

TRIATHLON AGE GROUP WORLD CHAMPIONSHIPS HONOLULU OCT 2005

Each year there are 3 qualifying races for the standard distance world championships, I entered the one on Rutland Water in June, the rain suited me fine and I managed a PB. Once making the team and agreeing to race, the financial costs were considerable, but I considered it was worth the experience.

Getting prepared was tricky, I caught a bad cold, I had to prepare 2 weeks worth of lessons for school, take my bike to bits and pack it up, practise transitions, take the dogs to my Mums in Wales, train and taper all 3 bits etc etc.

We flew via Vancouver, in total, a 20 hour journey with an 11 hour time lag; needless to say it took 3 days to get over jet lag and more to acclimatise to the amazing humidity. We were advised to raise our core temperatures for 60-90 minutes per day by running or cycling (not easy) and to drink vast quantities of electrolyte and water, (we were passed around magnolia paint charts our urine was supposed to be the lightest tone). No alcohol or tea or coffee and early to bed to prepare for the early morning start, wasn't this supposed to be a holiday?

Hawaiian drums signalled the start, lovely turquoise sea, white tips to the waves and a mess of splashing limbs. About a hundred started in each age group wave, in every one we were outnumbered by Americans who focused on getting ahead at the start by ill means. The sea was so warm wet suits were off, we had to avoid the coral (sharp) and do 2 laps, it was ok but the waves and clinging swimmers kept breaking my rhythm. Finally 1500 metres were up and I scrambled up the beach into transition and off smoothly onto the bike, (4th Brit, 22nd overall).

I need to work on my bike, as I lost a few places. It was windy (off the Pacific), not too hilly and quite a fast course, 41k. There were some crashes and punctures but I made it back ok without mishap, back into transition, again smooth (thanks to Greg) and out on the run, 10th Brit, 44th overall.

Within a few metres a wall of heat and humidity hit, like running through goo, I managed to make a few places on the first lap, a nice guy with a hose helped keep me going on the 2nd and I managed to hold on, 11k in all. The finish, the drums again, flags, cameras, cheering, this is the nice bit, 9th Brit out of 18 and 42nd overall out of 70.

I had hoped to do better but I gave it my all, maybe I'll do better next year in Switzerland, it'll definitely be cooler and I think I may be more suited to the hills. Though I did manage to learn to surf in 2 days before my flight home, not quite under the rip curl but standing, and we did get to celebrate quite a bit after the race.

Lynne Griffiths

Coaching

We have a couple of people interested in coaching. There are courses available and Todmorden Harriers would be happy to fund members wishing to become involved.

We also hope to get the junior section going again.

Anyone interested contact Mandy or Derek.