

Mansfield Tri Club – Race Report
Wolverhampton Olympic Distance – 20th August 06

Name	Hannah Mulcaster
Email	mullyh41@hotmail.com
Race Name	Wolverhampton Olympic Distance
Date	20/08/06
Type	Olympic distance tri
Distance	1500m/40km/10km
Venue	Chasewater sailing club, Walsall
Course	Open water, bike-undulating, run fairly flat round lake
Weather	rained for swim, dull and damp for the rest of it
Race Contacts	black country triathlon club
Competitors	local and few in GB kit
Overall Result	
Other Result	
Club Results	
Winner Info	James Radcliffe, Black Country Tri, Sandra Tschumi Bedford Traktors
Race Report	Well I'm doing the race report as it gives me something to do relating to triathlon this year.

Anton and Chris went in one car and Jayne and i went in another. I had to put up with Jayne singing along to Air supply I'm all out of love'. After one sing through i knew all the words and thought it was rude not to join in. We set off sat afternoon to check in at the hotel and also check out the bike course. We were following chris and Anton, who even with sat nav managed to get us lost. We eventually checked in at the local Travelodge, who very kindly locked the bikes away in the conference room. We set off to drive around the bike course. Chris had heard that the bike course was fast, but from early on it did not look like it would be fast. The rain was battering down, the wind was blowing hard. There was an out and back course with 2 loops in the centre before heading home. There were some steep climbs but some long fast descents where it was easy to reach 40mph (so I'm told). Jayne's

face was dropping as we went round each corner, 'when it looks like a hill in the car, its much much worse on the bike'.

We then toddled off for an evening meal, i was not bothered what we settled for but the athletes wanted something that would help them rather than hinder them the next day. They sat for what felt like half an hour deciding what would benefit them, Chris and Anton settled on pasta and Jayne on risotto. As i was not competing i went for a good curry. Considering it took so long to decide what dinner they were all going to eat, it only took 2 seconds to decide that we were all going to have large chocolate sundae, Anton went for the healthy option of strawberry shortcake!!!

Had relaxing evening before heading back to the hotel for snoozes. Anton and Chris shared and Jayne and I (it wasn't the first time and I'm sure it wont be the last). Jayne and I had the nosiest neighbour who came in at 2am, but jayne confessed she hadn't been to sleep yet, might have had something to do with the JD & Coke she had before bed. Me on the other hand slept like a baby, always do, nothing bothers me. I suppose it helps when you're not competing. Chris said that neither he or Anton slept well (they were not sharing a bed like me and Jayne, no ideas please boys!!).

Woke early, the hotel had put breakfast ready for us, we were surprised to see someone had eaten and left before us (6am) and they were not triathletes. Jayne confessed as she woke that she could not do the event, she did not want to get in the water as she had dreamt there were electric eels in the water and they would get her!! Don't know what was worse, that story or the thought that she had spent the night at the butchers!!

Arrived and registered. It started to drizzle on and off till the first wave set off at 8.05, when the heavens opened and wind picked up. Ok for swimming, not nice if your stood watching. Chris and Anton were in the 1st wave, mike and jayne set off at 8.10. Jayne said that the fastest swimmers from the first wave halve way round her first loop. There was a 750m loop when you had to run up a very slippy jetty and back in on the other side, and round the loop again. Chris exited the water in

front of Anton, there was about 2 minutes between them. Jayne also swam well, followed by Mike (who had travelled down that morning). Once everyone had set off on the bike, far down country roads, I had a lovely warm hot chocolate to try to warm up. I was very surprised to see that someone was still swimming. The lady finally exited the water 1 hour after she had started. The leader came back into transition 20 mins after she left.

Chris kept himself entertained throughout the bike by thinking that all those coming zooming past him on the bike were rubbish swimmers. Pleased him even more when he passed a few of them on the run. Jayne I was told sang a few lines of 'I'm all out of love' well she certainly knew the words the amount of times she had played it since yesterday.

Anton was first back into transition, caught and passed Chris after 18 miles. Chris was not far behind, he had a fantastic dismount from his bike. The road was wet, he took one shoe out of his cleat, and then unclicked his other foot. Both then slipped on the pedals, hit the floor, he dropped off the seat onto the cross bar, and tried to stop his bike with his feet on the floor and his brakes. I was cheering up to this point, but I did not want to be associated with him at that point. He got a huge cheer from the crowd.

Anton was exiting the transition as Chris entered. Only about 1 minute in it. Mike then followed, with Jayne not far behind. The run was 2 laps round the lake, I must admit it did look a long way round once let alone twice. After the first loop, Chris was in front, to my surprise, I thought I had missed Anton, but he was just behind Chris having cramp trouble in his lower back. He was inspired to continue running by a 'a lovely pert bum in a blue GB tri suit', but the pain became too bad so he had to stop and stretch, all he could think of was that bum was getting further away. Jayne was just coming through half way when Sandra Tschumi (winning female) passed her to head to the finish.

Chris finally came home in 2.31, he was absolutely over the moon with his

Performance, i know how nervous he had been in the previous day and earlier in the morning. Anton was not far behind. Mike ran in well, and Jessie came home to a Ye ha from the official team photographer (me).

I was very jealous as i would have loved to compete along side them today. But i was so proud of them all they did brill performances.

The guys cooled down and got changed. Went to the cafe at the lake for a warm drink before heading home. Jayne could not even drink her drink, she managed to trip boiling hot chocolate all over her legs, so she nearly stripped off (again) in public to try to get the scolding material off her legs, oh she's a silly girl.

Headed home with some more singing from Jayne. Well done guys you did the club proud. Shame there was not more of us competing. It was a well run event with some fantastic performances from both male and female athletes. definitely an event for my calendar next year, if I'm able to run by then. Hope you like the photos!