

Mansfield Tri Club – Race Report
Mansfield Sprint Triathlon – 18th June 06

Name	Hugh Barnett
Email	hugh.barnett@btinternet.com
Race Name	Mansfield Sprint Triathlon
Date	18th June 2006
Type	Sprint triathlon
Distance	400m/10 miles/5k
Venue	Market Warsop
Course	pool/flat cycle/off-road run
Weather	Dry, overcast, breezy, cool
Race Contacts	Punishingevents.com
Competitors	All sorts
Overall Result	344
Other Result	Hannah won the Notts Womens County Championship.
Club Results	
Winner Info	Andy Tarry (set course record)
Race Report	This may have been the 5th Mansfield Sprint

Triathlon but for personal reasons this was a very special event. It was my first solo triathlon and the first Id done in the company of the club, both of which made this a very memorable event.

This race was also the Notts. County Championships and our very own Hannah was the best placed female competitor from Notts. and is now the Notts. Ladies County Champion what a result!

There was a big turnout from the club and Mansfield TC suits were everywhere the eye could see. We may not be the biggest club in the Midlands but must be one of the most visible.

The weather was perfect for racing: dry, overcast, cool and with a gentle breeze. Nothing like the day before, which was hot and pollen-laden and a hay-fever sufferers nightmare!

My race went very well. The swim was well paced and I even managed to overtake two competitors (a first!). Finishing at the deep end was a bit of a problem and I had to swim across two lanes to use the steps to get out. My timing technology was a bit iffy but the speed felt as if the race was close to the PB I clocked at Southwell.

The first transition was an eye-opener. Not being a tri-suit wearer, it took me nearly 5 minutes to switch from swim to cycle gear and I need to seriously re-think how that transition is handled in the future.

Out on the cycle route the pace started off very well and at one point I was averaging close on 18 mph (much higher than I've done in training). However, there were some points where the winds felt quite strong and there was a very powerful head-wind coming back down to Market Warsop. The split time suggests that a sub-40 minute ride was achieved, but again wonky electronics means the actual time was not recorded.

The run leg was the most challenging, both physically and mentally, but 2 minutes were sheared off the best time I've previously achieved for a 5k run.

The best bit of all though was the run to the finish. Thanks to Alan's great commentary the crowd were clapping and cheering as I approached the finish and the energy from the crowd drove me across the line with a huge grin on my face and a skip in my step. Wonderful!

Throughout my short life in the world of triathlon I have discovered how wonderfully supportive people engaged in this sport are. The number of good will messages and supportive comments I got on the run leg was amazing. There is a generosity of spirit in triathletes that never ceases to amaze me.

A great day.