

Mansfield Tri Club – Race Report – Southwell Sprint Tri – 14th May 06

Name Hugh Barnett
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Race Name Southwell Sprint Tri
Date 14th May 2006
Type swim/bike
Distance 400m/17.75km
Venue Southwell
Course
Weather grey, overcast, drizzle
Race Contacts 1 Step Beyond

Competitors

Overall Result See report

Other Result

Club Results

Winner Info

Race Report

As I sit down to write this report I do so with a warm fuzzy feeling of another target hit and some more personal milestones reached. Scored two personal bests and learned yet more about how the triathlon event works.

The day started with a 5am alarm call which came as a mighty relief because I had been having a repeating dream about being late and missing the swim start. When I woke up and realised it was only a dream then it felt like the day had started off on quite a positive note. The weather though was grey, overcast and drizzly - almost identical conditions to the Derby Tri last September. Roll on the day when I can try a tri in the sunshine!!

The first order of the day (after getting there and registering the Park Hill Pant(h)ers team) was to do the swim leg for Alfreton Leisure Centre Team D. I was at poolside when the very first wave of swimmers went off (good to see how a tri event actually starts) and I was due to go in the

seventh wave. Part way into the first wave a halt was called because the electronic timing equipment had gone down. Overall this caused a 10 minute delay on everyone's start time so instead of starting at 7:42am it was closer to 7:52am when I kicked off for the first length.

16 lengths later I climbed out the pool, threw off the pool hat, grabbed a pair of pool shoes and legged it to transition to tag the team cyclist. Timings: pool time was 12:46, which was the first personal best of the day, knocking 14 seconds off the PB I did at the Tri Club pool session last Wednesday. The provisional split time was 13:50.

Having finished the swim section there was some time available to towel down and get into the cycling clothes ready to be tagged by Doreen, the Park Hill Pant(h)ers' swimmer.

I was in transition when Brian returned from the cycling and tagged Jane for the run. Now, bearing in mind that only a few days before Jane'd had quite a nasty accident on her bike, she set off like the clappers and it was immediately obvious that a good time was on for her. I wasn't able to see her cross the finish line because I was out on the bike route at the time, but the provisional full result for the Alfreton Leisure Centre Team D is:

Swim: 13:50 Cycle: 41:25 Run: 22:06 Overall: 1:17:23.

On the provisional results this places the team at 7th in the team category out of a total of 19 teams. 378th in the full rankings.

Attention now had to turn to the Park Hill Pant(h)ers team. Whereas last year there were three of us, this year Doreen doubled up and did the swim and the run. For my part I was expecting a longer time in the saddle for two main reasons: this tri was supposed to be 2km longer than Derby and there were a lot more challenging hills to negotiate. Based on the time it had taken to practice the hills a few weeks ago, a cycle time of 60 -70 minutes was expected, and this very nearly caught us out in the cycle-run

transition.

As the cycle ride progressed, the time showing on the bike computer was suggesting a much faster ride than was expected. The half-way point was a roundabout in Lowdham and this had only taken something like 25 minutes. With only 3 miles left to go, the clock was showing just over 40 minutes and as the transition area loomed it was clear that the ride had gone much faster than expected. At this point I was concerned that I was coming back so much earlier than expected that Doreen might not have been at transition waiting to be tagged. As the dismount line was crossed and the run back to the rack had started I couldn't see Doreen waiting at the designated point (panic!). Fortunately, I had been spotted coming back into transition and Doreen legged it to our transfer point and was there just as I got back to the racking - phew!! We tagged and off she went to start the final leg of the Pant(h)ers race.

Timings: rack to rack cycle time was 50:24.

The provisional full result for the Park Hill Pant(h)ers is:

Swim: 10:57 Cycle: 51:51 Run: 26:40 Overall: 1:29:30.

On the provisional results this places the Pant(h)ers 13th out of 19 teams. 453rd in the full rankings.

One light-hearted reason for entering in two teams was to guarantee that at least one of my teams would not finish last in the team category. Needless to say, having neither team in that position is a very satisfying outcome to the day.

So, that was Southwell. Triathlon number 2 and improvements all round.

The next target is Mansfield Tri in 5 weeks time. This time it will be my first full solo triathlon and the most challenging part will be adding the 3 miles onto what I did today.

And finally... I've decided to enter the David Lloyd Lincoln Sprint Tri on July 16th. The gap between Mansfield and Derby was too long and this fits nicely into the timetable.