



## RACE REPORT

### JULIAN WAIN 70.3 WORLD CHAMPIONSHIPS, CLEARWATER FLORIDA 2006

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#### ***The Fat***

**SWIM – 33:33 -- RUBBISH !!**

**T1 – 2:59 – *Nothing to write home about***

**BIKE – 2:08:31 – SMASH SMASH !!**

**T2 – 1:47 – *Not fast enough !!***

**RUN – 1:41:31 – *Picking up the pieces !!***

**TOTAL – 4:28:18 – Sub 4:30 – CRANKED IT**

#### ***The Skinny***

So I finally got my wish, I got STAMPED with a race number for the first time

**"312"**

....very VERY cool, was it wrong that I was looking forward to this, the atmosphere and American food rather than my first "World Championships"70.3? (Damn Americans, 70.3 is the total distance Swim, Bike and Run. FYI – it's the half Ironman distance).

Oh well, that was the head space I was in after not the most ideal preparation and carrying 4 kgs more than I would like.

Qualification came at the UK 70.3 race in June, an Aussie mate Dan (Danger) was also fast enough to be offered a slot in the M 30-34 category. We sat around discussing whether we should go or not in the hours before the roll down. Not the World Championships in Kona that I've dreamed of but the first 70.3 Worlds and perhaps the start of something big. We were in !!

Arrived on the Thursday before a Saturday race, a trip to the supermarket was a mistake,.. urrgghhhhhhhhhhh...peanut butter is in everything,.. pretzels, ice cream, chocolate, biscuits, popcorn, thickshakes - HEAVEN,.. had to try everything. needless to say, the carbo load started then !!!!

Got to the start line with enough of a carbo load for a double Ironman.

What a buzz, major DOOF DOOF could be heard and search lights seen as we walked towards transition at 6 am.

Spot the Pro could not be avoided, Chris Leigh, Simon Lessing, Chris Lieto, Lisa Bentley.

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Head to the start, Pro's off 15 minutes before us, I pushed forward to the 2nd row for the beach start (Danger said he saw me pushing but said he couldn't do it - he probably would have swam faster than me had he not had to "battle" with so many).

Helicopters overhead, gun goes, we're racing.

Pretty uneventful swim, straight out and back. Mild chop on the way back to shore, did not mind it at all, could have happily turned back out to sea for another 1.9km's – should have obviously pushed harder.

### **SWIM – 33:33 -- RUBBISH !!**

*124<sup>th</sup> age group (228)*

*678<sup>th</sup> outright (1363)*

Exit water - run 80 meters up the beach to have wetsuit pullers yelling **"ON THE GROUND - ON THE GROUND"**, awesome, wetsuit off in an instant.

T1 set up, mega professional - long shower run through, helpers at every turn, good room in the transition tent, wide blue carpet EVERYWHERE, !!

### **T1 – 2:59 – Nothing to write home about**

*70<sup>th</sup> age group (228)*

*409<sup>th</sup> outright (1363)*

I came out of swim transition and settled into my rhythm - riding without cadence or speed, but it felt sooooo fast on the new ZIPP 999 wheelset.

Constant stream of riders out of transition, able to pass 8-10 while only being passed by 1 or 2.

About 7 miles in I nearly get blown off my bike by an almighty **"CRANK IT CAPTAIN"** as Danger passes – he'd pulled back a 61 second lead (20 sec swim and 41 sec T2).

So I'm at E2a+, do I ride my own race or go with Danger? Well I upped my rate to E2b and we worked through the field.

The benefit of having a swim time 300<sup>th</sup> out of 550 odd in my wave (30-34 & 35-39 were combined) meant there's enough guys out in front all capable of riding 2.15 through to 2.30's, what does that mean for me ?? - - virtually a 90km TRAIN, just after you ride up to someones back wheel to pass there's someone else not too far ahead to pick off next. GOLD.

Well the competitors thinned out in the last 40k's, but there was always someone not too far ahead to gun for.

Sure I've "only" upgraded from a ZIPP 404/808 wheel set, but man, there is nothing like that 808 ZIPP front fitted with a 19mm tub and a disc rear.... reckon it's 1.5kmph faster.

Unfortunately the wheel set doesn't help with the "***I should ride conservatively***" mentality because it feels wrong not to ride these puppies at max effort.

