

Mansfield Tri Club – Race Report
Vitruvian Half IronMan – 8th Sept 07

Name	Alan Bilzon
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Race Name	Vitruvian
Date	8th September 2007
Type	Triathlon
Distance	Half Ironman
Venue	Rutland Water
Course	Open water. Hilly bike. Flat run
Weather	Perfect. Bit breezy in places on bike
Race Contacts	Pacesetter
Competitors	National Champs
Overall Result	6 hrs 38 667 out of 689 finishers. 800 starters I think
Other Result	
Club Results	Colonel 4 59. Mike Jones 5 21. Lord Preshington 5 28 and Barry O'Sullivan 5 38

Winner Info

Race Report Went down on the Friday afternoon and met Mike and the Colonel at the campsite. Went and registered and then set up the tents and set about cooking chicken on the bar-be and making the pasta and lovely sauce. Lord Preshington made an appearance but disappeared up to his manor with his lovely wife Lynne who proved to be our chief supporter and I was to hear the word "Pan" shouted many times over the next day.

The evening was beautiful and the lake looked peaceful. After the pasta we had some rice pudding and chocolate biscuits. One can of Guinness and a glass of red and to bed around 2145.

On first impressions I saw that the swim lap was smaller than the Dambuster one. This is because the Dambuster is one 1500m lap and the Vitruvian is a 950m lap swam twice. Psychologically this looked like a short swim and helped me feel better for the morning ahead.

0500 and we are up and about making hot porridge and tea by torchlight in the pitch black dark. We take our bikes down to transition and come back up to base camp to prepare and put on our wetsuits. Into the water at 0645 and ten minutes later we're off!!! Got into my swim pretty quickly and finished the first lap with no problems in 20 minutes. Got out the water and ran the 20m to get back in and the instant I started swimming my right hamstring seized up. I swam for about 100m with 1 leg pointing straight out at 90degrees! Eventually this stopped and then the other one did the same!!! Got through it and out the water in 44 minutes total and went to the bike.

Took my time drying off and put my cycling shorts and top on over my tri suit. Put socks on and shoes and went out on the bike leg. Nice and steady for 26 miles and back into the park only to throw my water bottles off to be passed 2 more and a banana. Out again and the climbs at the Rutland Ripple were helped by a tri team at the top of the big one with cow bells and whistles helping you up. Much appreciated!!!

Got off the bike after 52 miles feeling OK and removed my cycling stuff with no aches or cramps!! Set off on the run nice and steady and did the first 10.5k lap in 1 hour exactly. Feeling good and taking food and drink on board at every stop continued to plod. Mike and the Colonel both looked strong. Barry was also going well. I saw Presh towards the end of his run looking forlorn and tired but still moving well. Well done mate. Your face told a story but you were moving OK.

All was going well until I was at 9 miles. Everything in my legs seized up would not bend or move. Walked a while and started to run but no go. Walked for about 2.5 miles and then managed to trudge down to the line to a great reception from all in the club and others too. The atmosphere at the finish was great and I will not forget it.

Got a bit emotional and was happy to be done but will do it again next year. Need to be better prepared for the run but have had a bad knee that has stopped long running sessions.

The race itself was excellent. The food stations were great. Plenty of water and energy drink and fruit as well as chocolate and biscuits. The crowd and competitors made it a

real occasion to savour and the atmosphere the whole day was upbeat and everyone was there to help you along.