



RACE REPORT

JULIAN WAIN IRONMAN MALAYSIA 2007

UNBELIEVABLE !!!!! Someone pinch me.

IRONMAN (IM) WORLD CHAMPIONSHIPS / Oct 2007 - Kona - HAWAII here I come - YEP THE BIG ONE !!!

Thanks Mat Tippet, I do not believe I would even be close to qualifying without your coaching -- you ROCK.

Nicole your continued support and belief has been awesome, without it, this epic adventure would not be happening.

Yes I was chasing a Kona slot AND I believed I would get one with continual hard work dedication and improvements, maybe this year, next year or the year afterBUT.... certainly did not expect to get one after such below par run. Just goes to show, IM is such a long day out, you do not necessarily have to be fast, but just faster than the other guys battling exactly the same conditions - JUST KEEP PUSHING.

SWIM 3.8km's -- OK for a non wetsuit swim - 1hr 09 min

BIKE 180.2 Kms 5hr :01 mon - Awesome

A tough course (23rd outright time, only Pro's and 5 age groupers rode faster / 2nd in age group, beaten by an ex pro who now races age group 4hrs :54min - NO FAIR !!)

RUN 42.2 Kms - 4hr 17min - RUBBISH !!

In reality a 3.30 marathon was fantasy as my running had been limited leading in due to some shin issues, but I did believe a sub 4 marathon would be in the bag. First 10 k's in 51 minutes, good good, then turned to SHITE. A nasty stitch reduced me to lots of walking 10 thru 32k. Went off the fluids and nutrition (gels) at the 18 k mark as anything by mouth made the stitch come on.

Had some relief from the stitch in the last 10 k's which I managed to cover in 55 minutes which was OK, bringing me home **10hrs 30 minutes 51st outright and 6 the in age group** (7th & 8th place in my age group finished within a minute after me !!! SOOO CLOSE).

Julian Wain	M 35/39	N/A 2007	10:30:08	01:09:17	05:01:22	04:16:56
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HAWAII – World Championship Qualification – Kona 2007 ??

The Roll down meeting - there were 4 slots M 35-39, 3rd didn't take his so it rolled down to 5th place (I was 6th) - the 5th placed guy rocketed out of his chair and took the slot.

Oh well, Kona qualification at IM Malaysia was not to be. Nicole and I sat in that room as the roll downs continued deliberating whether IM Lanzarote or IM Canada would be the next crack at a slot

Then something happened which looking back now is quite surreal - there are two slots allocated to the fasted MALE and Female MALAYSIAN Athlete. The Female took her slot, then they called out the fasted Male, 12th in the 30-34 age group, 10 hrs 58 min - well he was not in the room, so they called off the next fasted Malaysian Male - he wasn't there either - THEN then asked if there were ANY Malaysian male athletes in the room (ie even if there was a guy there that finished in 16:59:59 he could have the slot - BUT STILL NO RESPONSES.)

The officials deliberated, I was expecting a Malaysian Male athlete to walk through the door at any time to say I'll TAKE THE SLOT, but this did not happen, or that the slot would go to M 30-34 as my group had already been allocated an additional slot to take it to 4, then about 5 minutes later they announced that per World Triathlon Corporation rules that spot should be allocated to the biggest age category - WHAT !!!! ahhhh, YEP, Male 35-39, that would be ME !!!!! Jumped out of my chair, did a little dance, all the while expecting someone to tap me on the shoulder to tell me there has been a mistake,.. well about 2 hours later I had payed my \$485USD and I had my Qualification certificate in my hot little hands - no one can take it away from me now.

Anyone considering racing IM Malaysia in 2008? I would highly recommend the race, but high 30's deg marathon and crazy humidity makes it a tough day out - I have never seen so much suffering on a IM run course before, this can be evidenced by the mediocre run splits across the entire field.

750 starters - 500 finishers

So I have 7 months to learn how to swim properly and get some K's in my legs AND I need to sort out/investigate this stitch issue, had plenty of Mag Phosphate for cramps (NO CRAMP issues at all) but perhaps I was lacking in Sodium - any advice would be appreciated.

