



Sam Appleton Triathlete

Raby Bay Race Report

Hi guys,

Well race 2 of the National Series was held at Raby Bay, Brisbane today. The format again was different to a normal triathlon. It was 3 races, 250m swim, 5km ride, 1.6km run with about 15minutes in between rounds, so as you could probably tell it would be chaos. Top 10 across the line would receive points and the person with the most points by the last race will win overall. The first swim was indeed really rough, it was a straight line swim to the first bouy which was about 175m away then the carnage really happened around the bouys. Everyone was fighting with each other and I was smashed leading up to the ramp. I managed to come out in a decent position just off the front pack and myself and 3 others managed to bridge up, it was hard and it took its toll on me onto the run as I felt sluggish. There was about 15minutes to the next race so I knew I had to stay warm and not let my muscles get cold. I re-set up my transition and picked a different starting spot which was less congested. It turned out to be a good move as I swam well and came out in top 8 out of the swim. The ride was a lot easier when you don't have to chase and I came out onto the run feeling a lot better. I ran myself into the top 10 and picking up some points along the way. This gave me a lot of confidence leading into the last race as I knew I was only getting stronger as the races progressed. We had around a 20minute break to the next race which we went through the same routine of setting up transition and keeping warm. I started the swim in the same spot again next to Courtney Atkinson and Josh Amberger and I managed to get in front of them around the first bouy and was in clear water. It

was much easier up this end of the field rather than fighting for position! I came out of the swim in 4th and the group that followed formed our lead pack of about 12 athletes. There was three main packs on the bike, and coming into transition everyone wanted to be near the front. I showed some aggression and came out onto the run in 3rd behind Jamie Rhodes and Josh Amberger. I thought to myself I am just going to go out as hard as I can and see what happens. I got to the turn in 4th spot but then I was started to struggle, two other people passed me but I managed to hold off Courtney Atkinson who was coming home strong for 6th. I was pleased with some parts of the race today but I know there is still things I need to work on in order to win and reach my full potential. Today has given me confidence since the Caloundra race 3 weeks ago. I feel like I am a better athlete who is a lot more focused and driven and I am looking forward to Oceania Championships in 2 weeks in Wellington.

Until next time,

Sam Appleton

