

Oceania's Championships-Wellington Race Report



Windy Wellington in New Zealand lived up to its name the eve out from the conti cup race scheduled for Saturday as the heavens opened with plenty of rain and a howling wind, that would have had most people very worried if that type of weather had of greeted us on Saturday. Luckily it didn't though there was still the wind that this town is known for along with the cold which I didn't really expect!

Race morning started for myself at around 7:00am with a pre race run to the pool and a quick swim session to get warmed up for our scheduled race start of 10:45am. Riding down to the race start to get my numbers for the race, I noticed up on the board they had near the athlete's lounge saying the water was a chilly 16 degrees, which is possibly the coldest water I have ever swam in and was glad that wetsuits were allowed to be used.

After quickly putting on my wetsuit and a quick swim warm up the water didn't feel too bad apart from your face felling a bit numb and I was ready for the 1500m to follow that was going to be a tough swim as it was a pontoon dive start with 76 athletes spread across in a single line. The hooter went off to start the race and I quickly went about to settle down into a rhythm and tried to stay out the way of all the rough fighting that tends to happen and managed to find a good set of feet to sit on for the entire swim. Exiting the water I was quite shocked to find myself at the back of the first pack and was quite happy with my swim.

Exiting transition after a slow transition getting off the wetsuit I had to work harder on the 5 lap bike course than what I should have as a small group of us had to fight our way back onto the first pack, which we managed to do after just over a lap. The bike was a big learning curve for me as I found out in the later stages how crucial positioning is in a bunch like this to set up a quick transition heading out for the run.

Coming into transition for the last time I found myself to the rear of the pack which made for a slower transition to get the runners on. This is a area I now can see how important it is to be at the front as quite a bit of time can be lost by just being at the rear.

Heading out onto the 4 lap run course the legs didn't feel the best though I was prepared to give it everything I had and not leave anything on the course. The run for me wasn't my best run I have ever had though one that I have learnt the most from in the small time I have been doing triathlon's at a higher level and I have taken away lots from the race.

Running over the finish line I was glad to have finished my first elite race coming 23rd overall and 11th in the under 23's.

Till Next Race

Ryan Bailie

