

Report from Leeds Olympic tri.

So I fancied racing alongside the brownlees so was excited that it had moved to Leeds! Practice was done at bosworth but was slightly gutted not to get under 3 hrs there (even though I had knocked off nearly 15 min off pb) I therefore had my target. Decided to visit my friends who lived up there and this was perhaps the best decision I had made due to the complex logistics required for my first split transition. Arrived early Saturday and walked in to registration, collected and checked pack and off I went to drop run gear at T2 in city centre.... a gravel car park... meaning i would need to run in the cleat shoes... no problems. Drove to roundhay and dropped the bike and all the equipment at T1. Done and relax. Headed round the town to soak up the atmosphere. Got to hotel and early night for 7.32 start. Woke up before my alarm and ate. Mild panic as couldn't find my timing chip. No idea where and not in car. So checked out and went to roundhay. Checking in T2 bag- I found it stuck to my cycle shoes! Phew! Rushed to drop off kit for collection later, kitted up in wetsuit and off I went... Swim was slow... got caught in others wash and was swam over by the faster swimmers even though I hung back... then the following wave caught me up... same again... Annoyed I got out onto an incredibly long run to T1... got bike and carried bag to drop point (another new thing for me) felt I needed to make time up so set off with determined effort to catch up... and I did. I felt really strong and the bike seemed to fly on the slightly damp conditions. I think I overtook 50+ in first 5 miles. Some tricky turns actually played into my hands as I could slow later than others and carry speed through and power out. Overtook loads and hit some great speeds on the downhills even overtaking the aero helmets and a few aero bikes!! :) After the out-back-out again route into Leeds centre I started the run. 5 laps to make the 10k.. too small for the amount of people. First two laps I was on my pace then started to run out of energy. .. must carry on! Spurred on by my mate cheering me on and seeing other mvh mates I got to the finish line. Surprisingly I stopped my watch at 2.58.20! I'd done it! The calamity that followed.. trying to get out from finish across the race path (Do'h???). . The transition bags not being delivered for ages (some poor souls waiting til 10pm! . No warm clothes or foil blanket. . They have many areas for improving for next year.. but it didn't ruin my enjoyment and pleasure in making my target! Next up Shugborough relays this week and then middle distance in Holkham in 3 weeks eek!! Need more practice taking energy on board during the bike ride.. open to tips! ;)

Written by: Matt Mousley