

Race Report

Sydney World Championships Race

With the success of last years inaugural Dextro World Championships Series, and the grand final being staged in our own back yard, I was super excited to be fronting the line on home soil once more, not only on a exciting and iconic course, but with the privilege of racing on the prestigious Sydney course that saw Triathlon make its debut into the Olympics!

Yes the Sydney race was the first of the WCS races to kick start the 2010 season, and it was a fantastic course to both race on, and watch. With perfect race conditions, blue skies, good temperature and a light breeze (to start with!), The Opera House and Harbour bridge in the background, and of course a slightly bias crowd supporting the Aussies! I was definitely very eager to get out and race on this awesome course.

With one hard race under my belt already at the Mooloolaba World Cup two weeks prior, and that race really is a hard race! It was the hit out I needed to be prepared to race at Sydney. With a much better base and many more km's in the legs this year I was feeling a lot stronger and was loving, having a more difficult course to attack, which would hopefully hurt a few of the competitors.

Swim start was a 2 lap pontoon dive into 22deg water so no wetsuits allowed! Unfortunately this is where I encountered the start of a difficult swim. With the usual washing machine and scratch match in the water, a few hand grabs of bathers and being forced to head but the first buoy, I did not quite get off to the start I would have liked. None the less first lap out and diving back in I was still in tact with the main bunch in the water, unfortunately it was just not my swimming day, and feeling ordinary just lost touch in the last 200m before entering transition just behind the main bunch....this proved very costly!

Out onto the bike the usual urgency was there to make up time asap to get back with the girls I had just fallen away from, and reach the bike pack which is so important in this race. 10sec off the pace in the water, I turned to work with the girls beside me to close the gap to the bunch, which proved to be a futile effort...With a very incohesive group of people to ride with, despite trying and nobody wanting to make a concerted effort to work together, the 8 lap hill course blew our time deficit out to 3 mins! Very frustrating as I was feeling strong and I knew exactly where I wanted to be on the bike...and that was NOT 3 mins down to the leaders! However they were the cards dealt and a useless transition later, running past my bike spot and having to turn around against the flow of "traffic" to reach my favourite race tool, my running shoes, it was out onto the last leg of the race.

Knowing there was a lot of work to do, to even catch any of the back markers from the group ahead, which had amalgamated into one lead pack off the bike, there

wasn't really any tactics I could put into my race now on the run. It was head down, bum up and run as hard as I could for as long as I could, to try and catch as many people as I could before that finish line popped its head. Probably the only time I wish that finish line would have been better the longer it could stay away! Out onto the run I had the legs, just like the bike I felt strong and fluent, and the tougher course seemed to hurt majority of the girls more than me I think, (maybe the body was accustomed after racing 22 hill repeats at Mooloolaba!) So I just tried to work the hill and a good run allowed me to catch up a few of the girls from the lead pack. I did what I could on the 4 lap run, but giving the lead girls a 3 min head start, put some limitations in place for the result I was looking for. 😞

However despite the disappointing result from what I hoped, and having been so painfully close to where I wanted to be, the course was amazing, the support was great, and you can only learn and put it to good use for the next one...Madrid.

Thanks to all the great support out there from my friends, family and coaches who made a special effort to be there, and the ongoing support from my sponsors Total Triathlon, Brooks, Felt, WAIS and AIS.

Flick Sheedy-Ryan 😊