



RACE REPORT

**JULIAN WAIN
IRONMAN 70.3 UK 2006**

Time : 5:17:08 - 5th out of 191 in the age group 56th Outright (803 finishers)

Tough course which is evidenced by the Pro times, Chris McCormack 4:19, Pete Jacobs 4:20 with the 3rd Male Pro at 4:25

1600 metres of climbing over the 90k's, Macca averaged 35km/h on the bike – Nasty Nasty course - run was hilly on rough trails, like the Torquay long course Tri where the run is out to Bells and back.

Had a chat with Macca post race and he said it was the toughest HIM course he'd ever raced - he mentioned that Wildflower HIM is billed as the toughest by the Americans (and is the selling point for that race) but this is worse.

Surname	Gender	Gen Pos	Category	Cat Pos	Swim	rank	Trans 1	rank	Bike Tot	rank	Trans 2	rank	Run Total	Rank	Total	rank
Henriksson	Male	17	M35-39	1	00:29:27	69	00:04:50	192	02:45:41	13	00:01:05	53	01:32:27	31	04:53:35	17
Kirchberger	Male	23	M35-39	2	00:28:03	40	00:03:27	35	02:55:29	38	00:00:45	8	01:29:30	22	04:57:18	24
Hobday	Male	36	M35-39	3	00:29:23	64	00:04:57	219	03:02:19	81	00:01:14	96	01:30:39	27	05:08:36	38
Birch	Male	41	M35-39	4	00:29:16	58	00:03:28	36	03:03:52	98	00:01:39	269	01:32:34	32	05:10:53	43
Wain	Male	56	M35-39	5	00:33:17	209	00:04:25	133	02:56:29	43	00:01:21	143	01:41:33	84	05:17:08	59

Swim – POOR, struggling to find a squad here.

Bike – very happy given the course - - I can climb BABY

Run - STOKED – 4.50k pace on a hilly trail course with uneven surfaces – AFTER smashing my legs on the bike – absolutely stoked – ran the first 14 mile at e2a+ with the final 7mile mid to top Eb2 - felt like I was gonna hurl for the last mile – AWESOME !! Just nice to see what my body can take – slowing building the strength in my running post foot issues – all good - ROLL ON UK IM.

Nutrition -- less is better for me I'm finding to combat the gastro intestinal distress I usually get – lighter breakfast than Port. Got down 400ml of T1 mix but then only took on 40gms per hour on the bike and only 500ml separate water during that time. Run – no carbs at all – had a dull stomach ache and didn't want to risk it – only took on 200ml of water. So still more work to be done on nutrition

World Champs????

In my age group 35-39, there were 17 spots offered the 70.3 (HIM) World Championships in Clearwater Florida (11 Nov 2006) – I took one. Don't expect to be in the first half of the field but will

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certainly be pretty cool to go to the Worlds (bragging rights) – Not Hawaii but I if I have an absolute blinder of a race at IM UK (20 Aug), there is the slimmest possibility of getting a spot for Kona - needless to say motivation is sky high. My foot injury that limited my running leading into Port Mac appears to be behind me, I am however carrying 5kgs more now than in April (sorry Mat, been keeping that quiet) so that will **definitely** be coming off before Ironman UK – starting this week!!!!

So Mat - one of your athletes are going to the worlds !!!!

Thanks again mate – love your work. Looking forward to seeing you smash it up in ROTH – 2 weeks to go !!!

Captain CRANK IT

PS - - Danger went' Ok too, I'll let him give you the details.