



## Race Report



### World Long Distance Championships Robyn Scott 3<sup>rd</sup> 50 - 54 Age Group

I said it would be a case of survival for my 10<sup>th</sup> World Championships and by the last 2 laps of the run that is certainly what it was.

After 5 months of no running for the first half of the year due to a planta fascia tear, I sent off my application for a wildcard entry into the LC Worlds

team. At this stage I set myself the goal of being able to run 21kms by the time the Fremantle Half Marathon came around in September.

By the end of June I was up to 60 minutes with my running, swim was fine and we were off to France to ride the Alps and be inspired by the Tour de France. We had a fantastic time in France and completed all the great climbs – Alp d’Heuz, Col de Galibier, Madeleine, Croix de Fer, Glandon and not to forget Ventoux. So that was the cycling taken care of!!!

In the following 6 weeks the focus was on running. However nothing ever goes quite to plan – 4 weeks out I injured my ribs while exiting the Swan River after a training swim. 2½ weeks of no swimming or running (just an early taper I kept telling myself!!!). Fortunately things improved in the week and a half prior to race day and I was confident I could make the distance just not sure what shape I would be in!!!

As for the race:

Had a great swim – really enjoyed the choppy conditions swimming into the easterly breeze, which was much more preferable than a nice south-wester. Bike was fun – the new 12 metre draft zone was great and I applaud ITU for its introduction and for the TO’s on the way they enforced it. The different out and back sections of the course gave a bit of variety as wind directions varied on each leg.

The run was tough – you would think that with 20 odd years of racing I would have worked out that the reason my head was a bit fuzzy was that I had not drunk enough, due to obviously having too much fun on the bike. Having come off the bike with a good lead it was a case of getting to the finish line without too many passing me. I counted 5, but fortunately 3 of these were a lap behind me and I managed to hold on for 3<sup>rd</sup> place and a spot on the podium.

Thanks to all the volunteers who helped us along the way and especially to the girls from my squad who gave me lots of encouragement and water showers when I needed it on the run. That’s what is great about racing at home!

Robyn Scott.