



RACE REPORT

JULIAN WAIN SHEPPARTON HALF IRONMAN CANBERRA HALF IRONMAN

Shepparton Nov 2004

I embarked on my first HIM journey 18 weeks before Shep with two mates, Mark and Stu. We got our hands on a program and began our training – wondering whether we'd have what it took to finish a HIM. As Shep approached the question for Mark and myself wasn't whether we could complete the distance but how fast could we complete the distance. (Stu was still questioning whether he could complete the distance because he drank too much piss rather than training (he also had demanding work commitments)).

After beginning to Carbo load on the Friday before Shep and eating an enormous amount of food I had managed to pick up a stomach bug - fan pharking tastic !!!, Could hardly eat on Sat and could only manage a small breakfast on the morning of the race. On top of all that, I had woken Sunday morning with a high temp - brilliant !!!! Just what I needed before embarking on my first HIM.

Anyway - I figured I could at least start and pull out if need be - 1.9km swim went well 35 minutes - started the 90km ride but couldn't take on food and only minimal fluid - - not good - - I'd completed 40kms at 33kmph average, this was slower than I would have liked but not bad considering I just wanted to chuck my guts up - - then at about 45kms the light rain started, this resulted in a drop in my body temp as I pushed on - shortly after I began to shiver which in turn developed into uncontrollable shaking -- GAME OVER at the 50km mark. Chucked my guts up while waiting for the Ambo, interestingly enough could make out the remains of what I'd eaten in the past 24 hours -- nice -- obviously nothing was getting processed by my very messed up digestive system.

Shaking and almost hyperventilating breathing continued for about 45 minutes - Ambos mentioned I was grey with blue lips - they wrapped me in space blankets and took me to the medical tent where I recouped. So the diagnosis -- Hypothermia. There were no other cases of Hypothermia for the day so I'm guessing the, high temp, lack of food and general feeling of crap might have had something to do with my condition.

After spending 1-2 hours in the medical tent I was able to go and watch my two training buddies Mark and Stu complete their first HIM's in very respectable times of 5:09 and 5:30. EXCELLENT work guys.

After Shep I'd had some holidays planned and headed off to Fiji then to a wedding in Adelaide - I did absolutely nothing for two weeks – I did feel guilty but it was a great break. During this time I did reflect on Shep on many occasions, I wasn't disappointed at all about my performance - I gave it a

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crack so at least I won't die wondering. HOWEVERI still hadn't completed what I'd set out to do.

Canberra Dec 2004

Two weeks out from the race I was back in training – I'd decided to do a solid week then a 1 week taper (on reflection probably not the smartest thing to do). My girlfriend Nicole questioned how I could "taper" when I'd effectively only done 1 week of training in the past month,... mmm good point.

We drove up to Canberra on Friday, then Nicole drove me around the bike course on the Saturday. It was a very interesting 1 and ½ hour drive - seeing these ridiculously steep climbs and nail biting descents that would see speeds approaching 70kmph (with the potential to take off layers and layers of skin) -- I was groaning in anticipation of tomorrows pain considering I don't ride hills and I was seriously questioning my reasons for being here. Nicole was just wondering how I would survive given even her car was struggling to negotiate the bigger hills.

Race Day – I arrived about 10 minutes early to register and wondered whether I was at the right place due to the general lack on activity. I befriended one of the few other guys waiting and chatted to him about the shocker of a bike course - being from Canberra he wasn't too concerned and mentioned that I shouldn't stress as any hill I had to climb I would get to ride down. Surprisingly enough his mind numbingly simple observation put me at ease.

Swim – I had a very nice relaxing swim -no major issues 37 minutes.

Bike – Reduced the load on my legs where possible however ran out of gears and needed to get out of the saddle for the major climbs – speed 13kmph. I felt very comfortable on the descents and always managed to pass more people than had passed me on the climb.

Threw a chain at around 55km, my legs cramped while bending over to fix it but managed to loose only a little time before getting moving again.

At the 70km mark I noticed a buckle in the front wheel, the reason...broken spoke. The thought of the front wheel collapsing and me ending up on my face at 50+kmph slowed my descents. I picked the smoothest sections of bitumen over the remaining 20km and I made it back to transition in 2hrs51min. What a relief.

Run -- went ok but not fantastic – Seeing Nicole on each lap yelling encouragement was awesome – I got a burst of energy at the 9km mark and picked up my pace through to around 15km – in hindsight I shouldn't have done this as I started to cramp in my lower back at the 18km mark – the last 3km were slow and painful – Temperature topped 30degrees. I didn't manage my planned 5minutes/km pace but finished in 1hr50min. It was soooooo nice to stop running.

Total Time 5hrs18min59sec. – Nicole greeted me at the finish line – WHAT A BUZZ – The time was 10 minutes faster than my goal which was sensational given the bike course. I was very excited about the prospect of going to Forster in 2005.

Forster 2005 ?????

The 30-34 qualifying time in 2004 at Canberra was 5hr27min so I thought I had a good chance. INCORRECT after a 2 hour wait we found out 5hr14minutes was the cut off, so I had a nervous wait for the roll-downs and completed my lottery entry just in case. Nicole reassured me that my time was great for a first/second attempt and we could always go to Tassie if didn't get a spot. After waiting another few hours the roll downs began, 11 spots for the 30-34s, mine was the eighth name called. FANTASTIC – I'm going to Forster and Nicole is coming to support me.... WHOOOOO HOOOOOOOO. (just need to get this running thing sorted).

Julian

PS- "CRANK IT"