

Kinloch Oceania Triathlon Sprint Championship



Kinloch, New Zealand saw my first race of the 2012 season. I was happy with my 11th place in the strong field at the Oceania Sprint Championships, although the race left me with the knowledge of the work that I have ahead of me.

The swim was hectic as usual and my slow start meant that I was in the brunt of it at the first buoy situated 300m off the shore. Somehow I found myself in the prime position, closest to the buoy, which meant I was fighting with competitors who wanted to swim over top of me. The next buoy was not as hectic but at this point I could see that I was quite a way off the feet ahead of me that were forming a pack. I exited the water very far back, in probably one of the worst swims I have had in a race, and knew that I had a very hard bike ride ahead of me playing catch up.

I caught the pack of girls in the first couple of kilometres of the bike ride. This group was the 2nd chase pack. Myself and another New Zealand athlete, Nielsen, caught this pack at the same time and both rode off the front of the group. It was then once again time trialling efforts between the two of us until we caught the next group.



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It was then once again time trialling efforts between the two of us until we caught the next group. A few athletes worked with us in this group but it was the gruelling hill that split the pack of 6 into a pack of 3. Once again I was working hard with Nielsen to try and catch the girls up ahead. I was working hard the whole 5 laps of the bike course and to think that the leading group of 5 put time into us can only leave me imagining how much effort the leading pack were putting in.

I got off the bike in 9th position and began the run leg. Once I began the run leg I knew that the amount of effort I had put into the bike was affecting my run. Although I tried to run hard and fast, my legs felt heavy and fatigued after the gruelling ride. This meant that I was caught by two athletes on the run leg and I crossed the line in 11th place.

As I have said before, although 11th was not a bad place to finish up, the race has left me with a lot of food for thought knowing what I have to work on. Swim starts for one and running, running, running. Early in the season though, I am not getting to down on it and I know that I am going to improve in the long season that I have ahead of me!



Ashlee Emma Bailie

