

**Overton  
Harriers**



**&  
Athletic Club**

**Overton  
Harriers**



**&  
Athletic Club**

June 2016 Issue 467

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)  
Email your reports to me at [PiersPuntan@overtonharriers.org.uk](mailto:PiersPuntan@overtonharriers.org.uk)

You can view or print this and previous editions from our website

July 3 <sup>rd</sup>	<b>Charmouth Challenge</b>
4 <sup>th</sup>	<b>SOUTHERN VETERANS T&amp;F LEAGUE (ALDERSHOT)</b>
7 <sup>th</sup>	<b>ORC "Refreshment" Race</b>
9 <sup>th</sup>	<b>SOUTHERN T&amp;F LEAGUE (ETON)</b>
20 <sup>th</sup>	Hampshire Athletics Grand Prix (Down Grange)
21 <sup>st</sup>	<b>Mob Match (ORC)</b>

*Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Greenham Common, Newbury and Charlton Sports Ground, Andover at 9:00 Saturday*

## **ROUND UP**

That's the end of the Road Race Season for another year with the Men's team just missing out on 3<sup>rd</sup> place though the Ladies did get 3<sup>rd</sup> Place in Division Two and were only a few points off promotion.

Good news from the Overton 5 team; the race is on for September with a new course taking in Nutley Bottom which will please the hill lovers out there. The date will be Sunday 4<sup>th</sup> September at 14:00 and we also have a date for next year's Combe Gibbet; Sunday 2<sup>nd</sup> April 2017.

## **D-DAY 10K 5<sup>th</sup> June**

No reports received from this three laps round the car park event so as usual just the results and a photo of John looking suitably attired in his shades.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Sean Holmes	37:16	18 <sup>th</sup>
Richard Clifford	39:33	45 <sup>th</sup>
Hannah Bliss	40:54	6 <sup>th</sup> Lady
John Harrison	51:19	192 <sup>nd</sup>
Sarah McCann	52:31	64 <sup>th</sup> Lady
Katie Brothers	52:45	65 <sup>th</sup> Lady
Monique Van Nueten	55:38	85 <sup>th</sup> Lady
Neil McCann	56:00	213 <sup>th</sup>
Hulya Yadsan-Appleby	57:04	93 <sup>rd</sup> Lady
Sarah Young	57:19	94 <sup>th</sup> Lady

