

Outlaw Full 2022 Race Report:

I entered this last year and instantly thought it was a stupid idea but with my main goals this year being at the 70.3 distance and European Champs in September, this was at a great time of the year and I viewed it as more of a challenge than a race. Beforehand I thought that if I was on a stormer of day I could go 9:30 but with the wind (and my total negligence to how long a marathon feels after a swim/bike) this was brought down the thought "just go Sub10".

Mass starts are back, and I am someone very happy about that. Gun went off and I took 30 hard strokes then settled into the effort level I was looking for. A few people were getting a bit argy bargy which I knew was slowing all of us down so after a few harsh words said between breathing our group calmed down and got into a good formation. The swim was proper choppy after the turnaround at around 2.2km so I was expecting a slow time but coming out in 57:17 and 13th Overall surprised me.

Into T1 and moved myself into 6th after passing 7 guys within the change tent and taking the fastest T1 time of the day (yes, it is actually worth practicing getting changed while wet). Onto the bike and settled HR down after 3/4 miles. Plan was to ride at 155bpm and allow it to rise to 165bpm up climbs/headwind stretches. I found a couple of guys who were really nice, and we were sharing the work while also saying a few words to check how we were all doing. My rear bottle cage snapped at 23 miles which was the only cage I had which would fit the bottles being handed out, this meant on the go maths trying to work out carb intake which while you are at 10% brain function is harder than you think, or maybe I'm thick... At 75 miles I had a mental low and thought there is no way I am finishing it. So I took a quick stop at the Feed station at 81 miles grabbed a bottle and went to the loo. When I came out my other bottles on the bike were full along with some fuel in my bento bike, big thanks to the 2nd best station of the day led by the Pirates! Legs refound and I battled my way into the headwind for the final 40km. Coming in on a 5:15 split, slightly slower than I hoped but we can blame the wind!

Into T2, gave my bike to the volunteer (1st time doing this and I felt so pro!! (also was said at presentation that one of those volunteers had run 17 miles collecting and dropping of bikes!!)). Settled into 165bpm beginning the run, pace was far too high but effort level fine so knocked it back a bit and just went with it. First time round the 4Life feed station which was my junior club and where I now coach the current juniors, at 11 miles and it welled me up! Insane support, awesome megaphone action by some of junior girls and the cheers that didn't need a megaphone! At 16 miles I could feel the legs going so decided to start walking the feed stations. At 17 miles and turning on the suspension bridge it turned into a stop and projectile vomiting down the side of the path and half blocking the bridge. Once that came out the system, I felt better in the head but not in the legs so stuck with walking feeds. Then at 20 miles, the legs just gave way. Probably caused by the unnecessary steep banking on the edge of the Holme Pierrepont loop. Round again at 4Life station with more walking than I hoped for but the support from those guys and all the familiar faces the whole way round the last lap got me back to running. The last 5 miles were hell, 1 mile running 30 secs walking and I once again questioned my maths as I am sure I did that more than 5 times!! Last time through the station, welling up underneath the glasses and I ran from there.

With 500m to go I heard the announcer declare 8 mins to go for Sub 10 so I knew I had it. Sunk the atmosphere and crossed the line with an overall time of 9:55:31, Age group course record and win, 29th Overall being the youngest in the race.

Outlaw Full completed for a Dunne, 5 years later than it should have been. One hell of a journey, same again next year??