

**Mansfield Tri Club – Race Report**  
**Ironman UK – 20<sup>th</sup> August 06**

<b>Name</b>	Craig Walker
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<b>Race Name</b>	Ironman UK
<b>Date</b>	20th August 2006
<b>Type</b>	Tri
<b>Distance</b>	Ironman
<b>Venue</b>	Sherborne Castle, Dorset
<b>Course</b>	Open water,hilly bike,on/off roadrun
<b>Weather</b>	stiff breeze warm sunny
<b>Race Contacts</b>	Ironman uk
<b>Competitors</b>	1,100 international
<b>Overall Result</b>	454
<b>Other Result</b>	75, 40-44age group
<b>Club Results</b>	Gary Goacher beat me
<b>Winner Info</b>	Frank Heldoorn 8:36
<b>Race Report</b>	Thanks to everyone for your words of support but I do have to agree with Gary, if we can do it anyone can. The race itself went very well for me and as I had said to a few of you before I went that I was going to race at 12 hour pace and if I finished in 13 hours I'd be happy, well a time of 12:09:30 suited me just fine.3:30am on race morning the alarm went off and it finally hit me this was it the big day I was actually going to be an IRONMAN, failure was not an option I'd played my money and I was not coming back without that bloody medal NO WAY.2 slices of toast and honey 3 cups of coffee and off to the bog,10 toilets 40 people queuing so back to the caravan try again later, more coffee, looked across at Gary's tent to see the light on his cap lamp moving round and I knew I was in good company for the first part of the day at least. When we arrived at the venue about 4:45 the whole place was buzzing spectators and athletes and people who were there to make the day run like clockwork and what A job they did, "absolutely BRILLIANT". On with the wetsuit, white bag given away, and I was on my own and waiting for the call to the water, no sign of a delayed start so they opened the gates and let us start the procession down to the lake, by the time I got there the

lake looked an awesome sight, I had never seen 1200 plus people in a lake before and it is a sight I'll never forget. It was about 200 meters to the start and by the time I arrived I was fully warmed up, it was my intention to stay toward the back of the pack to avoid as many beatings as possible, off went the claxon and off we went after half a dozen kicks thumps people grabbing my feet and other things I finally found a bit of clear water my planned swim time was 1:30 so I had no need to rush, exited the water 1:23 grabbed my blue bag got changed and on to the trusty steed, I'd planned for 6:30 on the bike and soon settled into a good pace, the road surface was unbearable to say the least and I knew I was in for a bumpy ride, started feeding straight away and everything was ok, after about 2 hours of riding I thought I'd try this peeing whilst on the bike thing NO BLOODY WAY is this possible so after about another 2 hours trying I decided to get off this also seemed to be nearly impossible eventually got back on and after 6:20 of pedalling It was onto the run. My legs felt really well and I knew I was not going to have many problems, wearing my Mansfield tri suit it wasn't long before people were shouting for me, I felt great[8D even Richard Jones shouted come on Mansfield at 23 miles.4years ago I was shouting for him in Wales and today he was shouting for me my run time 4:15.The organisation by the Ironman crew was excellent the volunteers excellent the whole experience excellent, will I do it again next year, probably.