*522 finished*



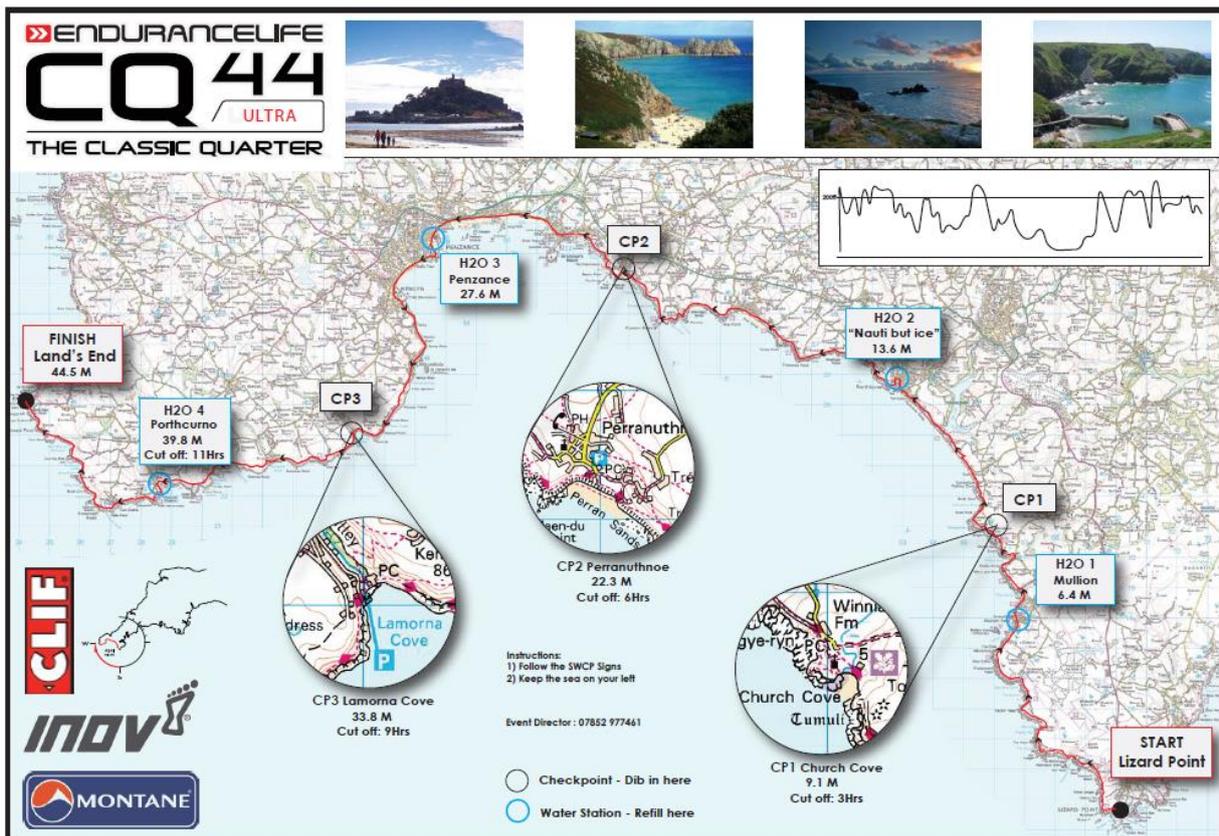
**CLASSIC QUARTER ULTRA** 11<sup>th</sup> June *from Neil Martin*

**Some Ultra Lessons**

**44.5 miles, 5080 feet of elevation gain on the southwest coast path – What’s not to like?**

For those that don’t know, my parents live on the Lizard peninsula in Cornwall. So trips down there invariably involve a number of training runs on the coast path. Around a year ago I thought ‘well I run on the path a lot, why don’t I enter a race on it, but a bit longer’?

**Lesson 1** – it turns out that 44 hilly miles is quite hard. Who’d have thought?



Over the last year I have been doing quite a bit of build-up work including 50k races and a 27 mile training run on the race route. The latter was character building – a mudfest into the gale force headwinds of Storm Katie.

Usually when I go to Cornwall the weather is rubbish. Fortunately, race day promised to be dry and up to about 16C with some cloud cover. Race briefing was at 06:00a.m. and we started just after 06:30a.m! The first 13 miles is generally undulating with some flatter clifftops mixed with steep dips down to sea level and back up. I was in 3<sup>rd</sup> place at the second checkpoint 13 miles in at Porthleven. My fuelling plan was mainly to have proper food mixed in with some gels. So I carried a mix of pork pies, savoury scones and flapjacks, which I'd tried in training. Unfortunately, I found it a bit of a struggle to eat heavier food while I was racing and my competitive instincts made it hard for me to walk while I ate. So,

**Lesson 2** – baby food is the way to go. Tried and tested since the race baby food pouches are much easier to get down. The jury is still out though on whether to have Stage 1 food (very smooth and I recommend organic banana, peach and pear) or Stage 2 (a bit more lumpy. Cold chicken casserole is interesting)!

Between Porthleven and Perranuthnoe at 22 miles the coast path is very hilly and although conditions were ideal (dry paths and no significant wind) I started to struggle a bit. I have heard a saying that in an ultra you should start off slow and if you think you are going slowly, slow down some more. I probably hadn't done the second bit. I was also getting a bit dehydrated and for the rest of the race I was gulping down the liquid. I got passed at the half way checkpoint by one runner and then headed out onto a 5 mile flat section around Mounts Bay and Penzance. I saw Marie and the kids at this point and apparently looked grey and troubled!



