



RACE REPORT

MARK KOMARNYCKI CAMPBELL'S SHEPPARTON HALF IRONMAN

One word, post race disappointment, no sub 4:30!, no sub 2:20 bike! a PB so all is not lost! Run slower than my 2005 time, I NEED TO HARDEN THE PHUK UP!

1. Days leading into Shepp, 34+ deg C, race day, howling winds, dark skies. Weather forecast for race day was 39 but downgraded to 34.
2. Woke up, lots of rain overnight and fierce winds but at the start, no rain at swim start, came out in 31:35, cruised, had a crack last 400m, should have gone harder.
3. T1 - approx: 2:20 - long run from swim exit to bike. (Rain started during the swim)
4. On the bike, PHUK! No rain, torrential down pour, water pooled all over the roads, first part of bike rather technical so back off and take it easy. Start to wind it up on the back roads and come in on the 1st lap in 47:00, nice!
5. 2nd lap, wind it up, carving people up like no tomorrow, over 40kph and hit 45:00 flat for lap 2, a 2:17 or sub bike is on the cards, feeling like GOLD! Mind you, now the lightening and thunder are going nutso, rain intensifies, getting very very nasty but I rode some good lines in and out of corners and felt I made 2min from cornering more aggressively even though there was more water on the roads. The longer in the rain, the less nervous I felt so just attached the PHUK out of the bike ;)
6. 3rd lap, WTF, pushing hard, HR higher than 2nd lap, speed 4kph slower, at 75km mark, hit bump, feel rim, PHUK, rear is FLAT! Get off, yep, FLAT! (Running the Gravity Zero Disc Tub Rear - hub is awesome), use the 90deg disc adapter with the Vittoria Pitstop (co2 with latex) to seal rear and go, cost approx 2min MAX but more given rode most of the lap on 30psi doh! Away again, PHUKING angry, 44-45kph to make up for lost time. 88.5km mark, bang, goes again, rear, decide to coast home and sit up, put all weight over front, make it home OK!
7. Run starts, ouch! Where have my legs gone! 31:00 1st lap, 33:00 2nd lap, 34:00 last lap, NOTHING in the tank, very disappointed with the run. Just could not push it home, HR not the problem, legs the problem, too PHAT, way too PHAT, probably 3kg over race weight! Lesson learnt, lookout Geelong 70.3 when I go into the carb load a damned sight lighter!!!!

8. Pick up Zara and Mia and cruise down the finishing chute with them, gold!

And that is a wrap!

Komo

P.S. Here are the splits of my race. Full results can be accessed from

<http://www.sheppartonhalfironman.com/>

Race No:370 Category:35-39

Time:4:32:45 Overall Pos: 36 Cat Pos: 6

Swim: 31:35 Swim Pos: 125 Cat Pos:21

Bike:2:23:34 Bike Pos: 12 Cat Pos: 2

Run: 1:37:36 Run Pos: 112 Cat Pos:16

--

<http://CrankITKomo.blogspot.com>

"Pain is weakness leaving the body" - CRANK-IT