

# Anita Paling – PhysioMed Women’s Tri round 2

---

Everything I decided to change seemed to work out well.

A couple of memorable things. There were a couple of young boys sitting up on a rock close to the entry into the drive way by the recreation track who were cheering all the women as they went by.

At the end of the event as I was packing up my stuff a couple of older boys asked if the event was just starting or finishing. They wanted to know if I came first – bless them.

I always get choked up seeing young kiddies running up the finishing chute with them mums. I saw a few and had to swallow back the tears.

There were heaps of partners there today. It was fantastic to see husbands and men supporting the women who were participating.

Right, as for the event itself. I arrived a smidge after 6am, got my spot and hung around for ages. It’s a curse really. To get a decent spot, or a primo spot really, you have to pitch up almost at opening time but then you’ve got nothing really to do until they close transition.

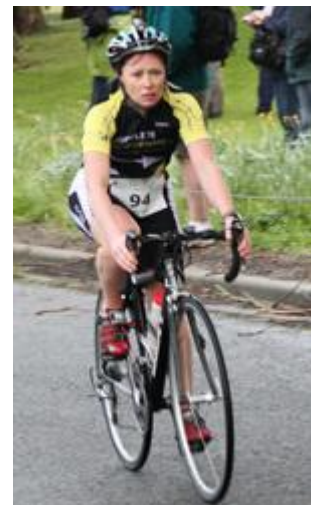
The swim was OK. I managed 100m freestyle and then started backstroke. Because there were lots of people in the water there was a fair amount of splashing going on and I found it difficult to breathe because I was constantly taking water across my face. On the last 50m I planned to swim freestyle but then there were lots of people thrashing around me and I decided that my breathing was a bit forced and so rolled onto my back and kicked the hell out of my legs.

I find the turn around bits .... congested. People clambering over you trying to get around. Legs and arms everywhere and it means (for me) that I can no longer swim because people are sort of hitting your legs, preventing you from being able to sit flat in the water.

As I ran from the pool I was trying to change my watch into lap mode so that I could press the lap button as I left my bike rack. Of course Richard was there cheering me on.

Anita and Kathryn ChittyThe bike was ok. Earlier they’d mentioned an accident that occurred right on the bend from Beach Road into Marine Parade. That 90deg bend has grooves cut into the asphalt and they couldn’t clear all the glass so they warned us it would be one lane for both those heading out and coming in. However it was fine and both sides of the road were open.

I managed to bike the entire 15km down low with my hands resting on my brake hoods. Of course I had no way of knowing what speed I was doing since my bike computer has given up on me.



It did work (sort of) as I rode to QEII, but you'll never believe it when I say my maximum speed was 199.15km. Well that's what it said. Richard said it explained the sonic boom he thought he heard

Anyway, bike ride over with and onto the run.

This time I left putting on my race number until the run and thankfully I never forgot to put it on. The run I found hard. Well harder than last time. Having said that, the 4km seemed to go quite quickly.

All up my time was 59:31. I have no idea if that's respectable for me or not since this is the first tri of this distance.

Here's my lap times:

Swim – to exit bike rack: 6:56:6 – I'm pretty pleased with that actually. That's running from the pool after the swim (and it seemed longer than usual since they've changed transition) and donning all my bike gear – ok I only had shoes, glasses and helmet to put on this time. Given my last two times practicing 200m in the pool were 6:07 and 6:13 that means the swim was probably better than in training. Oh, I noticed the difference it makes if you can swim right behind someone else. Heaps of little tiny bubbles but for some reason it seemed a bit easier to travel, I wasn't RIGHT on top of them, I couldn't see feet.

Bike – to exit bike rack: 31:42 – that's not too bad either given there's a bit of running over grass in and out of transition. It means I rode quicker (as an average speed) than last time. I was in my big chain ring for most of it.

Run – to finish line: 20:53:2 – just a bit over 5min k's so I guess not too bad.

My HR was right up there for all 3 disciplines and I gave it a good nudge, no holding back.

I guess it wasn't too bad really. I don't feel that there's much more I could have done. No mistakes. Ok, there's one thing I could do better. I forgot to put my pedal in the right position of clipping in. That's the one thing I will take from this and improve for next time.