

## Madrid ITU World Triathlon Series 01/06/13

It's been almost a month since leaving Australia and living in my European base of Vitoria Gasteiz, Spain. After my race in Yokohama I had a steady build up to Madrid World Triathlon Series and I had determined some specific aspects within the race I was focused on refining as I build through the season.

Madrid has a strong reputation for being an aggressive, brutally tough and wickedly fast course. This year was not an outlier from this history. I climbed out of the lake (more of a pond) of the city's Casa de Campo around mid-field. Not as close to the front as I would have preferred but still a big improvement on my swim in Yokohama.

Almost immediately out of transition the bike course kicks up the hill that makes this course famous and for the first lap the pace caused the whole field to string out in single file. When everyone got organized and settled slightly I found myself in the chase group around 40 sec from the leaders. Working constantly, my group got to within 15 seconds but we ran out of road and weren't able to void the deficit before the final transition. I made a couple of silly mistakes through the bike leg which at the time were a hindrance but are lessons now learnt will benefit me in the future. The ride was definitely one of the toughest I've ever done.

As we climbed the hill so too did the central Spanish heat and heading out onto the run leg I now felt the effects of the exposed, unforgiving bike course. For the first 2 laps running I felt pretty terrible so started off conservatively and made the conscious decision to build my pace throughout the 10km.

I managed to run through a number of girls from the lead group pushing through to finish 18<sup>th</sup>. I am disappointed with my result, but have identified plenty of positives to take from the day. I continue to perform at a level beyond that of past years and improvement is the simplest goal to chase but always the most rewarding.

Now with a few weeks to redefine my focuses and keep chipping away at them I am very much looking forward to the next round of the World Triathlon Series in Hamburg.

Charlotte



Lightweight