80k's covered and I start looking at possible times, looked like a 2hr 15min 40kmph average was in the bag, how much faster could I go, COMMONNN,.. thrash thrash – HR into E3, time to bury myself.

### **BIKE – 2:08:31 – SMASH SMASH !!**

4<sup>th</sup> age group (228)  
23<sup>d</sup> outright (1363)

500m out from T2, I sit up and compose myself – ready for the assault on the **fastest T2 time for the day.....**

..... this could be the only World Champs I ever get too, have to make the most of it ;-)

Bike gets launched at a bike catcher, run as fast as my non-runners legs would carry me the 100mtrs along the blue carpet, grab T2 bag and into the tent, forget a chair, helmet goes down in the corner, runners go on and I'm out of there (forget re-packing the bag) a bit of traffic to dodge down to run exit, I cross the timing mat and slow to a shuffle to compose myself before stopping on the barrier to chat to my HOT girlfriend Nicole and friends Tanya, Anna & Marcus (91kg Ironman Wannabe/gonnabe).

### **T2 – 1:47 – Not fast enough !!**

=1st age group (228)  
=10th outright (1363)

DOH !! beaten by a few randoms, Christopher Legh, Craig Alexander & Richie Cunningham (I didn't realise that guy from Happy Days was so fast)

After a chit chat, head off on the two lap run. Two major bridges to run across, otherwise a flat course. Temperature starting to rise but manageable.

Complete first lap to see the "Team Crank It" support crew, sweaty kiss for Nicole before heading back over the bridge. Saw a couple of "Tri Dubai" Pro's heading for home – 3ish k's to run for them (Lessing was one, he was following some guy I didn't recognise).

I turned to see Danger 50 meters behind, about 1 k later he ran up beside me, more chit chat before he eased away.

Not prepared to push like I had at the UK 70.3 race, I was managing my HR more like an Ironman – motivation (or lack there-off) is a powerful thing.

13k's in and I could still see Danger up ahead, he was stopping periodically to stretch, so I eventually pulled along side, he was suffering cramps - - gave him some Mag-Phosphate which sorted him out instantly – LOVE THAT STUFF.

Well danger pulled away ever so slowly. I could see him in the distance for quite some time, ultimately he finished 2 minutes in front, which at 5min K pace is ONLY 500m, just shows what difference a **marginally** faster speed makes over 10 k's.

**RUN – 1:41:31 – Picking up the pieces !!**

116<sup>th</sup> age group (228)

532<sup>d</sup> outright (1363)

Upped the pace for the final 3 k's and developed a stitch with 2 k's to run that I endured to the finish (interestingly enough I could still feel it 2 weeks post race – never experienced that before - not good).

**TOTAL – 4:28:18 – Sub 4:30 – CRANKED IT**

64<sup>th</sup> age group (228)

262<sup>d</sup> outright (1363)

Well. They tell me it was hot, well I did not feel it - HEAT preparation works a treat, thanks Mat, bring on 2007 MALAYSIAN IM. Sure with the HEAT it's not going to be fast, but I know I'll be running past many "blown" athletes in the second half of the marathon.

Mat - all in all Clearwater was an awesome experience, not in the best race/mental shape of my life but the improvements and good results just keep coming – Thanks mate

Captain Crank It

PS – While racking our bikes on Fri we saw Lisa Bentley and got this random guy (Aussie) to take the photo.

WELL at the awards night the "random guy" goes up to collect 1<sup>st</sup> placed M- PRO -- Who else but CRAIG ALEXANDER !!!!

**OHhhh the shame !!** one of our countrymen who we knew nothing about.

MMM,... turns out this guy is a short course / Olympic Distance / long course machine, twice named Triathlete mag "Triathlete of the year"

Take a look at the guys resume,.. feeling very stupid now that's for sure.

**[http://www.craigalexander.net/assets/craig\\_resume.pdf](http://www.craigalexander.net/assets/craig_resume.pdf)**

So as the winner here he gets qualifications to KONA, just read that he'll be racing IM OZ to get a "feel" for the distance – should be interesting to see how he adapts.

Danger I went and chatted to him after realising out error – lovely guy, he said they he and Lisa had already had a great laugh about the two Aussie guys who recognised her but not him.

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