

# GOLDEN PIS CHAMP



I drove up to Port Thursday morning with over half the trip spent with the windscreen wipers on. I started to wonder whether we were going to be in for another repeat of the horrendous conditions a few weeks prior at the Gold Coast half. But the sun made its way out after lunch so I went out for a spin to the golf course and back, then picked up the family Thursday night from the airport.

The weather Friday was much better, but there was plenty of wind after lunch. I spent most of the day getting sunburnt and swimming in the pool with the kids, *no training today*. Saturday bought with it more great weather, plenty of sunshine but also a strong wind that

blew most of the day. I went for a light run with my brothers Pete and Ben (choc) in the morning and the three of us met up with Mr Winter-Sean Brunt mid morning and went for a ride out towards Lake Cathie - doing it easy at 35km/h until we turned around into a strong headwind. I started to think about race day at this point, a little anxious. I checked in the trusty Slice at 12.30 then spent the rest of the day in the pool with my daughters Arwen 5, Rhedyn 3 and my son Iestyn (Frosty) 11months. Got all my gear sorted and tucked into a bowl of pasta at the pub and was in bed by about 9.30.

Race day saw me up at 3.00am. Rhedyn had jumped in my bed then kicked me in the ribs for good measure. I couldn't get back to sleep after that so got up for coffee and a banana for breaky and met Pete and Ben out front a bit after 5am. It was already windy! No point worrying about the wind though, if its windy for me it's windy for everyone. I just wanted it to get hot, I like to race in the heat.

I was 15 or 20m behind, just where I wanted to be at the start of the swim. Then got bashed until the turnaround but got some good feet on the way back. Not a good swim though. I got out of transition real quick and set about trying to make up some time. I went past big Robbo up Windmill Hill and got into a really strong bike group by Lighthouse Beach. We were flying and I was struggling to hold on when Josh McG came past like Cancellara and dragged me back up to the group where we held a blistering pace to the turnaround and headed back into the wind. I fell off the back and it took me nearly to the golf course to get back onto the group. Through the hills and into town was a bit of a breather, then back out on Lap 2 saw the pace pick up again in a carbon copy to Lap 1. Once we got back into the hills on the way back the group splintered and I got away from all but two or three riders to ride the second fastest bike split in my age group **WooHoo**.





Another quick transition and I was away. I knew before I was even out on the road that my legs were in good shape and I could run well, but my gut was bloated a bit and I had to throw my fuel belt with my drinks away as it felt like a bag of cement around my waist. It settled quickly and I got into a good rhythm, seeing Pete near transition a couple of minutes down. I just tried to concentrate on good form and a solid pace the first lap. I caught the *Uber biker* Ryan Williams at about 10km. I ran pretty well flat strap from the turnaround on the last lap with Brunty the only Panther/Team Pis in front of me, after a flying swim and stellar bike where he rode himself into 6<sup>th</sup> at one stage. I couldn't catch him though and he crossed in 4.30, with me five behind in **4.35** and **4<sup>th</sup>** in my age group, ***26 minutes quicker than last year and a 7 min pb.***

It was great to see so many people racing in the **PTC/Panther Cycles/Team Pis** kit at Port. I'd say we would have been one of, if not the most represented club there again which is a good indicator of how things will be for the big show in May 2011. Well done to all who raced and travelled up to spectate.

Andrew Vicary

“Golden Pis Champ”