

## Kingy Experience by Chris Moore 11 Sept 2011

### PRE RACE:

Mel and I had set the alarm for 3:30am so as to get her down to the volunteer registration centre as she had put her name down to help the club manage the run leg.

I was awake from just after 2:00am listening to the howling wind that the weather man had told me would die down by Sunday so by 3:00 I was up and about. I couldn't take it any longer, Mel wasn't far behind me. So we just got ourselves ready and hit the road. We arrived to a surprisingly cold yet considerably less windy Kings-cliff at 4:45am. Mel was checked in, fed, and given a great fluffy HI VIS vest, I registered and we met up with Cath Payne one of our friends who also registered to help, so after a quick "hello" and "good luck" I headed back to the car to get my bike and gear.

On the way to transition I stopped at the body marking tent and got a guy that managed to get my number right way round "212" but on my calf he managed to do my letter "K" backwards then had to do a big colouring in job to hide the mistake, he was so apologetic yet I couldn't stop laughing (pre race nerves).

So I'm now in transition, all set up and the masses are starting to file in, along with all the guys I know both from Twin Towns Tri Club and other places, transition is now being set up to the noise of pre race banter, laughing and still plenty of pre race nerves.

Time to find a bakery for a second breakfast, the first one at home seemed like a long time ago, two cheesy might scrolls later and I'm all good, watching the kids race around was awesome I stayed to watch Sheridan's son Liam cross the line in his race then started to suit up. The walk to the start was

the start line in his race then started to suit up. The walk to the start was further then I thought but maybe it was because I was wearing a wetsuit fully zipped up (pre race nerves).



### Race. Swim – 27.35

Made it to the start line 10 mins or so before my wave, enough time for more pre race banter with the boys who were waiting round, apparently I look quite skinny, I mean athletic in a skin tight wetsuit. After a quick warm up swim the 35-39 age group is called to the start, race brief given and it seemed like only a minute later were off. Now those of you that know me will know I am NOT a swimmer, so as per usual I waited down the back and followed the bunch in and headed for the first buoy, to my surprise I was passing people and made it to the first turn in a big bunch, WOW what fun that was..... refocus and head to the next buoy, hang on have another look...damn that sun is bright, don't stress I tell myself and start to follow the guys in front of me that seem to be swimming in a straight line, after what seems like ages we get to the bridge and I look up to see a big concrete pylon, I went right the

## ...the Swim continued

other guys went left. I was wrong and swam between the pylon and the rocks on the river bank, oh well a swim for me isn't a real swim if I don't get lost at least once. Luckily for me I didn't seem to lose much time as the 3 guys I was following were just there to my left so I made my way over to them again. At this point I was feeling some cramps starting to come my way in the legs so just tried to switch off and swim, before not to long we were swimming along side the board-

walk and a lifesaver on a surf board was sitting in front of me with her arm out assume telling me to pass her on that side so as I swam past I sacrificed a breath of air for a quick "Thank you" and she started laughing. Between that and the fish below



it was a awesome swim, infact I may have gone a touch quicker if I wasn't looking at all the fish..... actually that's not true, if the current was quicker I may have gone quicker. I have now made it to the boat ramp and to my surprise saw Mel there shouting time splits to my me as my mates had beaten me out of the water yet again, little did she realise that as soon as I stood up my legs were cramping and I wasn't going anywhere quick. Shuffling up the ramp to transition I heard the timing matt BEEP and looked at my watch..... under 30min I was in shock.

## Transition 1

I was quickly snapped out of my awesome swim time amazement by one of my mates yelling at me, he was just grabbing his bike as I entered the compound. Never had I been so close to him after the swim. Wetsuit off, glasses on, helmet on, race belt on grabbed the bike and I'm off looking for the mount line.

