



## RACE REPORT

### JULIAN WAIN IRONMAN AUSTRALIA 2005

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#### ***MY FIRST IRONMAN***

Ok, so it's a bit of a read, but it's been an incredible journey and I have a lot to tell.

#### ***Australian Ironman 3 April 2005***

#### ***THE SKINNY***

Swim	3.8 kms	1:05
Bike	180.2 kms	5:27
Run	42.2 kms	4:20

**Total 226 kms            10:52**

I've put some headings throughout so if you're just interested in the **Race Report** you can scroll down to it.

***"Ordinary people doing extraordinary things."***

#### **THE FAT**

#### **IRONMAN – are you F#&@ING INSANE ??!??**

I competed in my first Tri (0.3km SWIM /10km BIKE /3km RUN) at the Melbourne corporate games in Nov 2003 and was bitten by the triathlon bug.

Living in Yarraville at the time I somehow found my way into the Western Suburbs Triathlon Club (WSTC), I was interested in building my fitness to compete in their club races (0.5/15/3) and also the 2003/2004 Gadorade series (0.5/20/5). Little did I know that the club has a significant Ironman (IM) heritage, being one of the best represented clubs at the annual Australian Ironman (3.8/180/42).

Nov 2003 saw me going for my first Sat morning training session with WSTC in Williamstown, a swim followed by a run. The swim went well, I think I covered 1.2km, the run was to be about 60 minutes, maybe 11 -12kms, that would be interesting as to date I had never run further than 5kms in my life.

I was running with Bill Sinclair, an older club member who was the club training co-ordinator – one of the nicest and most genuine guys you would ever meet. This guy was in sensational condition – not

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just good for his age but good for ANY age. So I find out he's run an IRONMAN !!! That race that non triathletes and even many triathletes believe is for the super fit and/or insane, I was in Awe. Bill's a bit modest but with a bit more probing I find out he's done more than one, 9 as a matter of fact ... ..WHAT THE ?!?!??? Ok, it's official I was running with a crazy man. I then find out that most of the guys running around me had also completed one or more IM's or were in training for their first – more crazy people.

Bill looks at me and offers encouragement, "you have Ironman potential, you can do it Julian". OK so he's definitely lost control of his mind. Bill then goes on to suggest I should compete in the Victorian Long course race in early 2004, 2km swim, 80km bike and 20km run (a little bit shorter than a Half IM). Ahh, that's NEVER gonna happen, I reckon I'll just stick to the club races.

SO the 60 minute run had finished – we had run from Williamstown to the base of the Westgate bridge and back – I was smashed - I jumped in the car reset the trip meter and drove the path we had run – 13km !! I went home lay on the bed and slept for 2 hours – I WAS DESTROYED.. Ironman my arse – tell him he's dreaming.

### **Perhaps a Half IM is something to aim for.**

2003/2004 season saw the successful completion of a number of WSTC club and Gatorade races with mates Komo and Stu.

Well, someone had the idea that maybe the 3 of us should train for a Half Ironman, 1.9/90/21km. Komo got his hands on our training program from some Triathlon Internet site and the training began for the Sheparton Half Ironman in November 2004.

When training began we asked each other, can we do it? After 2 months the question became, what time will we do? Little did I know.....

### **Training done, Shep HIM race day arrived – Nov 2004.**

The day did not go as planned,..... it ended with a ride in an ambulance at the 50km mark of the bike straight to the medical point. Ate something dodgy 2 days before the race, woke race morning with a fever, couldn't get any nutrition down on the bike, started shivering uncontrollably at 45kms into the bike - probably shouldn't have started but I wasn't about to die wondering.

So I had 3 months of training behind me, I was in the best physical condition of my life but I felt empty, incomplete. After 2 weeks of soul searching I decided to enter the Canberra Half Ironman, December 2004. I completed 1 week of training and a 1 week taper.

### **Canberra HIM – Dec 2004.**

What a race - bike leg was brutal – there was some serious climbing to be done and hair raising descents on roads riddled with pot holes. I was riding a 12/23 rear cluster with a 42/53. Not ideal, but I new JACK about gearing, OBVIOUSLY. I was out of the saddle way too much, legs were getting hammered but I managed. Broken front spoke at the 80km mark, I had a very nervous ride over the remaining kms, another spoke broken on a 70kmph descent could result in another ambulance ride after being scraped off the ash fault.

