

## Sarah's Blog July 2012

### There's no I-itis in Team.

Hi all,

Firstly, apologies, I did start this blog in July, but then the Olympics started and I was unable to do anything for 16 days that involved being a few meters away from the television.

Well it's probably common knowledge that I have been unable to take part in any triathlons this season due to a bout of Plantar Fasciitis that started about 8 weeks ago, I don't feel inclined to blame the barefoot technique as I know plenty of people who are suffering from PF at the moment who do not use the shoes nor technique. However, I do think my feet have undergone massive changes since wearing the shoes – including increasing a shoe size – so I think the lesson to learn must be, the transition from normal technique to barefoot technique is SSSSLLLLOOOWWWWW!

Following that I had bronchitis then sinusitis within the space of a week, so it's pretty much taken the wind out of my sails, however like a bolt from the dark a text came through to me 'would I like to do the Bike part of a girls team for the triathlon'. Initially I recoiled in horror at the thought – me, whose done triathlons individually- then after I blew a gallon of bright green snot from my nose and my head cleared it dawned on me that this could be the life-line I needed. So we set about organizing a team, which was fun, the person who had contacted me was already the swim part – an ex-synchronized swimmer, Mel Bardsley- so I assumed she was pretty 'handy' in the water, now who could be our runner..... of course! the formidable Helen Heard. I actually felt quite excited at the prospect of working with these guys in a team and felt we might even be in with a chance of some victory. A quick briefing 5 mins before the start and one look at the sea, Helen and I were relishing in the relief at not doing the swim this time, we delegated Helen to take the chip off Mel, our swimmer and put it round my leg and of I went like 'Bambi on ice' across Summerleaze car park in my cleats, pedaling up that hill like I'd stolen the bike. A tough 40 mins lay ahead, but because I knew it was **all** I had to do I gave it 110%, into the mayhem of the car park and Mel took the chip off me and attached it to Helen -gone! I was really exciting seeing the other teams going off, hoping either Helen would catch them up or she could keep a head of them, I don't think I've shouted so much as Helen ran down the finishing straight. I suppose what I am saying is that I got as much pleasure from the team event as I do from the individual – especially as we came first with our combined efforts, so if your feeling a little over-whelmed by individual participation in the Shoreline quadrathlon or any other triathlon, then give the team event a go, it's a nice introduction to multi-sport!

Jim has participated in Marazion standard triathlon, in which he achieved a 3<sup>rd</sup> in

category, 7<sup>th</sup> overall, then Bristol Harbourside sprint triathlon World Qualifier came 3<sup>rd</sup> in category 17<sup>th</sup> overall – which means had he shown 'intent' he would have qualified for the World Championships in New Zealand this November, this reassures him he is on target/form for London World championships next year.

Next month (2<sup>nd</sup> September) brings Perranporth Challenge Triathlon, a challenging Sea-swim followed by a hilly bike and undulating run, last year this was down graded to just a aquathlon due to high winds on the bike course.

September and beginning of October also sees the final of the Cornwall triathlon series in with Sprint Tri's in Bodmin (9<sup>th</sup> September) and Wadebridge (7<sup>th</sup> October) both of these are pools swims so excellent for beginners to triathlon, or there is an open water swim standard tri at Newquay on the 30<sup>th</sup> September.

So plenty of last minute tri's if your feeling energetic, not injured and inspired by the Brownlee's efforts at London 2012.

Farewell for now

Sarah M x