

Busselton Ironman WA 2007

My 3rd attempt at the Busselton Ironman began in about May this year when I decided I wanted to have a good go after two previous 11:05 finishes, and perhaps realize a dream of going to Hawaii that I had twice narrowly missed out on. After much thinking I decided to throw caution to the wind and approached Andrew Budge for a program. I knew it was going to be a big effort as I always tried to do as little biking as possible and stick to my other two strengths, no amount of small talk with Andrew was going to allow this into my program. The bike miles were HUGE and the challenge was on.

A big mile stone in our household was the fact that my 17 year old twins Alex and Ryan got their driving license about two weeks before the program was to begin. I remember Ryan saying one day that the training most probably would not have been possible without them driving themselves and of course “baby” Sister Ashlee to all their schooling and other sporting commitments.

I tend to take a one eyed approach to all I tackle in life and this was going to be no different, tunnel vision. It was a hard, very challenging program but one I thoroughly enjoyed. Andrew was somebody who I thought might have the right approach for me a man who was never going to give me much sympathy if I complained but rather a lot of encouragement and self belief in what I was doing was going to get the result I wanted.

I trained a lot by myself, occasionally having good friends around me. My three beautiful kids kept me company at times in the pool and on the running track, with old faithful dogs Ruff and Rambo .I had a really good build up to the race and followed Andrew’s program without missing a day. A couple of ice baths thrown in a good masseur and the body held up well.

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I stood on the start line and had told myself that I had no “if onlys”. I had done all I could and I was excited to do the exam, the homework had been done!!!! I split my wet suit just before the gun went off but calm old Alan Holmes said it would be alright, so I trusted him and set off for my 10 hour 11 minute journey. All went to plan, the swim was awesome a great view under water out there. My trusty giant was amazing and wow I surprised myself I can spin and go fast!!! The run, well a marathon only starts at 30kms and it sure let me know but all the hard work came into the equation and nothing was going to stop me not even PAIN. I remember Andrew telling me to find something to focus on when the pain set in and all I could focus on were patients of mine with cancer and all they have to endure with the chemotherapy I administer at work, how hard could this be for me???

Been a local is a huge boost and the cheers and shouting was amazing, I even saw a few patients down there what a lift that provided. I saw Andrew and Terri on the course and just stuck to all the advice they gave me.

In Hindsight I never set myself any time to finish, Andy had set my limits with cadence and heart rate on the bike and run, the time would sort itself out. Andy had said my two main rivals were from QLD and VIC but I did not want to know their numbers or what they looked like. They finished 2nd and 3rd respectively. Getting the Hawaii spot was awesome but receiving the Mark Batten Trophy for the 1st WA female was a huge honor and the icing on the cake.

THANKS to my beautiful children they are AWESOME and you can have me back not grumpy for a few months till it all starts again. To all my friends who did a small amount of training or just put up with me, or not put up with me as I became a hermit.

Andrew Budge shared a huge part of this experience with me; his knowledge base is broad and I for once I actually listened to someone, not only with my training but nutrition and general outlook and approach to what I was doing... Thanks so much to him for having faith in my ability and giving me the confidence to believe I could achieve this dream.

Finally, I would like to say we are all ordinary people but with realistic goals and most importantly BELIEF in ourselves most things we set out to do in life can be achieved.

Kerry.

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