I rolled into transition, my bike time better than expected, I headed off on the 21km run. From the 12km mark I started to feel the results of pushing too hard on the bike – ohhhh the pain, in the last 5 kms I experienced lower back spasms, aching legs knees and questioned what I was doing and why I should keep going. It wasn't pretty but I made it to the finish line. Nicole was there to cheer me across the finish line then pick up the pieces of a broken body. My time of 5hrs 19minutes was 8 minutes faster than last years age-group qualifying time for the Australian Ironman in 2004. NO WAY !!!,.. Well, I certainly didn't think competing in the IM would eventuate- I had just destroyed myself over 21km run, .. how could I possibly manage 42km???. Anyway we decided to wait around for the presentations when they handed out the spots for IMOZ 2005. Shortly after we find my age group was considerably faster than 2004 and automatic qualifiers need to go under 5hrs 15 min,... ahhhhhh,.. now to think you have something then find out you don't is worse than never having it at all. I now wanted that IM spot more than ever – ok,. so I probably wouldn't use it, but that's not the point – I wanted it.. We waited around for another 2 hours where names were called for guys to collect their spot, if they weren't there the spot would roll down the next fastest. I needed 7 no shows out of 35 spots in my age group - what a painstaking process – it was like pulling teeth,.. I got the 2<sup>nd</sup> last spot.

### **KOMO - there's no way I'm doing this by myself !**

So Komo had finished the SHEP HIM in 5:09, but did not even consider going to the roll down for a IM Australia –Forster Spot. Well now I wish he had, I needed to convince him that racing an IM was a great idea and we had to get him qualified.

He came to the party and we flew to Tasmania to compete in the HIM down there – Jan 2005.

We raced ok, rode together, Luke Bell passed us on his final bike lap while we were on our 2<sup>nd</sup>, “keep it up boys” he said as he effortlessly rode past, he went on to win in sub 4 hour time.

Final times were nothing to write home about but Komo had his spot - - GAME ON.

### **The MAD (but awesome) Coach – Mat Tippett**

Komo and I chatted to Bill & Andrew Sinclair about getting some coaching, Andrew had a full book so introduced us to Mat Tippett – Jan 2005

Mat had about 12 weeks to play with before the big day – 3 April 2005. well, he the flogged the life out of both of us.

In addition to giving us programs he shared his knowledge and personal experience on recovery, taper, nutrition and what to expect come race day.

Turned out he was VERY passionate (obsessed) about the Ironman thing and his enthusiasm rubbed of on Komo and I. This was a great match as I certainly do have an all or nothing approach for things I'm interested in.

### **Forster Australian IRONMAN – Race Report, at last**

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I woke feeling incredibly calm, I had many sacrifices and hard training miles behind me, what's done is done and I was to be a passenger – just relax and let the body do what it has to do – I was going to enjoy this.

Car ride – 4am – and stream of cars heading to Forster

Thousands of spectators family and friends

### **3.8km Swim - AKA "the BIFF"**

Pre start -what a buzz, 1500+ competitors wanting to jump out of their skin – doof doof music blaring with helicopter circling overhead.

With a view to minimizing the carnage during the swim the 1500 competitors were broken up into 4 groups on the basis of estimated swim time, my 1 hour 5 minute estimate put me in the 2<sup>nd</sup> group – swim cap. Each group was positioned about 15 meters behind the other across a 80 meter wide start line.

So we're within 10 seconds of the start, I start my stopwatch and the fun begins. Within 100m I'm swimming with blue caps (1<sup>st</sup> group) – I have a relatively clear swim to the first buoy 500m. The remaining 3300m was biffed at least every 100m but I still managed to hold my own with the blue caps. Smashed in the face with 300 to swim, a guy literally pulled my goggles off my face, stop – reposition goggles - minimal time lost, shortly after cramp took hold in the left calf. I continued swimming with foot flexed up stretching the calf – cramp subsided and I finished the swim.

Target	1 hr 10m
Actual	1 hr 3m

### **T1 – Swim to Bike Transition**

Grabbed T1 gear bag and entered change tent.