I was starting to cramp and although being flat it should have been quite an easy section, it became a bit of a slog. I soon got passed by the leading lady, who went on to comprehensively chick me and finish 2<sup>nd</sup> overall. But surprisingly, other than a relay runner, she was the last person to go past. There is a big hill climb out of Mousehole, before the path goes off-road again and I was now having to balance very brief stops to stretch out my cramped up calves, without taking too long and seizing up completely.

**Lesson 3** – S-Tab electrolyte tablets are probably the way to go to reduce cramp. The last 11 miles is meant to be the toughest part of the course with boulder scrambles, stream crossings and some long stair climbs. The sun had come out and it was now pretty hot. But, the terrain now controlled my pace rather than the fatigue, which helped psychologically. I had been aiming for around 7 hours and although I slipped off that a bit over the second half it was, in the end, just good to finish. Bring on the 64 miler in August!

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Neil Martin	7hr 25min 07sec	5 <sup>th</sup> (4 <sup>th</sup> V40)

*213 Finishers (52 didn't finish)*

## ENDURE 24

11<sup>th</sup> June *from Katie Brothers*

11th June we gathered in a field full of tents, dark clouds looming and lots of apprehension of what the heck we had let ourselves into! Charlotte had brought the team together to take part in Endure 24 at Wasing Estate near Reading.

We were a team of 5; you could be anything from a solo runner to a team of 8. Following our very organised meeting the week before where Emma did an excellent job as team secretary it was decided I would take the lead leg, followed by Sarah, then Annette, followed by Charlotte and then Emma. It was decided that we would go in order of how serious the injury was that we were carrying, there definitely wasn't anything between myself and Sarah.



So midday I gathered with lots of other runners for the start of 24 hours of running. The course was an off road 5 mile loop and was anything but flat! It started with a relatively steep climb to Church Crossing (a church that Annette only saw on her 6th and final lap)! Followed by lots of twists and turns, more up and down hills, just after the halfway point a water station where most would stop for a little chat with our fellow runners this then led onto Heartbreak Hill and breaking it was, very few runners ran up it! After this point it was all downhill through a winding forest and through the camp site to the holding pen to hand over to the next runner in our team.

Throughout the 24 hours we all had lots of highs and lows, mine of which included a hole in my heel from running with a stone piercing through the sole of my trainer and too stubborn to stop running to pull it out (to be fair I did think it was just a little stone inside my trainer)! Not sure how we worked it out but we all thought that we would have around 4 hours rest in between each loop, we did not, closer to 3 hours at times which made eating and more importantly for me sleeping pretty tough.

Being an organised team captain Charlotte had a box of celebrations that we were allowed to tuck into after each loop to have a mini 'celebration'. Over the next 24 hours my diet consisted of a 6 pack of energy drinks and Mars Bars; I might want to re-think that next time.

Come 8pm all runners were required to wear a head torch, running the course at night added a new dimension to the race, running up steep hills with glow sticks in the trees, seeing a constant stream of torch lights throughout the course and weaving through a forest with fairy lights, it was great.

Our aim for the race was 24 laps and to always keep a runner on the course, we tried to predict our times as close as possible so not to keep each other waiting. Emma however walked her laps very quickly for a walker resulting in me snoozing longer than I should have and keeping her waiting when it was my time to take to the course at around 1.15am and 5am. Both times I did get a good cheer from other runners waiting in the pen, and a few extra minutes than I would have liked added onto my course time, but worth the extra snooze time!

We were all chuffed to bits with our times and our surprise ability to somehow keep our legs moving enough to keep completing 5 mile loops. Sarah put in a sterling performance to complete all laps under 50 mins and we surpassed our 24 lap target resulting in myself, Sarah and Annette all completing 30 miles.

Annette brought the team home in our final lap, all other teams were way more excited by the end of 24 hours, we were very casual! The final runners on the course were all cheered in by their team mates, lots of team members even re-joining the course so they could cross the line together. We however took a slow walk to the finish to miss Annette cross the line and poor Annette to be the only runner to finish to no teammates cheering her on, sorry Annette!

