

Australian Half Ironman Series- Final Round- Geelong 70.3- 1.9km swim/90km bike/21.1km run
5th place professional female



I decided to make the journey to Geelong for several reasons. Firstly I thought it would be a good hit out before Ironman NZ to gauge how my training is going, and given that I was coming 2nd in the series I thought it would be a good opportunity to give it a shot for a series podium.

After taking December off training I have had a pretty full on 5 weeks leading into this race and I knew I would be pretty tired so my main goal was to feel strong across all 3 disciplines. Geelong put on a great show with the weather providing near perfect race conditions with some wind and heat to add into the mix.

We had a 5 minute start for the professionals, which was good considering there were almost 1200 athletes competing. There were also hundreds of big white jellyfish just below the surface and wind chop to contend with which made it a challenging swim! I was 4th out of the water and onto the bike leg.

The bike leg was 3 laps with some nice rollers and pretty fast roads. The start of the bike also had a nice long climb which is always hard after the swim and it took me a while to get into a good groove. All in all I felt great and really strong and I love my new Shimano Di2 Dura-ace componentry. I probably should have pushed a little harder but my body was stuck in ironman mode and I noticed the lack of speed training leading into the race.

I was a little disappointed with my run today as I know I am running well but again I felt like I had no upper speed to really run any faster.

It was a solid result for me to finish 5th with some good international talent to compete against and I secured myself 3rd place in the Australian Series. It definitely gives me confidence that my preparation is on track for Ironman NZ in 3.5 weeks time.

Thanks to my sponsors- Turramurra Cyclery, Zoot, High 5, Pinarello, Foot Levellers and my newest sponsor Shimano who were one of the event sponsors and took care of me making sure my bike was in tip top shape before the race 😊