

Ballyhass Sprint Triathlon Report,

Sept 27th 2020

750 Meter Swim

Since joining the Mallow triathlon club swimming is the discipline I trained most in so I was excited to see how I'd do. The swim went well, the water temperature was lovely and I settled into my pace. I did notice that when I began to race other swimmers I'd lose my technique and actually slow down so I'd concentrate on the technique and shock horror I'd speed up a little. I'd promised myself before the race not to be too competitive but I'm like a dog chasing car tyres, I can't help myself. My left goggle began to fill with water about half way but I decided to leave it as I still had one good lens. I've had issues with goggles leaking since I've started swimming so if anyone has any tips, please let me know. I felt good coming out of the water, emptied my goggles and headed on to transition.

Swim time: 16:38



Transition 1

Before the race began one marshal came over and told us to take our time in transition and make sure we were all sorted before we set off with our bike, *'better to take your time and have everything than rush and forget something'*. I'm not sure who gave this advice but all I can say is *'thanks'*. I had a printed checklist which I'd taped beside my bike and I went through this to make sure I was set. I spoke with one of the other competitors after and he told me he forgot to refit his timing chip after the swim and had to double back to put it on.

T1: 3:36

20 km Cycle

One bite of a banana and I was off. The cycle went well. I didn't have a huge amount of training done here so once I didn't fall off I was happy. I was wondering how warm I'd be in just a wet tri-suit but it dried out quickly and I took no notice of it. I actually felt quiet strong throughout the cycle. I know these roads as I used to run them so I think this helped a lot. The support and positivity from the marshals was fantastic. All the junctions were well marshalled and I felt safe through the entire spin.

Bike time : 47:54



Transition 2

I was in a high gear for the last km so my legs felt a little weird when I dismounted. Took my time again at the transition, did my checks and I was off.

T2 : 1:42

5km Run

I used to run a lot of 5k races in the past so I thought this would be similar but it wasn't. I hadn't done much training going from a bike to a run and it told. For the first 1.5km my legs were like led and my breathing was rushed. If other people were passing me out I wouldn't have been able to do anything about it, my energy level was low. I found a runner of similar pace and I ran the rest of the race with him. I was never so relieved to see a finish line in my life. The support throughout the run was great and it really helped.

Run time : 22:28



My Race time was 1:32:28 and I was delighted. This was a great event and everyone involved in it should be really proud of themselves, Any of the competitors I chatted to after all spoke very highly of the race setup and execution. All I can say is *'Thank you'*.