

# First LFRS Sprint Triathlon Completed! (Race Report)

I'm happy to report that on 1<sup>st</sup> June I finished my first sprint triathlon.

**Background:** I'm a runner, do a little cycling and swim a mile once a week, but have never put all 3 together. So my goal for this first sprint tri was just to finish and have a good time. I wasn't worried about my place or my time — I can work on improving later.

**The Course:** Set in Lutterworth the 400m(16 lengths) swim was held in the leisure centre, the 18km bike course takes in the surrounding villages, as does the 5km run.

**The Swim:** 6 lanes with swimmers starting every few minutes, grouped by estimated swim times, this was my most nervous part of the day, waiting pool side looking at all the 'athletes' and wondering what 'I' was doing there, trying to look calm to my support crew watching outside. With a minute to go I was asked to enter the pool and await countdown.....GO. It was harder than I thought even though I knew I could swim the distance, I think adrenaline made me work harder. 9 minutes and it was over, out the pool and onto the discipline that I hadn't accounted for, the 200m flip flop dash to the bike transition area, everything was a bit of a blur as my brain was thinking about the next event. Flip flop running is not the most elegant spectator sport however I did hear the strong Geordie accent of Joe Finn shouting "Jenkins you run like a girl" which made me smile.

## **The Bike:**

I'd practised the route a couple of times whilst training and knew what to expect on the day. Once out of transition and on the road it hit me that I was really enjoying the whole experience. There were quite a few hills and you are on your own with no support crew, however **my** crew all crammed in a VW van & drove up alongside me at one point & that motivated me.

I finished with a time of 44.35, and was back at the transition area preparing for the run.

**The Run:** I'd expected to be tired by now but was surprised at how energised I felt, I'd heard about running after the bike and how the legs sometimes don't perform and cramp up, I was lucky not to experience this. I am a slow runner and knew I'd have to keep a decent pace, so I focused on the runner in front of me and kept on her heels the whole way. I don't know my pace but I know I speeded up once the finish line was within sight; with spectators spurring me on I tried to make it look easy!

**Overall:** The race was hosted by Leicester Tri club and all credit to them as they did an excellent job, everything is explained and marshalled really well, there is no possibility of making a mistake or taking a wrong turn.

My overall time was 1:26.37 which, as I just wanted to finish and have fun, I had accomplished my goal, so I'm happy! I had a great time, and look forward to next years race.

I finished in second position, which wasn't difficult as there were only 3 LFRS girls racing!! So I knew I'd come in the top 3. Maybe next year there will be more competition?!