



Sam Appleton Triathlete

The 5th round of the World Cup series was held in Holten, Netherlands on the weekend. With a stiff field lining up for the win it was going to be a great race. With the mercury rising to about 37 degrees by the time our race got underway it was going to be a tough day. A steep climb each lap on the bike only added to the suffering of everyone out there.

I continued my recent string of good swim form with a solid position out of the water and I was able to make the front pack. However this was to no avail as the groups all came together and there was about 40 – 50 guys by the time 10km rolled around. I tried to keep myself in good positions and use as little energy as possible on the climbs but the course was very demanding with the amount of corners and accelerations out of these corners. It was a tough bike, but I didn't feel bad and I knew everyone else was hurting too. Coming into T2 it was hectic, everyone was jostling for pole position, including myself.

I unfortunately fell to the sardonic wrath of Mr. Pain on the run. He was delivering servings of his finest the whole race, and he was serving it cold. Overall, a race to forget for me, but there was also some positives to come out of it. Although I didn't get the result I was after, I was pleased to continue some good swim form and I also learnt a lot from this race.

Holten was very nice though, it's a little country town of 9,000 in the Northern parts of the Netherlands. We were staying in isolated bungalows out of town, and we spent a lot of time outside just relaxing and unwinding. I am looking forward to redemption this weekend at the 3rd round of the French GP series in Paris. We are racing around the Eiffel Tower, not many people have had the opportunity to do that, except the riders of the Tour de France.

