



RACE REPORT

JAMES MONAHAN BUSSELTON HALF IRONMAN

After a week of letting the thoughts and legs pains settle I guess its time to put the Busselton Half IM into perspective and write a proper report.

The Executive Summary is as below, full details down further. Category place of 16th(best result yet!), overall place of 103rd

Split	Race Time	Time of Day	Split Time	Overall Pos	Category Pos	Gender Pos	Dist. Done	Dist. To Go	Speed
Swim	00:31:57	08:35:57	00:31:57	218	34	177	0	0	16:49
T1	00:34:15	08:38:15	00:02:17	133	22	111	0	0	
Cycle	02:57:31	11:01:31	02:23:16	44	10	43	0	0	37.7
T2	02:59:27	11:03:27	00:01:55	349	50	276	0	0	
Run	04:42:12	12:46:12	01:42:44	189	30	165	0	0	4:52

Start of the Day:

Very easy get up and nothing too stressful. I was casual in the transition setting up, maybe too casual? No just felt right, the correct bags of gear were placed next to the bike ready to go for each legs. The walk to the water is always interesting for me, last year was a oh my god I don't know how this will go feeling, this time I knew I was ready to take the race head on. The plan was swim well (under 32min), ride strong (about 2:25), run 1:35 (flat out).

Swim:

Conditions were perfect for the swim, a mill pond with little or no waves and good temperature 18 -20degrees. The warm up I knew it was on as everything felt right. National anthem played and then all of a sudden we corralled into the start, BANG! were off racing. My GPS sat nav. system failed miserably in the water and was about 50-100m off the 1st turn can to the left, and I was turning right. so I tried to find fast fee to hang off and made my way across and still felt great in the turn to the beach. A nice stitch in the left side developed as soon as I headed for home so I just kept on with it and tried to stretch through it which seemed to help. found some more feet with good GPS and swam a PB 31 something to the sand, was happy with a good start but trying to keep a lid on it till the run.

Transition 1 I struggled with the wettie and finally got the left arm off over the watch started putting

the ride gear on, aero dome done up(thanks jimmy D for the loan), sunnies, shoes, pit stop in the pocket and ran onto the road

Bike:

Started with no problems and wound up the pace to warp speed for a bit and decided 89 more of these kms to cover + a run so stick to the plan. HR sat about 155 for a while and then settled to 150 ish. Riding the back of the course I realised I was going to possibly have one or two guys to work with, but no, I let them do a bit out in front and made sure to stay 7m (4-5 actually) back and not get caught, then took my turn out front at the same pace roughly and they just kept popping, so I would get another hero on the wheel, they would do a turn and POP! Some ape with legs bigger than anything I have seen before did his bit and when I looked back after my turn his face told a sad story, his run would not be fun. The 2nd lap was uneventful and riding mostly on my own which was very different to Geelong which had Claire and the family always yelling encouragement so I just focused on the Zipp flying around underneath me and kept up the pace. 3 laps down, all the carbs under the sun in me, 1 gel and hot damn a 2:23ish ride! 37.7kmh! (last year 2:49 with flats and penalty!). I did notice that the sun had finally made an appearance and I thought better get into the run and get it over and done with.

T2 was not super quick with tying shoe laces in lieu of elastics, as I wanted 100% comfort on the run. 1:55 for T2, not flash but ready to rock!

The Run:

Clock was bang on 3hrs and I had started the run! I knew the swim was to plan, then bike was to plan (maybe 2 or 3min faster than planned) now I just believed in myself and had a crack at aiming for the 1:35-1:36run! Out of the blocks and cranked it up to 4min kms and found some legs, by 7kms had a great pace on and was happy just under 4:30, now to hang onto it for the next 7 and crank it up after. 9 or 10kms, uh oh left hammie cramp and I'm bending over trying in vain to stretch for about a minute on the side of the track. then set out at steady pace and punched out a few 4:40ish's and was around this until the final lap started. I hadn't been over taken by my usual 20 odd C category age groupers so I knew I was having a good one. saw a C up the road and thought let's go. Around the lap end and I put about 100m into him over a km and was pumped! head feeling a little light, legs starting to really cramp up, HR pumping 85% and wheels wobbling off! somewhere about 16kms and the guts were twisted and I was cramping internally and trying to squeeze my sides, ribs whatever to get rid of it. Kept running as best I could now, damage control was in action. Made it to aid station and drank water, coke and promising myself I would get a walk when the next km beeped on the watch but that was a lie, another few hundred meters, get to the aid station, top of the course with 3.5kms and 15min to break 4:40! get some coke, lollies and run like you stole something! I started out as fast as I could which was about 5min pace by now and groin was pinching into a cramp with every step. steps were about as long as an ants and even if I wanted to put a lollies in the teeth were locked together with the race face truly getting a work out. get to the last aid station and grabbed some electrolyte and coke and thought it really didn't matter now 2kms left and your journey is complete. So I cramped on and noticed all the poor bastards with white scrunchies on their wrists and no orange I felt great knowing I had the chute to myself! better zip up the suit for the photo and the legs lost the plot at the start of the finish chute! the last 150m was hell but I forced the head up and wanted to watch that clock as I crossed the line with a 12min PB! 4:42 and something.

Summary of the Race

So a 1:35 run didn't exactly come off, what did come of it was another overall great race, the plan for

the most part was 100% effective, lesson in more electrolytes or slat tabs or nuun as some have suggested now.

I loved every second of the time I was on the track cause I knew I was ready to have an honest crack at it and made the trip across worth while. Possibly try pacing myself a bit better through the run to be strong the whole time, yet nutrition played a big role in the latter part of the day, maybe riding a little within this time next time might help the run? Is 1min quicker on the bike 2min slower on the run? Not sure but I will work on it. Still I knew that if the wheels did come off in the run I would not beat myself up about it, it meant that the plan worked overall and I left it on the track where I wanted it to be 100% effort with no regrets.