Instead of gathering for team photos, celebrating and patting each other on the back we went off in search of Sarah's lost purse that was last seen when myself and Sarah enjoyed stodgy porridge in the catering tent at around 5am. By Emma jumping the queue on the find the purse mission and heading over to where the race commentator was reading out the finishers names, a quick interruption to the race commentary the purse was retrieved.

All in all an awesome weekend with great friends, continuous laughs, not enough food and even less sleep. We completed 28 laps, 140 miles and finished 7<sup>th</sup> in our category out of over 20 teams. 30 laps next year team????

### **SOUTHERN ATHLETICS LEAGUE (SWINDON)      18<sup>th</sup> June**

The injuries and niggles spreading round the club meant that not many Harriers were available for Swindon, though Andover attended in force for the first time this season such that we won the fixture and are edging into the top half of the division

Men's A 5000m		Women's A 3000m	
Sean Holmes 2 <sup>nd</sup>	17:47.9	Hannah Bliss 1 <sup>st</sup>	11:28.1
Women's A 1500m		Women's 200m	
Hannah Bliss 1 <sup>st</sup>	05:36.7	Sian Davies N/S	00:34.5
Women's B 1500m			
Sian Davies 1 <sup>st</sup>	05:57.2		

### **HAMPSHIRE HOPPIT MARATHON      19<sup>th</sup> June      *from Claire Spencer***

My last marathon was the Anglesey Coastal trail, 27 miles of wind rain and rock climbing, Jack (the dog) was not impressed, I swore I would never do another marathon but I couldn't resist The Hoppit, exploring local trails, even though there was a half option I wanted to experience the whole thing .....



The start was in Kingsclere, the day was pretty warm, running with a dog I would have preferred an earlier start than 10am but I selected my best warm weather dog (Jack) and had 2.5 litres of water in my hydration pack. We started at the front, not that we had any chance of finishing in that position but Jack didn't know the distance we were doing so he started screaming off the start line like he was at parkrun .... The first hill soon took the wind out of our sails, only the hard-core ran up that!

The course took us over the gallops at Kingsclere (Watership Down) then under the A34, some of the trails were pretty narrow and uneven and took a fair bit of concentration to stay upright (I did at one point nearly stack it into a load of stinging nettles, went to grab the guy alongside me then thought better of it I'm sure he wouldn't have appreciated landing in the stingers with me)

For the first 14 miles we were doing so well, sitting 5th lady and on target for sub 4 then my glute (which had been twanging from mile 5) started really hurting, so much so that I was stopping every 1-2 miles to stretch it out, I had a bit of a toddler tantrum and there were tears at a couple of marshal points, I did sulk a bit and started walking anything that was remotely hill like! Then about mile 20 we came to a field of Bullocks who were only held back by an electric fence and were very interested in the dog.... I could have thrown the towel in there and then rather than go past them, I had an on the spot mini meltdown, but we manned up and told them to "go away" (but less politely!)



It was at this point we clocked the second place dog, no way were we giving up our leading dog position and with competitive head firmly in place I did my best to ignore the pain and with a few more tears and some agonising down hills we completed the very first Hampshire Hoppit.... There were more tears at the end ... Sorry Franny!

We got a lovely finishers medal and an inscribed pint glass (which you got filled with ale!)

My official time was 4.38, and I came 94<sup>th</sup> overall. I'm really trying not to be disappointed with this, it wasn't an easy run and my aim was 5 hours, all the way round I swore I wouldn't run another marathon but I will be there next year, me and the Hoppit have unfinished business !



<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Claire Spence	4:48:45	94 <sup>th</sup> (8 <sup>th</sup> Lady 18-39)

*182 Finishers*

**SOUTHERN VETERANS T&F LEAGUE (BASINGSTOKE)**

**20<sup>th</sup> June**

Again the weather Gods smiled on us for the third veteran's Track and Field fixture of the season and the location meant that we had a good men's and ladies team assembled.

