

RACE REPORT

John Williams 2010 Welsh Cross Triathlon Championships

Entered the Welsh Cross Triathlon Championships on a spur of the moment just to get some mtb'ing done on some of the best single-track in the UK and more importantly, to run on trails rather than a treadmill!

Had to buy new goggles' as moving house during the week meant I lost all my three pairs. Kids goggles had to do...

MTB went into the store to be repaired as the back brake had to be bled...which incidentally, broke 10mins into the cycle. All the fluid escaped and descending on some serious single-track without a rear brake more than likely helped out on the day.

So, the 600m pool swim came and went...although the 400-450m run (downhill) into T1 made it more interesting. I haven't been swimming well lately, so a 11:41 including the short run and T1 change onto the mtb was pretty pleasing. 6th out the pool.

With it being 21km, I decided to leave it all out and go flat out and keep the BPM around the 168+bpm mark on the flats and go as hard as I could on the uphill's. Worked a treat as I could take a rest from pedalling on the single-track and gather myself for the flat 4km TT to the finish. Passing people on the narrow track was a great thrill...until I noticed the rear



wheel moving from side to side. Jump off, tightened the skewer and carried on. It was still moving when the chain jammed completely and had to release the skewers again to get it into a gear that I'd have to finish on. Set the 2nd fastest bike split of the day (1st was the UK's best duathlete - Jez Cox, a minute ahead of me but he didn't do the swim).



A quick T2 and fuelled by some anger (thanks to the local bike store) I decided to see if the treadmill interval sessions worked...and they did. Better than expected! A two lap run (2x3km) was ideal and couldn't believe it when I crossed line posting a 20:32 inc T2. 3rd Fastest of the day!!

Stayed around for the presentation to support a mate who come second in the Vet category...luckily, as I didn't even realise I was in the running for

the prizes!

I wisely choose not to wear the ETPA trisuit as it would have been ruined (plenty of mentions about ETPA by the guy on the tannoy system as I was in and out of transition though) by the mud, oil...etc although it would have been nice to cross the line in the colours! Next time...

Anyhow, cheers Matt for the guidance, my first Triathlon related win and a National title at the same time...Nice!!

John