Took my time – no major issues – exited tent to find my bike while drinking 500ml ½ mix NRG (coaches orders). Spectators everywhere, surrounding the 1500+ bike compound, lots of yelling, looked for Nicole & Kerry but they couldn't be seen. I find my bike, it's still there with air in the tyres – very good, I un-rack and run my bike to the mounting area.

Target	5 min
Actual	5 min

### **180 km Bike (2 x 90km loops)– the TRAINING ride**

The ride course consisted of 2 laps of a 90km loop.

There are thousands of spectators lining both sides the first 300m before heading out of town. Look down – HR at 180 bpm – didn't feel bad at all – adrenaline is a wonderful thing. Lap one was to be ridden at 140 bpm, so I slowed down and got the HR in check within 5 minutes.

My pace felt slow as I was being passed by quite a few others – it didn't stress me as much as getting

passed normally did – I had a long way to go and because we all started together it meant I swam faster than them all - all is good.

The number of other riders passing dropped by the 30 km mark – I continued to maintain my 140 bpm and was feeling great – the 140 bpm HR was well within me and I was hanging for lap 2 where coach said I could ride at 150bpm.

Komo caught me at the 80km mark, we had a chat, his HR was lower than mine and obviously riding faster after a swim 1: 05 swim and 7 min transition – he'd made up 5 minutes- awesome going Komo. So the dilemma I faced was do I stick to coaches instructions re: heart rate or keep up with Komo. I went with Komo, we were only 10km from the start of lap 2, HR +5/10 to 145/150bpm.

We approached the turnaround to head out on lap two in Forster, saw the support crew, gave them a wave and let out a big "CRANK IT". There were thousands of people lining the road for 5 kms out of town, very cool had to make sure pace was maintained with all the hype.

Saw a guy taking a piss while still riding their bike, I managed to take a wide berth but he upset a female competitor who didn't like the idea of being hit by spray, nice.

Second lap felt good, careful not to load up the legs and concentrated on technique. Riding into a slight headwind for the last 20km, I was able to maintain HR and pass many other competitors.

Something went twang on the front of the bike with 10km to go, pulled to the side of the road to find a broken spoke. I cable tied it out of the way then continued on my way after Komo and about 20 others had passed . Déjà vu as the same thing happened with 10km to ride at the Canberra HIM, the race at which I qualified for Forster, maybe a good omen. It was a very nervous last 10 kms back into transition.

I was a very happy boy to roll in to Transition, no gear failure could stop me now, it was all down to the body and mind.

Target	5hr 30min
Actual	5hr 27min

## **T2 -- Bike to Run Transition**

This was done in a bit of a daze actually; I handed the bike off to the catchers, collected my gear in my T2 bag then entered the transition tent. Guys everywhere, off came the helmet and bike shoes, on went the running shoes and hat, quick puff of the ventolin then flagged down a volunteer to apply some sun screen.

Target	3 min
Actual	2.30 min

## ***42km Run – My first Marathon – how cool.***

Two 21k loops.

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Did not even consider a run walk strategy – perhaps I should have,

First 21ks covered in 1:55, Second 21 in 2.26

Caught Komo at about 25kms in, then I had a portaloop stop, pretty tricky when you go to sit down and the whole UNIT rocks back,,,,URGGHHHH, had visions of it toppling over, then having to knock over the remaining 15ks covered in 5hite. Luckily it did not, I did however cramp, so then decided on a half sitting half standing position – get the visual, NICE. Komo must have gone by while I was busy.

Cramp in my right calf got me at the 32 km mark, the next 8 were a walk, run, cramp, walk combo, Managed to come good 2-3 k's from the finish and run

Walked the last pinch about 500meters out, had one last stretch of my calf and headed off on the long straight leading to the finishing line. I had a spring in my step could not see a bloody thing due to the sun glare, I did however feel no pain and I seemed to float down the finish chute in a euphoric

Target 4 hr

Actual 4hr 21min

UN-PHUCKING-BELIEVBLE, what a rush, what a release, now I could stop and just let all my emotions rush over me, I found Nicole and just couldn't let her go.

So now it's other people that reckon I'm crazy - well if the shoe fits.

When can I do my next one?