Highlights were the men's 5000m and ladies triple jump where we picked up good points though the men's team missed out on sixth place by one point to Winchester. Both men's and ladies teams are in 7<sup>th</sup> place in their league.

**Men's**

100 metres

M35 A	Gavin Roberts	7 <sup>th</sup>	14.4
M35 B	Gareth Juliff	4 <sup>th</sup>	13.5
M50	Keith Vallis	7 <sup>th</sup>	16.6

400 metres

M35 A	James Coney	6 <sup>th</sup>	64.2
M35 B	Neil Martin	6 <sup>th</sup>	63.9
M50	Martin Crawshaw	6 <sup>th</sup>	81.1
M60	Steve Spence	7 <sup>th</sup>	90.8

1500 metres

M35 A	Chris Dewey	5 <sup>th</sup>	04:56.5
M35 B	Richard Clifford	3 <sup>rd</sup>	05:08.4
M50	Keith Vallis	5 <sup>th</sup>	05:12.9

5000 metres

M35A	Sean Holmes	3 <sup>rd</sup>	17:48.0
M35B	Chris Dewey	2 <sup>nd</sup>	17:57.7
M50	Keith Vallis	4 <sup>th</sup>	19:24.1
M60	Steve Spence	7 <sup>th</sup>	24:42.6

Medley Relay Overton Harriers 3<sup>rd</sup>

High Jump

M35	Matthew Wateridge	5 <sup>th</sup>	1.35
M50	Martin Crawshaw	7 <sup>th</sup>	0.8

Long Jump

M35	James Coney	8 <sup>th</sup>	3.08
M50	Martin Crawshaw	7 <sup>th</sup>	3.17

Shot				Hammer			
M35	Matthew Wateridge	5 <sup>th</sup>	8	M35	Piers Puntan	5 <sup>th</sup>	12.7
M50	Richard Francis	7 <sup>th</sup>	5.37	M50	Richard Francis	6 <sup>th</sup>	12.02
M60	Steve Spence	5 <sup>th</sup>	5.42				

## Ladies

100 metres

W35 A	Katie Edwards	7 <sup>th</sup>	18.5
W35 B	Liz Sandall-Ball	6 <sup>th</sup>	20.8
W50	Monique Van Nueten	6 <sup>th</sup>	18.7

Medley Relay Overton Harriers 6<sup>th</sup>

High Jump

W35	Katie Edwards	6 <sup>th</sup>	1.00
-----	---------------	-----------------	------

400 metres

W35 A	Sian Davies	6 <sup>th</sup>	76.8
W50	Monique Van Nueten	5 <sup>th</sup>	90.3
W60	Liz Sandall-Ball	5 <sup>th</sup>	100.6

Triple Jump

W35	Sian Davies	4 <sup>th</sup>	7.2
W50	Monique Van Nueten	5 <sup>th</sup>	5.81

Javelin

1500 metres

W35 A	Sian Davies	6 <sup>th</sup>	05:51.8
W35 B	Sarah McCann	5 <sup>th</sup>	06:27.3
W50	Monique Van Nueten	6 <sup>th</sup>	07:03.5