Nicole and I are going to Kona – someone pinch me

Capitano ala Captain Crank IT

AKA

Julian Wain

RACE REPORT

2007 Feb IM MALAYSIA 10:30 (51st / 6th M 35-39)

PREVIOUS

2006 Sherborne UK 10.13 (58th / 13th M35-39)

2006 PortMac -OZ 10:50 (315th / 81st : M30-34) Finishers 1444 Total / 235 : M30-34

2005 Forster - OZ 10:52 (446th / 133rd: M30-34) Finishers 1465 Total / 291 : M30-34

Pre Race

Reasonably calm – Very average sleep night before race - restless (in bed for 7 hours) – had arvo nap for 60 minutes the day before the race.

(very different to pre IM UK - AUG, where I was SUPER relaxed – awesome sleep each night leading up to the race) - perhaps the heat did not help the sleep.

Carbo Load commenced 2 days out – Thursday. OK, but perhaps too much sweet sugary stuff that my body is not used to processing – unsure I has 100% empty bowels at race start - although no porta loo stops during the race, not being 100% empty may have contributed to stitch issues during Marathon – WHO KNOWS

Also - I did "load" on slow release sodium chloride as at IM OZ April 2006, UM UK Aug 2006 & IM 70.3 Florida Nov 2007..., 600mg 3 days out then, 1200 then 1800 mg, finally another 1200 on race day.

Physical – felt a bit flat in the week leading up to the race,.. day before/morning of race started to buzz, better than IM OZ April 2006, but only 90% compared with IM UK Aug 2006 feeling.

Perhaps I needed a bigger taper given the heat??

Swim - 1:09 (132th/23rd M35-39) - non wetsuit

2006 – IM UK - 1:00 (Rank 201) – think course a bit short

2006 – IM OZ 1:08 (824th / 172nd : M30-34) disgraceful time !!!

2005 –IM OZ 1:03 (530th / 147th : M30-34))

Felt SOLID -- No leg cramps during the swim - unsure whether it was the sodium or the fact that I'm actually kicking now on the swim.

This does piss me off a bit,..yes I now kick, but it doesn't seem to give me any additional speed.

MY **SWIMMING - WHERE TO FROM HERE ???**

Bike - 5:01 (23rd /3rd M35-39) 1400mtrs climbing

2006 IM UK – 5:28 (Rank 70th) – Lots of climbing – flat tyre

Elite Triathlon Performance Australia - "Educating Through Activity"

2006 IM OZ - 5:32 (157th / 47th : M30-34)

2005 IM OZ- 5:30 (427th / 136th : M30-34))

Excellent for the first 160k's— bit flat in the last 20k's.

Nutrition - 240g carbs in Hi5 Liquid, 4 gels in a flask = 340gm or 68gm per hour (finished this in 4.5 hours) - a little more than 60gm per hr (300gm) that I would usually take on board as the course was hilly and hot.

Perhaps starting to bonk in the final 20k's,.. need to work on getting more nutrition in during training

Run 4:16 (85th / 11th M 35-39)

1 k then 4x10k loops then 1 k, (lots of aid stations, maybe 8 per loop)

2006 IM UK 3:38:03 (Rank 80th)

2006 IM OZ 4:10 (445th / 99th : M30-34)

2005 -IM OZ 4:19 (504th / 132nd : M30-34))

Very good first 9 k's - just focused on running to the next aid station.

Very much technique focus, trying to run solidly between walking aid stations. Still picking of 4.45 per k pace.

So even after stopping at all the aide stations AND sitting for 60 seconds to put my socks AND walking 200 mtrs due to stitch,.. I still stopped the clock at 51 min for the first 10 k's – look out when I have k's in my legs again.

STITCH – struck at 9.5 k's,

At 12k's seriously thought I could be looking at a SIX hour marathon - lots of walking to 32k mark. Some relief a while after I stopped taking on water or gels - - -Mustered 5.5 ish minute k's for the last 10, just stopping at aid stations.

Need to get this sorted before Kona.

I am one happy boy