

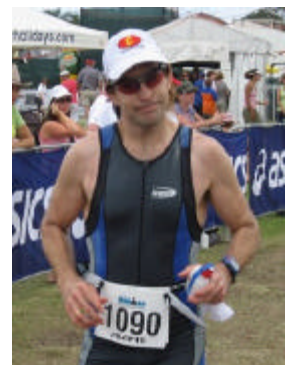
## IRONMAN AUSTRALIA TRIATHLON 2007 3.8km / 180km / 42.2km

After having just completed the Western Australian Ironman in December 2006 in 9h45m, I thought that I best get all the racing in I could before the arrival of our first child in May. So I decided to enter IM Australia in January and race on April fools day. In all 1600 athletes started the race on the day. As usual the day arrived with months of training and meticulous preparation behind me. I was floating in the water at the start of the 3.8km swim and looked straight ahead and thought "Which direction are we swimming?" All I could see in front of me were boats and no "direct path" to fit 1600 people through. Suddenly a cannon shot started the day and as suspected, after 500m of swimming there was a traffic jam whilst we all filtered through two buoys just 10m apart. It was like trying to buy a single Lindt Chocolate Easter Egg in Sydney the day before Easter long weekend (my recent mob experience). It was actually quite scary and very uncomfortable for all athletes and I hope that I never have to experience that again. I was so happy to exit the water safely in 1h00m57s.



I spent 3min in transition before I mounted my bike for the 180km ride. The ride was over three undulating laps. The first went very quickly as I was just happy to be out of the water and in a more comfortable environment. A stiff southerly wind started to pick up on the second lap blowing straight into my face on the road to Lake Cathie. The good thing was the ride back into town was very quick, hitting speeds of 47km/h on the flat. The third lap as usual was tough with the last head wind section seemingly the hardest 30min of the day. After some minor cramp on the return leg I made it back into town with a 5h24m14s ride averaging just over 33km/h.

I rolled into the second transition and spent under 2min getting on my runners and I was off on the 42.2km run. I was glad to be out on the run as that meant we were nearly home. I was running a solid 4m46s per km pace and held this over the hills for the first time. It wasn't until 30km on the second lap that things started to hurt. Whilst going up a hill at 35km it all turned ugly. My left hamstring just cramped suddenly and I was reduced to a walk. I thought "After all day why now?" After one minute I started to run again and I held on until the last turn around. There was just 4km to go (2km being hills) and I had just exactly 20min to break my goal of 10 hours. I did not spend 3 months and 175 hours training to fail, so I gave the last 4km everything I had, running it in 18m45s and completing the marathon in 3h28m06s.



I was very happy when I ran into the finish chute to see 109<sup>th</sup> overall, 33<sup>rd</sup> in M30-34 and a time of 9h58m45s.

Many thanks to the team of people who help me obtain this very satisfying result:- Yasuyo Newman, Grant Giles-AeromaxTeam, Radek Valenta-Zoom in Zones, Jacob Payne, Jason Mann, Cat Croghan-Phyxit Physio and Injury Clinic, Kim Ritchie-Osteopath, HATCH and the BlueScope Steel No5 Blast Furnace Reline Project.

