

# Wallingford Triathlon Club

## Triathlon Race Report Template

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Outlaw Nottingham 70.3

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Holme Pierrepont, Nottingham NG12 2LU

### Race Conditions

- Weather: Dry, Cloudy turning Sunny latter
- Water Temperature Unknown, but not cold
- Course Type: flat

### Your Race Summary

- Overall Time 5 hours 38mins:
- Swim Time: 33mins
- Bike Time: 2 Hours 50mins
- Run Time: 2 Hours 5 mins

### Swim

- How did the swim go:

Swim went well, although it felt slower, straight up and down course. Water is quite murky. Start is off a jetty so you can dive or jump in. Chose to jump in case goggles came off in a dive.

- Any challenges with sighting, temperature, wetsuit, etc.

Even though it was a straight course it was a little tricky seeing the buoys, but its not a hard course to navigate

NB It was a 6am start time

- Would you do anything differently?

Probably should have had a better look at the exit point so I knew what object you would

pass before you needed to exit, although I knew I would have to swim past all the transition area before exiting, so I did know roughly where the exit point was.

## **Bike**

- How was the bike leg?

Bike leg went very well, there were some areas of headwind, and some very bumpy roads (90% of the road surfaces were good). Lost a full water bottle in one of the bumpy sections about halfway through the ride. Lots of people lost bottles and other things off bikes so you need to ensure all items are secure. There was 1 hydration/ food station on the route (about 60km in) and I picked up a new bottle for the last 30k. Very happy with the pace and fueling.

- Anything notable about the course (elevation, technical sections)?

The final section back into the transition (last 1km is down some very rough roads with gravel and speed bumps)

- How was nutrition/hydration?

Very good, used KMC products, very happy with them. Also had a banana for some real food. Used Precision Hydration 1000 tablets in water bottles, which have more electrolytes/ salt, as I have suffered from cramping; these seem to help.

## **Run**

- How did the run feel?

Bloody awful, but the run is always bloody awful.

TBH, I had decided to run at a pace that I thought I could definitely sustain for 21k, which was no faster than 5.45 / km for the first 10k and see how I felt, and I was strict with this at the start even though I felt I could run faster. This definitely paid off as even though I faded slightly towards the end I averaged 5.55/km overall, and I had nothing left at the end

- Course support and atmosphere

Lots of support and lots of aid stations around the course with water, High 5, coke  
The run is mainly around the rowing lake, but does divert off and around the white water area which includes some very small grass hills. 3 full laps once you have done a slight diversion from the transition exit.

- Any pacing or fueling insights?

Set a pace that you know you can sustain for the distance. This will feel slow to begin with, but you can always go faster later if you have the legs. I know from experience that going fast at the start and blowing up, there is nowhere to go. This race was much better than my first 70.3 on the run.

Some of my km were into the 6m/km but I didn't beat myself up about it

## Mental Game

- How did you stay motivated or manage tough moments?

### Swimming

Think long strokes, get in a rhythm, pull through to hips, 1 kick on each pull same side.

### Bike

I use a power meter, which I find really helpful, as I know what power I can sustain over the distance. You can use heart rate, but this will be more difficult.

We did a rec of the bike course which was really helpful, knowing where the rises are, what the roads were like etc. I always try and do this even if you drive the bike course, you will have a better understanding of the route.

Try and stay as aero as possible for as long as possible, stay in the drops if you can, keep arms tucked in.

### Run

Because I am “relatively” quick in the swim and OK on the bike, I always have a lot of runners coming past me on the run which can be a mental challenge as it feels like I’m being passed by everyone and going backwards, especially as this is a 3-lap run course you get the really quick guys on their last lap flying past like their doing 400m sprints (NB they are not normal human beings).

You have to run your own race and don’t feel you are going too slow, go at the pace you have set and stick to it. I try and find a rhythm, set small targets, to the turn point, next aid station, 5km, 1 hour, 10km, etc. Break it down and just get to the next target, and before you know it, you will be near the finish. Try not to dwell on “I’m only 2km in and my legs are dead” as most people’s legs are hurting, think, ok let’s just get to the next aid station or 5km and reassess, then set a new small target, next aid station, etc etc.

## Tips for Future Participants

- Anything you wish you'd known beforehand?

The rubbish road surface at the end, but I don't think that road/track is open under normal conditions.

- Advice for first-timers or those returning to the race?

The transition is very long so you will have a 3min run with your bike, and a 3min run before you start your run course.

Bike racking is on Saturday, everything else you sort on Sunday morning

Book accommodation early as everything gets booked quick.

6am start time for me, transition opens 5am.

Take a track pump with you on Sunday morning, and check your tyre pressure as this may have changed overnight, 90km on underinflated tyres, you don't need to make this harder. we got to the parking at just before 5am and this puts you in the parking area near the transition. Once this is full you have to park 1km away so will have a long walk to transition or if you forget anything.

I made sure I did the long bike and long run sessions in the training plan, I feel these really helped prepare me. If I was missing any sessions due to other commitments, I didn't miss these.

I also concentrated on my hydration for the week before the event, including the morning of the event. I feel this really helped me.

Practice fueling on the bike and then going for a run so you know your stomach can cope, try different products if it doesn't feel OK, but make sure you don't change on race day, use what you have been training with.

## What Would You Do Differently?

- From training to race day — anything you'd change?

Not really, this went as well as I could have hoped, although I was after 5hr.30min which I didn't quite get. it felt like I maximised every aspect.

I need to try and do longer runs off the bike at a slightly faster pace in training to see what I can sustain over this distance.

## (Optional) Photos

You can attach any photos you'd like to share from race day!