

27th October 2011

Las Vegas ITU world long distance champs 2011

Bugger not many days to go until race day (9 days)!!

3rd newsletter, what can I say.....

Firstly a big thanks to all the wonderful people who have helped me out to get this far, there is so many of you. It keeps me going when I feel dead to know others care about what I am doing and have shown me so much support.

The last couple of months have been pretty tough with training, some very big days and some very big weeks, who ever thought I would swim 5ks in a pool in 1 go, considering a couple of years ago I could not swim half a length. Cycle 190ks around the coromandel 5 times building up to this race (no not all at once), and every couple of weeks repeated 30k runs. At this stage I must thank Walter my coach, some days I don't want to thank him, but in the end he is the one who has got me to where I am.

For the next 9 days life gets a little easier training wise with the programme I get to let the body recover, which is hopefully a lot of sleep and good food.

If anyone wants to check out the link for the course on this web page

<http://www.lowerysmultisport.com/>

1<sup>st</sup> thing confirmed I am the second to last group to start on race day at 7.20am, 20mins after the pros. Hopefully it is fine for this waved start not like when I got to race in Aussie last year, started an hour and a half after the first wave and we had to stand around in the rain and cold and wait, there was no shelter!

Not sure if any of you followed the Hawaii ironman world champs, but a huge congrats to Hillary wicks who finished 3<sup>rd</sup> in her age group!! Also Larisa who finished 6<sup>th</sup> in her age group, both very impressive results. If any of you ever meet Hillary she has no nerve endings, and she seems to not feel pain.

I will be on email during my time away over the next 3 weeks and I will send a race report back to everyone, once the body and mind has recovered (imagine it could take the whole 3 weeks to recover)

Final note of thanks to the following people for their support in getting me or helping me in some way to get to Las Vegas,

Susan Sheppard, Greg Horton from HHL, Mark O'Connell from Charta, Walter Thorburn Coach, Mike and Yvette 151 Gym, oh and every single one of you who has supported me in way..... now it is my turn to deliver.