W35	Sian Davies	6 <sup>th</sup>	15.26
W60	Liz Sandall-Ball	4 <sup>th</sup>	11.2

## SUMMER HANDICAP 23<sup>rd</sup> June

The top four all recorded Personal Bests with Louis being first across the line as he finally beat his 3 year old PB by 51 seconds. John improved my a massive 1m 29sec to finish second runner with Svetlana having a great run in third taking 58 seconds off her PB. Gareth improved by 51 secs in 4th ahead of Bliss & Keith Vallis. 7<sup>th</sup> placed Lewis was the last PB with a 3 second improvement on last month's run. Sean was again, comfortably fastest on the night with Lewis's fine run taken second on the night with Mike continuing his return to full fitness third fastest. Keith had another good run in fourth ahead of Neil Glendon with Sarah finishing as fastest lady.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	L. McCANN	35.16	10.21	24.55	7
2	J. HARRISON	35.22	7.35	27.47	10
3	S. UNITT	35.53	3.55	31.58	15
4	G. JULIFF	36.00	10.32	25.28	8
5	M. BLISS	36.16	14.26	21.50	3
6	K. VALLIS	36.41	14.45	22.06	4
7	L. AVENELL	36.48	15.15	21.33	2
8	S. EDWARDS	37.02	12.19	24.43	6
9	S. SPENCE	37.10	7.55	29.15	12
10	P. PUNTAN	37.41	12.10	25.31	9
11	K. EDWARDS	37.49	3.22	34.27	18
12	S. HOLMES	37.55	17.08	20.47	1
13	M. VAN NUETEN	38.45	5.59	32.46	=16
14	J. BAILEY	38.45	5.59	32.46	=16
15	S. McCANN	38.50	9.14	29.36	13
16	N. GLENDON	38.51	15.43	23.08	5
17	N. SCARFE	40.27	12.10	28.17	11
18	K. BROTHERS	41.33	10.47	30.46	14

**MOB MATCH (CLIDDESSEN)** 30<sup>th</sup> June *from Richard Francis*

Sadly the first leg of this year's Mob Match was a one sided affair as we were outnumbered almost 2 to 1 by our hosts. We were missing quite a few faces and hopefully they will be available for the return fixture at Bridge Street on July 21<sup>st</sup>.

There were some fine runs, notably from Lee, Sean, Neil, Bliss & Richard who more than held their own at the sharp end as did Hannah & Cath amongst the ladies. John Harrison continues to improve & it was good to see Emma running after all her injury problems.

It was only after the race that I heard about Martin Groundsell's Triathlon accident, I'm sure everyone will join me in wishing him a speedy recovery.

<b>Harrier</b>	<b>Time</b>		<b>Position</b>
Lee Tolhurst	14	38	2 <sup>nd</sup>
Sean Holmes	15	00	3 <sup>rd</sup>
Neil Martin	15	28	5 <sup>th</sup>
Keith Vallis	16	05	8 <sup>th</sup>
Mike Bliss	16	05	9 <sup>th</sup>
Richard Clifford	16	25	12 <sup>th</sup>
Hannah Bliss	16	54	19 <sup>th</sup>
Cath Wheeler	17	12	22 <sup>nd</sup>
Steve Edwards	18	24	34 <sup>th</sup>
Piers Puntan	18	34	35 <sup>th</sup>
Gavin Roberts	18	37	36 <sup>th</sup>
John Harrison	19	50	41 <sup>st</sup>
Audra Rawlings	20	05	44 <sup>th</sup>
Keith Clark	20	38	48 <sup>th</sup>
Katie Brothers	21	41	56 <sup>th</sup>
Steve Spence	22	19	59 <sup>th</sup>
Richard Francis	22	24	60 <sup>th</sup>
Gavin Duncan	22	49	63 <sup>rd</sup>
Emma Edwards	22	50	64 <sup>th</sup>
Monique Van Nueten	23	06	66 <sup>th</sup>
Hulya Yadsan-Appleby	24	41	70 <sup>th</sup>
Katie Edwards	27	02	72 <sup>nd</sup>
Jackie Bailey	29	24	73 <sup>rd</sup>

Overton 901 BMHAC 416

**CARFEST 2016** 26<sup>th</sup> & 27<sup>th</sup> August *from Piers Puntan*

Overton Harriers have been again asked to assist in staging the Festival Dash and as last year we will require volunteers to assist in handing out of race packs on the Friday and with Marshalling on the Saturday.

The good news is that the race is at 10:00 on Saturday, as opposed to last year's 08:00, and anyone who helps will get free entry into Carfest that day. I will email out a formal request this week.

