

Mansfield Tri Club – Race Report
Ironbridge Classic– 16th July 06

Name Stuart Pinches
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Race Name Ironbridge Classic
Date 16/07/06
Type Triathlon
Distance Olympic
Venue UK – River Severn
Course River and Hills
Weather Glorious
Race Contacts www.fun2tri.co.uk
Competitors National
Overall Result 46th
Other Result 13th

Club Results

Winner Info Dan Plews 2.01.04 GB development squad

Race Report First time event for me. The venue for the race was the historic Ironbridge - birthplace of the industrial revolution. Everyone refers to the place as Ironbridge - it's full name is Ironbridge Gorge. That last word has a major bearing on this race as you have to ascend out of the gorge for each of the 3 laps of the bike course. In total this is 3 times 1 mile of 8%. Lets put this into perspective - it is no Alpe D'Huez - but it certainly strains the muscles on each ascent. The swim is a out-back-out-back affair in the river Severn. This was nice and warm at 8:20. For the sprintevents wetsuits were not compulsory. My swim went well, exiting the water in just under 27min (placed 60/140). The T1 was a long affair having to run across a field and gravel path – you get the image of someone tiptoeing up a pebble beach going ouch everyother step!

The bike was OK a time of 1:15 for 25 miles of up and down (placed 36/140). This included a stop to removed a beastie from my hemet (bike!). The run was surreal. Six 1.5K laps, the first half of each lap was winding back and forth through the rose garden in Darley park. the second half of each lap was an out and back affair to a

turn around cone. I got used to treating it as an interval session by going hell-for-leather on the second half and recovering on the first half of the next lap. It worked quite well and end with a 10K time of 43.25 (placed 55/140). Overall posted a 2.29.25 - my second sub 2.30 of the year. This was good enough for over 46th out of 140 and 13th in age group. This was a good challenging event with a scenic swim in an historic river, a far from 'drag strip' bike and an 'interesting' run.