## Bike – 1:07.04

Now this is where I like to think the race starts for me, not that I'm exceptionally good at the bike leg but I'm certainly confident of this section, so it was feet in even if it was a touch wobbly I was quicker then the guy next to me so I was feeling good. Now I have to admit the whole ride was kind of a blur, I don't actually remember many people I passed, I passed a lot but didn't pay much attention I was focused on my mate up the road I could see him and was getting closer at the 5k turn around I was maybe a 100m

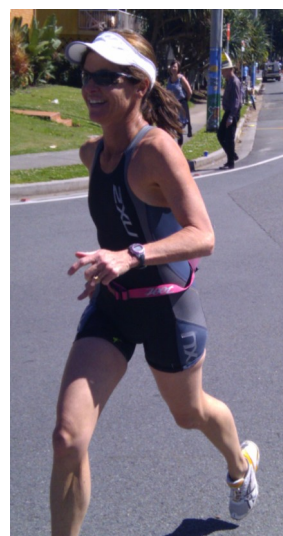
behind and by the end of the first lap I was in front, I was pushing pretty hard but having so much fun I didn't worry about the run although this did come back to bite me later. At the half way turn around of the second lap my mate passed me I couldn't believe it, but just after the turn he reached for a gel and as he ripped the top off and shoved it in his mouth I made my move and sprinted passed with a big smile, the look on his face was priceless. I didn't see him after that except at the turn arounds. I heard Scott Collins cheering at the round about but that was it.

So after another few laps of the same speed and I was heading for transition at a rapid rate, the dismount line was nice and easy to find as was the guys shoe in front of me that fell off his bike as he dismounted and to my surprise he left it and kept going.....

## Transition 2



The transitions marshals were great, one lady saying “one more leg” and feeling great I replied “Yes please these two are feeling a bit tired” after a quick laugh and racking the bike, removing helmet, the runners were on and the I grabbed a gel and visor and headed for the exit.



## Run – 46.39

Oh no, this doesn't feel right, just settle into a rhythm I thought, then my own wife says “up the hill Hun” I'm thinking are you serious? So up the hill I run, well jog, maybe it looked like a shuffle but I made it up the top and turned towards the water station, one of the PRO females went storming past me at this point and I was amazed at how good these top level athletes are, I shout out a “go girl” but think she was out of ear shot by the time I said it. Not much longer and I get to that first water station, downed the gel and grabbed a drink to the cheers of “go twinnies”

I did just that and continued on, the first lap was not good but the constant cheers from the twinnies crew scattered around the course was awesome, even the transition marshals were still in on the act when I came through the first time cheering me on.

After my wife again sending me up the hill this time with a big smile on her face I started to come good, another water from the drink station, down the river side and back to the bridge I was finally feeling good and started to find my pace, I was picking people off one by one along the board walk and through the transition area, again I see Mel and she yells only 300m to go, she knows Ill have a go from 300m out so I lit the fuse and went for it, it was the longest 300m I have ever run (partly cause after the race I find out it was closer to 500m), but I was getting close and gave 100% sprinting right to the finish line I crossed the line in a total time of **2:21.20**.

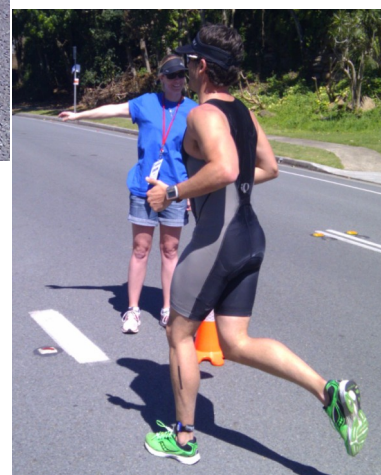
Considering I was hoping for a 2:30.00 or lower I could not have asked for anything more. The location is awesome, the swim was like an aquarium in parts, the bike course is fantastically fast and the run was quite scenic and enjoyable yet challenging (yes I even liked the hill in the run).



And Finally , a big thanks goes to my wife Melissa for standing out in the sun all day while I got to do something I enjoy, another thanks goes the rest of the Twin Towns members and friends and family of members for helping out on the course, you all helped make it a very memorable race for us all. Best race I've done to date.

Look forward to catching up with everyone soon.

Chris Moore



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