

Race Report

Holten World Cup Race Report

By Felicity Sheedy Ryan – 4th

Well after a few weeks off racing due to a slightly achy breaky knee, it was time to get back into race mode and get the body ready to remember that lovely world of hurt known as a triathlon!

Going into this race I was quite confident in putting together a good race despite having some somewhat hampered bike training for some time due to a niggle. I was also coming off a 3 week block in Aix les Bain with the Aussi team with a swim makeover and a couple of very solid run sessions under my belt trying to keep up with some no less than exceptional runners.

Holten, is in Holland, flat as a pancake and oh my god you have never seen so many bike in one place! They are absolutely everywhere! Think of china and people,...that is Holland and bikes!

Holland had also experienced a heat wave that week, great for the Aussie's!...bad for the Felicity's!... who wanted a wetsuit swim, as the result of the heat wave was a bump up in water temperature ☹ none the less was feeling good 2 days out.

Unfortunately I'm not really sure what happened overnight but I went from feeling a million dollars to rubbish the eve before race! but was still really looking forward to the race.

Race day was hot. Very hot, with 2 different transition areas. So a ride back into town before a 5 lap bike over cobblestones and which also went up to Holten's highest point....67m! ha!, was followed by a 4 lap run through the town and a bit off road, and to start a 2 lap swim, with a dive back into second lap. After feeling so good in the water prior race, old habits prevailed as soon as gun went and I had a far less than ideal swim, exiting with a 3rd pack. With the second pack in sights it was head down bum up and chased down the second pack.

Next bit of excitement was the bike crash..which just so happened to involve the motor bike with media camera filming us go onto the wrong

side of the road and head first into an age grouper coming up the other side of the road! Looked really nasty!

With not many people wanting to work on the bike, bar about 2 or 3 others we lost time on the front pack and came into T2 about 1.25 down. Big ask to run some of them down especially the likes of Densham who went on to win the race!

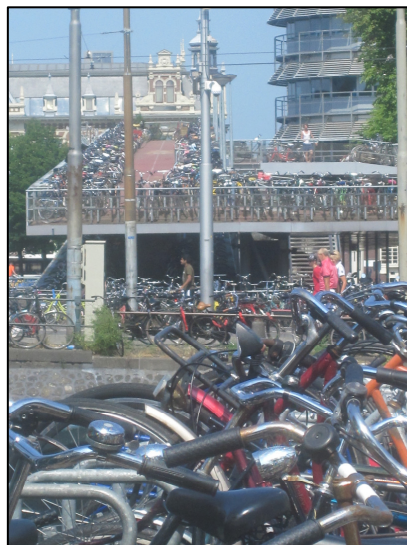
I think a bit of lack of bike strength got to me after trying to drive the pack to catch and climbing the hill 5 times, as I got off the bike quite heavy and battled the rest of the run to feel good. Patience was also tested during this run as the girl behind me preceded to step on my feet over and over again to point I was pegging my water bottles behind me at her to avoid wanting to push her over! Ha

Anyhow as the temperature rose the showers and sponges were a god send to run through and some of the locals even put the hose out for us! Bless them! In the end I managed to run back in to 4th place, and beat miss “step on my toes”, but didn’t achieve what I set out to do in this race unfortunately.

But the crowd was great, and these lil tiny villages never cease to impress me how they can put on and stage such big and World class events, and make them so exciting. Following on from this, the town was shut off for a street party that night which I think is probably the highlight on the Holten calendar!

Great way to wind down after a hard hot day, as the “Hollanders” were only just winding up for the Football World Cup final next day!

Good day for the Aussie girls though with 3 girls in the top 6 with Jacko coming in 6th place too. ☺



Holland - Bikes much?