

Nowra Olympic Distance – October 29, 2007



What was your race strategy?

Helen: To make it through the swim without drowning, not fall off my bike and try to save some gas for the run. I was pretty happy with how the race went from my expectations but there is definite room for improvement. A few more swims in my wetsuit would help as I couldn't breathe for the first 200 m but came home strongly with the current. The bike went pretty well and I even over-took a guy! The run was a bit of a shocker because it was so hot and a tough course. A 2km uphill at the beginning is going to slow most people down I think.

Mick: Get through the swim, take the first half of the bike steady up the hill and a nice consistent run. Basically finish!

Susan: Only got as far as devising a strategy for the swim. Keep to the bank on the way out into the incoming tide and zip home in the middle of the river. Should have devoted some time to thinking about the run and the ride.

How did you find the race conditions?

Helen: It was pretty tough from the word go. The first half of the swim into the current was tough but the reverse leg was good as it pushed me along a lot. The ride was good although there was a really steep hill about 10km that almost killed me (was great on the way back though) and the run was hard with the long slow hill at the start. It was really hot towards the end so got a bit slow by then. But I'm just happy that I finished.

Mick: Conditions were challenging with each leg providing some difficulties. Swimming into the tide for 750m. The undulating bike course (particularly on the way out) and the hilly run finishing in warm/humid weather.

Susan: The swim featured clumps of river reeds to contend with. The lack of any sort of shade and the hot weather tested me. I was concerned when my heart rate was peaked at 181 on the run.

What was your hardest / most interesting or memorable moment in the race?

Helen: I'm not sure if it would be almost drowning in the first 200m of the swim as I felt like my wetsuit was choking me, or when the dead cow floated past during the presentation (went straight along the swim course! Would have been interesting if it went past during the swim!) I was pretty happy to see Mum waiting at the end of the bridge in the run because it made me realise I was almost home and had just about finished my first triathlon.

Mick: Hardest - Getting into a rhythm on the bike after I (once again) used up a bit to much gas on in the swim. Most memorable – the size of the fisherman's basket I ordered at the pub the night before (no wonder the swim was tough, I had the South Coast catch in me).

Susan: Random acts of kindness. A bloke developed blisters 1km into the run. There was no first aid around so a marshal took off his socks and gave them to him. A friendly and encouraging atmosphere.

Future races?

Helen: Really keen to get stuck into training now and can't wait for the next race so I can try to better my time. Definitely working towards Mooloolabah at the end of the season, but a few more Olympic distance and short distance between times. Maybe Kurnell races, Cronulla or Canberra Olympic in Jan. Think I have ruled out doing a half ironman.

Mick: I'm liking the look of Mooloolabah too, and Huski if I avoid enough of the December party distractions.

Susan: Ocean swims over summer and Mooloolabah.