**JUNE 2016 PARKRUN RESULTS***from Allan Stinson*

	<b>04/06/2016</b>	<b>11/06/2016</b>	<b>18/06/2016</b>	<b>25/06/2016</b>
<b>Basingstoke parkrun</b>				
Dave BUSH		21:09		
Svetlana UNITT		28:32		
John HARRISON			23:55	
Edmond SIMPSON			26:16	
Cath WHEELER				20:12
Claire BOYLE				22:14
Gavin DUNCAN				27:00
Melanie HODKIN			30:40	28:57
<b>Newbury parkrun</b>				
Sian DAVIES	21:52			
Steve MCNAIR	26:34		25:29	25:40
Allan STINSON	28:33		29:43	
Hannah BLISS		<b>19:54</b>		
<b>Andover parkrun</b>				
Jasper JONES			21:54	
Albert JONES			22:52	
Gareth JULIFF				21:48
Matthew JOHNSON				28:45
<b>Lee-on-the-Solent parkrun</b>				
Steve MCNAIR		24:54		
<b>Lullingstone parkrun</b>				
Matthew WATERIDGE	21:48			
<b>Long Eaton parkrun</b>				
Matthew WATERIDGE		<b>19:17</b>		
<b>Yeovil Montachute parkrun</b>				
Matthew WATERIDGE			21:10	
<b>Perry Park parkrun</b>				
Matthew WATERIDGE				19:47
<b>Frimley Lodge parkrun</b>				
Dave BUSH	33:33			20:21
<b>Queen Elizabeth parkrun</b>				
Dave BUSH			21:23	
<b>Lancaster parkrun</b>				
Neil MARTIN	19:35			
<b>Peckham Rye parkrun</b>				
Allan STINSON		39:55		
<b>Ballingcollig (Cork) parkrun</b>				
Allan STINSON				31:09

Outstanding results this month:

- Neil Martin 1<sup>st</sup> at Lancaster on June 4<sup>th</sup>
- Hannah Bliss 2<sup>nd</sup> female at Newbury on June 11<sup>th</sup>
- Edmond Simpson – Age graded 3<sup>rd</sup> Basingstoke, June 18<sup>th</sup>
- Cath Wheeler 2<sup>nd</sup> female at Basingstoke, June 25<sup>th</sup>

For Details of Training Sessions see Harriers Website: <http://www.overtonharriers.org.uk/about/>

## **Bumper triathlon edition – sorry to bore all you hardened runners**

June was a massive month of triathlon races for me. I had decided to target Ironman Austria and try and hit this aiming for a pb, do I have a sub 10 in the body! But first up I had Ironman UK 70.3 based in Staffordshire 2 weeks before the full to see what speed the legs had in them.

### Ironman 70.3

Heading up to Stafford the weather changed as soon as we got north of Newbury and the heavens opened. This was the forecast for the rest of the weekend, what did I expect it was a race on home soil.

Martin has moved up an age group so he started 30 minutes before me, this was a shame as we have done so much training together we would probably been racing close to each other. Ironman has now introduced a rolling start to the swim so this enable you to find you rhythm and space very quickly, so the swim went past non eventful and I excited the water in 31:29 a time I was happy with considering this was my first wetsuit swim of the year.

Onto the bike and after dodging some very novice triathletes trying to mount their bikes I was out onto the open roads, no chance I spent the first 15 miles weaving in and out of shall I say not as brave bike riders. The roads opened up after this and then it was time to try and get some time back I had lost at the start. I imagined the bike course to have had some nice views but I was to busy concentrating due to the rain and slippery surface under the tyres. As I came into transition 2 I could see martin just finishing his first lap of the 3 loop run. Woohoo a race was on, time to see what the legs had in them. I went out rather quick but felt very comfortable and manage to gain time on Martin and finally got alongside him at about the 4 mile point. I gave him some encouragement but also tried to look strong myself knowing that he only had 1 lap left and I had 2. I really enjoyed the run as it was a complete mixture of Tarmac, trail and hard packed path. My pace stayed consistent the whole way which was very pleasing and managed an of the bike half marathon time of 1:22:33 and a total time of 4:40:2. A confidence builder heading into the taper ready for Ironman Austria.

