

# Geneve Race Report

Going into Geneve I had a race plan set out that I wanted to achieve. The plan consisted of going hard in the swim and putting a lot of effort into the demanding bike course. I knew that my run was going to be my weakness, however, I was looking forward to testing my hip, which has cleared up hugely in these last couple of weeks.

My swim went well and I found myself only 10 seconds off the second pack. Knowing that the 10% climb was early in the bike lap I knew I had a good chance of catching the pack ahead if I rode really hard. My effort was rewarded and I caught the second pack on the steep climb. My hope was to catch the girls in front, however, my effort as sole rider made this mission a lot harder.

Unfortunately this saw me start to lose time to the 4 girls in the front pack. On the second last lap I was caught by an Polish athlete that had courage to have broken away from the pack that was catching me. We began to work really well



together and found that we were making time on the pack behind. If only we had been together at an earlier stage in the bike leg.

Coming off the bike I was sitting in 5<sup>th</sup> place. I began the run leg and found that not only were my legs smashed from the effort I had put into the bike but also I had a

huge stitch. After the second lap the stitch eased and I began to find my rhythm. The athletes that had stormed past me now were not extending the gap. This new found surge had come a little to late and I found myself cross the line in 14<sup>th</sup> place.

Although I did not finish up as high as I had wanted I am still overall happy with my race result. I followed my race plan and one of the biggest positives of them all is that I did not feel my injury at all.

