

# MY FIRST TRIATHLON

( MONKWEARMOUTH CHILDRENS TRIATHLON 25TH JUNE 2005)

I woke early on the sunny morning of my first triathlon. I was nervous but excited. We left York for a 10 o'clock registration at Monkwearmouth school, Sunderland. I can not remember much of the journey except for seeing the Stadium of Light.

I had trained hard for the race but I still had a butterfly filled tummy. Once everything was underway the butterflies went.



The swim went well. I exited the pool 12seconds behind the leader going into the bike.



The transition to the bike was a bit slow because the back tyre was wedged into the bike holder, but I managed to get my shoes, top and hat on without any problems , I gained the lost seconds and over took the leader on the 2 km grass circuit to have a 2 minute lead into the run. The 2nd transition went well. I maintained



my lead and I came 1st in my first ever triathlon in a time of 00:17:14. Looking forward to the NEXT ONE!!!!



By Ben Barber York aged 10