off a number of the previous wave. Exited the water onto a superb rampway in 26.49. Then up the short but very steep pathway to T1. Out on to the bike for a less than straightforward 25 miles over generally flat roads. The route has you turning left down a road for a mile to go round a cone and come back up the road. You also rejoin the race course at an earlier point and redo some of the course. Suffice to say back into T2 in 1.10. Out on the two lap run. I had some serious stomach ache issues which left me bent double for the first 2K but managed to battle on. These problems affected my overall run time coming in in 46min for the 10K. Overall both my goals were achieved

1)2h26min19sec

2)113th overall male and 22nd in age group

This really is a great race to enter as there is a high degree of organisation (100s of marshalls, referees and draft busters). Couple this with a number of elite athletes and you always come away having something to aspire to.