

Mansfield Tri Club – Race Report
Trentham Big ½ – 29th July 07

Name	Stuart Pinches
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Race Name	Trentham Big 1/2
Date	29th July
Type	Triathlon
Distance	1/2 Ironman
Venue	Trentham Gardens, Staffs
Course	Open water
Weather	Sunny but windy
Race Contacts	http://www.fun2tri.co.uk/Trentham-new/index.htm
Competitors	national
Overall Result	33
Other Result	12 th in AG
Club Results	
Winner Info	Toby Jameson 4.03 (show off)
Race Report	This was my big goal for 2007 and was split into two parts.

- 1) Complete my first 1/2 ironman distance race
- 2) Complete in 5.15

The good news both of these were achieved. The second part by a massive 17seconds - with a final time of 5.15.43.

it was an early start, with race briefing over we were allowed into the lake at 6:50 for a warm up. The starter went dead on 7 to set us off for 4 by 500M triangular laps. Now in my books it should be a 1900m swim not 2000! I left the water in 41 min. Slightly disappointed as 1900m takes me 36-37min in the pool. However factor in extra 100m distance crowds of people and a low degree of effort as shown later in my heart trace - it was all I could expect.

On exiting the water we had to go to a shoe transition - put on trainers and run the 500m to T1 real. I took a stumble half way along the path but no lasting damage.

Out on the bike it was 3 T-shaped laps totaling just over 54 miles (not 56). There were no issues on the bike but a strong wind started up towards the end of lap 1. This just got stronger and stronger as the time went on making the last leg back to T2 a real struggle into the teeth of the wind. By now some of the classic/sprint and fun competitors were out on the roads. A number of whom I saw dismounting to push their bikes because of the wind! Back into T2 in a split time of 2.35 and out on to the 13 mile run. It was 4 U-shaped laps along the lakeside. As with a previous Olympic distance race I started to get real bad stomach cramps at about 3 miles in. This led to a slowing down and me posting a slower than I would want run time of 1.53 (I was aiming for a 1.40-1.45). I was looking at my watch on the return leg of the last lap and was determined to get in at 5.15 - I even managed a spint to over take no 106 by 1 second!

Overall there were 147 entrants with 117 finishers. I was 33rd overall and 12th in age group.

I feel a real sense of accomplishment for achieving what I had set out to achieve and in the time I had set. Roll on the full distance next year

There are questions to ask - most notably why is the bike to run going wrong for me in longer events? Something to ponder over winter.

I always like to tell it as it is for the event - So this bit is optional reading

What about the event? Overall I was disappointed with the set-up and organisation of such a large event.

We have been accustomed to chipped-timing being the norm. Fun2tri still rely on spotters picking up your number - if they didn't see your number you didn't get a time. It all seemed a bit archaic.

The transition was totally inadequate for the number of competitors across

the morning. The organisers kept telling us over the PA that it was a temporary transition until some redevelopment next year. They didn't charge a temporary entrance fee (£80).

The cost is the next point £80- is almost double the olympic distance entrance fee. The only difference between the two events was on the bike course where there were 4 extra volunteer marshalls for our race. The extra fee did not seem proportional.

Drafting and the lack of draft busters. There was only one safety car on the course and as far as I am aware from the results no drafting penalties were served. At one point I observed the safety car having to wait to pass a pack of 10+ riders from the 1/2 distance as they were that spread out in the road. And the last one - toilets - no competitor toilets on or near the course. With stomach cramps and some people out on the course for up to 8hours it would have been a welcome sight to have a portaloos somewhere, anywhere!