

# CITY OF PERTH TRIATHLON

## STATE AND NATIONAL OLYMPIC DISTANCE

### CHAMPIONSHIPS

I can't believe that it has nearly been 2 years since my last Olympic Distance race! There have been numerous Half and Ironman races but it was a different feeling waking up and knowing the event would be over in just over 2 hours! I would be able to come home and still have breakfast!

There was no tapering for this as Ironman New Zealand is only 4 weeks away and the body was feeling it leading up to Sunday.

I also had some friends over from Brisbane Allanah and Grayson, as Allanah was racing in Perth to qualify for worlds in Vancouver. I was extremely lucky that Grayson is a masseuse and the calfs were getting a desperate work over the night before the race.

Race morning there was way too much socialising as it was great to be racing in Perth in front of a home crowd! As a result the warm up suffered a little bit! I did however, give myself plenty of time to get in the water and roll the arms over before my wave was to start. The last time I did this race, Terri Budge and I missed the start as we were too busy talking on the ramp on the way into the water!

With the hot temperatures Perth has been experiencing recently, it was inevitable that it was going to be a non wetsuit swim. This meant only one thing for me, a faster swim to bike transition time!

As the third wave we were off 10 minutes after the start and the sun was beginning to rise making it a little difficult to see the turning buoys. The markers along the course as a guide were a solved that problem! I started well but it took a while to find my own space. I was unable to stay on the feet off the faster girls in front and very soon found myself swimming relatively solo. I didn't mind this and put tried to concentrate on my technique and pulling strong through the water all the way to the exit. Immediately running out of the water the first priority was removing the "swan river moustache" from my face!

It was great to be on the bike and I have really settled in to riding my new Felt! It is great! The bike course was 4 laps and although flat can be deceptively difficult. The head wind/tail wind situation is a nice challenge. It took me a good 20km to warm up (typical endurance athlete!) and then I was feeling good. It was about this time that I came up along side and passed my cousin Wesley! He had kindly reminded me prior to the race that I was yet to beat him in a triathlon. Our last encounter I am sure was an Ironman in 2004! Today was going to be my chance! I rode straight past him, but it wasn't going to be that easy, he passed me back and the family rivalry had begun! Lets just say that I finished in front of him at the end of the day!

It was always great coming back towards transition area to the cheers of the locals. My parents, aunty Janice, uncle Neil, Bec and Matt were all there supporting and there was so many cheers from the crowd. I was loving it!

I was able to work out heading into the last lap that I had the lead and I was determined to push hard during that final 10km to try and establish a bit of a gap, especially heading back into town and into the wind.

Coming off the bike and "Kate's quick" transition to the run, I was a little concerned (like everyone I am sure!) if my run legs were going to be there! I had to remind myself this was not a 42km run or a 21km run. This was 10km! You have to go out and run this fast! As fast as you can anyway!

I grabbed the hat and I was on my way! The 3 lap run course was similar to the bike with a head wind/tail wind situation and it was definitely beginning to heat up. It was great running back towards transition with a tail wind but it was dead! There was no breeze! There were a few opportunities to run in the shade and I was taking advantage of every one of them! The first lap I tried to find my groove and settle down into my pace. The second lap of any 3 lapper is always a mental challenge but I focused on my technique and reminded myself only 1 lap to go!! The last lap I had a bit of a "beat" to run to as the shoes were full of water and making that lovely squelching noise!

The last few hundred metres towards the finish line I began to smile! The local crowd and spectators were fantastic and I was reminded of where it all began for me and how much I love and enjoy what I am doing!

Recently in New Zealand when I won my first Half Ironman it was so close that I sprinted for the finish line and crossed it with sheer relief and absolutely exhausted. Sunday I was able to enjoy the moment! High Five my parents and spectators down the finish and smile across the line!

I had a lot of fun and like every event I compete in, can take so much away from the experience.

I went home on Sunday slightly dehydrated, with 4 blisters must most importantly revenge on cousin Wez! Priceless!!

After a few days recovery I have another solid week before the taper begins! 3  $\frac{1}{2}$  weeks until Ironman New Zealand and I can't wait!

Stay tuned for regular updates as the first of March draws near!

Train Safe!  
KT