



RACE REPORT

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RYDGES CAPRICON HALF IRONMAN

Having decided at the beginning of the year to do this race, the goal was to aim for good solid time, and register for Port Mac. Two months out, I realised I was going to have great difficulty in even finishing! I had had a terrible year, suffering from ITB which meant I was unable to run train for 8 -12 weeks. Add to that inconsistency with my bike training, partly due to the ITB problem, and the fact I was involved in two car accidents which caused minor injuries physically, but dented my "road confidence" considerably. I was feeling very nervous about finishing this race!

I got in touch with Mat, in the hope a good program would steer me in the right direction. Away we went with a new program and the goal to get me as race ready as possible with only 6 weeks left to put in some solid training! Following Mat's program was a new experience (to say the least!) – all those different heart rate zones, builds, time limits, et c etc. And I didn't think I would ever manage those long boring 3km swims – but surprise surprise I got through it!

So race day arrived, and to my great relief the weather turned out to be exactly what I had been training through – cold, windy and wet! So my fear of suffering in the heat was one less worry! However, now I had the swim from hell to contend with - very rough conditions. We marched down the beach, 2km - which felt like an incredibly long way! The elites started first, then it was all female competitors, with a run down the beach to the water. I decided to take it pretty easy, and just get through it, counting off each bouy, and trying not to think about anything else other than getting to the next bouy. Finally, rounded the last bouy into shore, and then it was a long run up the beach, up a sand dune, down a sand dune, up a flight of stairs, and down a long winding path – could they have made it any harder!

Anyway, into transition, off with the wetsuit, on with the helmet and away I went (39mins). The bike was fairly uneventful, 5 laps of a 18km course – (with a very rough road surface), which made it interesting trying not to get involved with all the bunches of drafting athletes on the course!

Anyway, finally after 3 hours on the bike into transition, off with the helmet, on with the shoes. And out on the run – only to discover my legs did not want to function at all! (Mat had warned me – due to the rough ride). I began to wonder how in hell I was going to run

21kms! Anyway, head down picking off as many people as I could to pass, I slowly starting to feel human and maintain a slow run. Stopping at every second drink station, as planned and walking through to consume a sip of water and coke. The run was a 3 lap 7km circuit around the outskirts of the resort and then through, and over the main pool. Finally, last lap, I knew was going to be able to finish without walking! Coming into the finish line – I realised I had done my best half ironman time 5.43! Total run time 1.59.

So a big thanks to Mat for putting the training plan together and advising me along the way. I was very happy with my result (8th in my age group) considering it was not an ideal build up. So the next goal is Shepparton, and hopefully with Mat's help, another PB!