

Report on the 2013 IRC's

Author: **Michael Eagling** (Crystal Palace Triathletes)
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Venue: Eton Dorney

It was a pretty warm day, 30th of August, with beautiful blue skies, and no wind. Teams from all over the country for the IRC's, and from around the world for the ETU's, had gathered at Eton Dorney for the pre-race day of the under 20's festival. Today was the familiarisation day for all teams, with a chance to swim and cycle the course.

Each team had a specific time slot for a familiarisation swim and cycle. We managed to fit in two swims of the course, (one with wetsuits, one without), and one lap of the cycle course.

After that it was the team meal, where the whole London Region team, including parents and coaches, were provided with a delicious pasta meal. After the meal, the team manager of the London team, told us everything he had been told, at the managers briefing. The Team got very nervous when it came to talking about 15 second penalties.

After the briefing, it was time for the team to go their different ways for a good night's sleep before race day. It had been the best pre-race day I have ever experienced.

Once we had arrived at Eton Dorney on the Saturday morning, it was all go, go, go. With the T2 boys race starting first, it was a trip to transition to set up our things, and then before we knew it, the T2 boys were off to the start. We watched Zak, Tom, and Kieran, dive in, with Tom and Zak coming out very early, shortly followed by Kieran. Soon after that the T2 girls were off, and for the T3's, which included me, it was time to wetsuit up, and head over to the start line. We were told to line up in the order our managers had picked out of the hat. So if a manager had picked out 10, then his team's first place would go onto the swim pontoon 10th, then (+13 places) 23rd, then (+13 places) 36th. Our team manager had picked out number 12, which was fine for me as I still managed to get a good place on the pontoon.

After a quick start, I managed to get up with the front swimmers. However at the second buoy, things started to get rough. Everybody was trying to get in front of everybody else, and it was generally survival of the fittest. People were hitting me, and I had to really push hard, to get away from the pack.

I came out of the water feeling really dizzy, and was overtaken by about 5 people on the run into transition. After I had got my wetsuit off, put my helmet and shoes on, and grabbed my bike, I ran for the transition exit. Then I was out of transition, and starting my first and only lap around the cycle course.

It was about half the way around the bike course that my fellow team mate, Reef, overtook me. I managed to stay on his wheel for a while, but then a big guy came past, and Reef and the 2 other boys with him, sped after the boy and he was soon way ahead. However, I did not give up hope and managed to find a drafting partner, not long after. We worked together down the back straight, managed to catch up with a couple of people. Then at transition I left him, as he was a lot more cautious of transition, I was in and away, as fast as I could.

I felt strong on the run, and had people to chase. Overall, I managed to overtake 3 people on the run, to move me up three places, in to 20th.

After I had finished, I felt disappointed that I had come 20th, but after all, I had got as many points as I could possibly get for my team, and had gained yet more experience. It was a great day!!