

GOB Event

Great event, great day, success had by all.

This was my first real taste of bunch riding, previous rides I have never being able to get into a bunch.

I was lucky to be in one of the first waves. We took off at a great pace, formed a bunch and work really well. After about 10k's I'm feeling really tired and thinking I'm not going to make it, I will blow up at this rate. I decided to drop off and pick up the bunch behind me. This worked really well as it was only about 10 minutes when I was hooked on another bunch. Again this worked really well, sat in this bunch for maybe 20k's comfortably until they picked up speed and once I did my turn on the front then felt here I go again. Once again I dropped off. This time I was on my own for 15 minutes, during this time I decided I'm going to change over my bottles as Nicky had taught us. Great that mission now completed. I was now at the half way point, then a miracle happened, two fairy's came along. They invited me to hook on, instantly my speed picked up, I was towed for a while then helped with a 5 lamppost rotation. Feeling really good once again, we probably rode together for 30 minutes and managed to catch the bunch that had previously dropped me. These fairy's were wonderful. I remained in the bunch for the next 30K. With 10K to go I was on the front of the bunch when my partner decided to do a sprint finish. 10K sprint you have to be joking. I managed to sprint off with her at a great speed, and maintain it, but it was the longest and hardest 10K I had ever done.

To sum up my ride, thank you to Complete Performance as I felt I had learnt to ride hard, recover, pace and listen to my body. To all those out there, there really is a cycle fairy. They had beautiful wings and lots of glitter.

Congratulations to all those that competed, well done to all.