



Race Report Caloundra Enduro

Well my season has officially kicked off with some fast and frantic racing at the weekend in Sunny Caloundra as it would normally be called, though not today as the heavens opened to make for some interesting short enduro racing, consisting of a 300m swim, 7km bike, 1.8km run then a 250m swim, 7km bike and a 1.8km run. The race was going to be technical in dry weather let alone in the wet which added a whole new dimension to the race.

I exited the 300m swim in a position I considered dangerous at the tail of the first pack which would be proven correct in lap 3 of 5 of the 1.6km laps as fellow WA competitor Mike Lori went for a slide in front of me on the road as we were about to move to the tail of the long first pack taking out a few other competitors around him. This made for an even harder first ride as I was always trying to shut what was such a small gap though could never quite be shut with a small group of athletes around me. Dismounting my bike I was relieved to get the running shoes on and tried to catch as many people as possible over the extremely quick 1.8km.

Re entering the water I was quite pleased of the company of athletes around me as there were a lot of good swimmers still around me. I tried so hard to get on their feet though found myself at the back of our pack of 8 at the end of the swim and have never felt this feeling of the legs not wanting to kick in a swim like they did for the 250m, as well as the arms not wanting to rotate how I would have liked them to. It seemed to take forever to get back on the more favourable dry land as it would normally be referred to!

Jumping back onto the bike I just missed the tail of the chase pack, which made for a solo time trial for a couple of laps trying to latch on to this group. Luckily I was joined by a small group who I was able to ride with for the rest of the 7km on the rivet trying to pull as many turns as possible to reduce some of the damage of the time loss to the leaders. Dismounting my bike for the last time I was ready to run as hard as I could for the remaining 1.8km. This is what I tried to do leaving nothing on the course and running down as many people as I could.

All in all I was happy with my first race as an elite finishing just inside the top 20, which wasn't too bad considering this is this first time I have attempted this style of racing and it has allowed for a few things for me to work on with Jamie between now and the next race, which is Raby Bay on the 27th of Feb.

Hope you are all well. Until next race report take care!

Ryan Bailie

