

Race Report Raby Bay



The second round of the national series was held at the weekend in Raby Bay just outside of Brisbane. The format for the race was 3 races consisting of a tight 250m swim followed by a slippery dash to transition to mount your bike for a 5km cycle and then had a fast 1.6km run to finish with around a 15min break between each race before you tackled it all again.

Race one was a massive shock to the system as I found myself right in the thick of the swim action tangling myself and fighting with numerous other competitors as we made the turn left around the first buoy after a bit over 100m of swimming. After exiting the swim still in one piece I negated transition safely not slipping over on the wet wooden boards as many competitors before me had!

Out on the bike I tried to settle into a rhythm on the out and back bike course, and headed back into T2 at the tail of a long strung out first pack. A tight congested T2 was to follow and then it was a dash for 1.6km to try and find your legs as quickly as possible. Out on the run I found my legs quickly and was able to make up a few more places and was quite pleased with the result of the first race.

Race two was not the way I had planned to race the second race. After getting off to a slow swim start I found myself battling more than in the first swim and found myself exiting the water further back than intended. Out on the bike I was always just off the back of the first pack with a group of guys and we were never able to bridge. Out onto the run I was determined to try and catch as many people as possible though found myself running out of turf as, 1.6km just wasn't quite long enough!

Race three was a lot better as I had learnt from the races before and knowing what to expect. The swim was tough and the added fatigue made it just that much harder. After exiting the water better than race two it was out onto the bike for the last time. This bike was that much harder than the rest as the fatigue in the legs had really started to build up. Dismounting off the bike for the last time it was out onto the run to leave nothing out on course. Finishing the run I was reasonable happy with the result knowing that there is still a fair bit of work to do!

Overall I was slightly happy with the results and am happy with the progress I have made. There is still a lot of work to be done, though I look forward to taking the knowledge from these races I have gained into the Oceania championships in Wellington in a fortnight's time and posting a respectable performance!

Ryan Bailie

