

## BUSSELTON 70.3 AFTERMATH

Alison said: It looks like I had a PB on the ride (by 1:51mins on 2009 time) and a PB on the run (2:40mins on my 2010 time). Overall a PB by 7:10mins. The day I did my previous PB (2009) I had a slightly faster swim (26 secs) and a much slower run (over 6mins).



Carol said: Alison was so excited by her bike time she was completely distracted on the run. Probably could have gone even faster.



Kristy said: PB for my run. A little embarrassed to say that I swore a little (ok, a lot) as I crossed the finish line, only to turn around and see a rather horrified mother and small child. Oops. I think I may need a 'MA' rating for future events.

Carol said: never be disappointed when you achieve a personal best time.

Henrietta said: PB in swim and run ....and also PB in the penalty box....ha ha

Carol said: just stoked to see how happy you were all day.



Gaye said: Just my bike was aiming to beat 3:00:11 and I did 2:54:58. Nothing funny happened except when I had to swear at Carol for asking me if I had received a penalty on the bike leg. Just had a great day out!!

Carol said: Gaye you really are amazing. Your achievements over the last 10 years of 70.3 and Ironman racing have been fabulous. Well done on another solid performance.

Mark said: PB on bike and run and an 11 min PB overall.

Carol said: well done, Mark. You looked strong all day. Onward and upward from here.



Morgan said:

For my first team half at Busso I found out that the whole team can run down the finishers chute with the runner. I was really excited about it and waited expectantly along the chute waiting for our runner to come thru... She came down the chute and I charged out to run with her only to have both quads cramp on me and my legs collapse under me. I fell flat on my face in the middle of the finishers chute with everyone staring but unable to get up because my legs continued to cramp whenever I tried to move... Not my finest moment - tip for young players - it is wise to stretch after cycling 90km and don't try to sprint after standing around for 90mins!

Carol said: sorry I missed that! I'm awaiting the photo from Tim!

Phil said: Heather PB'd her swim and I PB'd my bike.

Carol said: I was really happy to meet Dody (Heather's mum) visiting from Montreal.

Pictured here looking damn good on the run with Heather's mum in the fore ground on camera duty.



Haytham said: I had a PB in the Swim and the run. Bike was average, not sure why, I was busting to go to the loo the whole of the second lap and every toilet I went past was occupied. I only wanted to pee and contemplated going the bush but didn't want to get a penalty so had to wait till I got to transition.

Also had 10 salts tablets on the bike, started the run and could feel my quads cramping in the first couple of kms so had similar number of tablets on the run. Not sure how I will go in the ironman!!!!!! 40 tablets???

Carol said: very pleased you got through this one without any real issues and broke through that 5 hr barrier. Just shows persistence pays.

Katherine said: PB in the swim most DEFFINATELY!!  
Enjoyed the swim the most...for the first time EVER!!! And the run the least....for the first time EVER!!!!

Carol said: I love that Katherine never assumes she is going to win and is always so excited when she does as if it is a surprise. We weren't surprised!



Marissa said: I had a PB, (although not overly happy with it) for the run leg of 1:41.

Carol said: never be disappointed when you achieve a personal best time. I think I said that somewhere else!

What Pam said is not repeatable. That's not entirely true. She was, as ever, very philosophical about her day.

Carol said many things the gist of it was to acknowledge Pam's disappointment at getting a flat tyre which was not able to be replaced putting an end to her race in the the first 10 km of the bike.



Margaret said: Paul and I took 10 min off our ride time and me 10 min off the swim . Being part of Wellbeings has been vital in my life over the last few years. More than you realize. Thank you all.

Carol said: Margaret is a great inspiration to all of us. I think she is amazing!

Freddy ran a 1:41 half marathon which is his fastest in recent times. He got back to Perth in time to see the fabulous Freo Dockers whip Collingwood. 😊

Carol said: thanks for being part of Margaret's team, Freddy.



Jacinta said she couldn't have tried any harder. As expected she had a great swim and cycle. Her recurring injuries certainly hampered her usually fluid run form. A third place in her age group was pleasing.

Carol said: a great talent which Jacinta largely seems to not recognize. It is always difficult for J to do the amount of training that is needed for 70.3 racing. Cycling has attracted Jacinta's attention so we will see where that takes her!

Nigel said: nothing as yet.

Carol said: Nigel has been a welcome addition to our group. His first triathlon was Mandurah 70.3 last October! In Busso he had a great swim (3<sup>rd</sup> in his group), strong bike (2:35) and an interesting (!) run. Having struggled recently with calf injuries Nigel's prep wasn't ideal. He got through it and finished with an overall time of 5:13 which is great.



Dianne said: I enjoyed the swim, the bike and the first lap of the run. It got pretty tough after that. Pleased to have survived my first individual 70.3. Not planning on doing another of this length but you never know.

Carol said: loved that you toughed it out, Di. There wasn't a lot left in the tank over those last 10 km of the run. You are made of pretty hardy stuff.

Robyn said: My main goal was to hold off June (World Ironman Champion) and Loretta (former World Olympic Distance and long distance age-group champion) until the run. I achieved that so I'm pretty happy.

Carol said: Robyn placed third in 50 to 54 age-group after leading the swim out (in fact was first Gold cap out of the water), completing a strong ride (as usual) and holding it together for the run. Great job.

