

## Coniston Old Man Triathlon

Or

### A fell runner's introduction to the world of triathlon

On 14<sup>th</sup> June 2015 I completed my first triathlon: Coniston Water 2000m; Wrynose, Hardknott, Birker Fell 75km; Wetherlam and the Old Man 20km. A good day out. (My first fell race was the Edale Skyline – some might say I like a challenge. I see it as getting value for money.)

Velominati rule #42: *A bike race shall never be preceded with a swim and/or followed by a run.* So I'm definitely not one of those velo types then. I enjoy all three activities – I had just never tried doing all three in one go. In fact, after several days of increasing anxiety about the 3 transitions (yes, *three* – swim to run to bike to run, as the bikes were racked up in a field 700m from the water's edge) the thought that I was just "going out for the day" to do all the things I like doing, helped to restore calm and a sense of perspective. The rest could race; I was just going for a good day out in the Lakes.

Distractions from just having *a good day out* – the bikes racked up with wheels alone worth more than my complete bike. At the transition, you can see how many bikes have already gone/finished by the time you get there. Just onto the bike section, free-wheeling down into Coniston village and just getting into it. Mr. Aero goes whizzing past already tucked into his aero position ... and then follows the arrow that marks the turning for the run route up onto the fells – *ha! Good luck with that on your aero bike!* Being a thoughtful fell runner I let him know he's made a mistake.

I estimated 6-7 hours. Total effort similar to a Haworth Hobble or Wuthering Hike? That told me how hard to go off – *steady*.

Calm – *go at your own pace* – essential for the swim. Just find your rhythm and it will flow. The water was "warm" – well, anything is "warm" after training in Gaddings. Deviate slightly around the shallows on the "out" leg – remember that for the second lap. Rhythm, breathe, "sight" the marker buoys, breathe, steady, sight, breathe, rhythm – *oh no, I'm nearing the last turn – I've got to get out and go for a bike ride now!*

Stepping out of your comfort zone every now and again is good for you. Challenge yourself. But getting back into familiar terrain can be enjoyable too. Glad to rack the bike and get the trail shoes on. A steady climb, determined to run as much of it as I could. Concentrate on keeping to the path after Wetherlam, rock-hopping – *come on Twinkle-toes*. Catching others is a great boost after 4.5 hours – gradually pulling away from those triathlete types is even better!

6.5 hours, challenge completed. Not bad for an old man!

Jonothan W.

Please note Jonothan W. is too modest to say .....he came 3rd V40....well done ;)