	Swim	T1	Bike	T2	Run	Total	Pos
Simon	31:29	4:15	2:39:26	2:40	1:22:33	4:40:23	40
Martin	29:54	4:01	2:43:21	1:34	1:26:31	4:45:21	52

### Ironman Austria

So onto my A race of the season, a race that I have wanted to do since I took up triathlon. Ironman Austria is based in Klagenfurt in southern Austria. This is one of the most iconic races on the calendar due to the stunning scenery and the final 1000 meters of the swim finishing down a canal, which enables the fans to get close to the action.

I was racing again with Martin, we both made our separate ways across Europe with Martin taking the quick option and flying but I decided to take the scenic route and drive. After taking in France, Belgium and Germany we finally arrived in Klagenfurt after 17:30 hours of driving across 2 days with a 5 month old, who behaved incredibly well. The weather was scorching and was hitting 34 degrees at times so constant weather checks being carried out for race day. The few days before an ironman are all about resting up, carb loading and studying the route maps.

The weather gods had listened to us Brits and the temperature was expected to drop to a peak of 25 degrees on race day. So off we went for an early night ready for the 4am alarm call for a 4:45am leave to transition to add our nutrition to our bikes and final pressure check on the tyres.

The swim is in lake Worthersee this is a magnificent lake with stunning mountains looking over. The water temp recorded at 23.4 degrees and amazing water quality due to it being a melt water lake.

A 2.4 mile one loop swim course was awaiting us, the swim started from the shore and I soon had my own space and was well on my way. After the second turn we were heading into the sun and sighting became difficult. I'm glad Martin and I went swimming a couple of days before to pick out some landmarks to use for guidance. Going down the canal for the final stretch was fantastic and you could hear the spectators making a right ding, something you don't normally experience on the swim part of

a triathlon. I came out the water in 1:02:26 and was soon onto the bike to start the 112mile 2 loop course. The lap starts flat and fast before its undulating whilst gentle rising before two tricky climbs and then a 15 mile fast downhill section before starting again. I didn't get carried away at the start as this course attracts some very quick bikers, this was hard to ignore but I had a race plan to stick to, which was to average 21-21.5 mph. I managed to catch Martin at about the 36 mile point and had a quick chat and then went about our business. The first lap went about and I was on pace 21.6mph average. Onto the second lap and that's when the sky got moody and the heavens opened, this was fine on the flats and climbs but made the decent a little bit tricky and had to reign in the speed on the corners as it was extremely slippery in places as Martin later found out. I got round the course averaging 21.4mph and was glad to get off the bike and see what the legs had.

A reasonably quick transition and off I went, within the stage of getting off the bike and finding my running feet the rain had stopped and the temperature was beginning to rise again. I went about the run reasonably hard to start with and maintain this pace as long as possible before the legs started to get heavy. I hit the halfway point in 1hr 32 mins averaging just over 7 min/mile. In an ironman marathon its not a fact of are the wheels gonna fall of but when, I soon found this point at mile 18 and the pace slowly dropped as I was struggling with a stitch that I could not shift. So I ended up going for the walking the aid station tactic and then running between them to help. I found it strange that I did not see Martin on any of the out and back sections to which I saw him with just 6 miles to go cheering me on after he pulled out after crashing on the bike and unable to run. So onto my last 6 miles, I quickly did the calculations and worked out I had over an hour to reach my goal of a sub 10, surely that's achievable? But then again this is the last 6 miles of an Ironman. I continued with how I had run the last few with the walk/ run tactic until I got within 2 miles of the finish and finally grew a pair and sucked up the pain. The finish was amazing and you receive one almighty cheer from spectators when they see your entering the finishing 500 metre stretch. The second half of the marathon was very painful but I did it and finished it in a time of 3:17:19, I had done it I had got the sub 10 I was so happy all that hard training had paid off. It was a special moment to achieve this with the presence of Leanne and Arabella and even better being Arabella's first Ironman.

	Swim	T1	Bike	T2	Run	Total	Pos
Simon	1:02:26	3:58	5:14:05	2:53	3:17:19	9:40:41	182



Not a bad lake to swim in



Great feeling on the red carpet