

Hi everybody,

Triathlete I am! I can't believe I did it - it was a truly amazing experience and I loved every minute.

Thousands of women took part and we raced in streams, according to our age groups.

Fun, fun, fun!

I did get off to a shakey start however, when after racking my bike in the transition area I realised Dave had my top and shorts! With five minutes to spare, I sprinted to a tent shop selling sports wear and begged for some clothes despite having no money! The man kindly took pity and I exchanged my baggy shorts and tee for some spiffy looking gear with the promise of returning to pay later!

I sprinted back to the water's edge, jumped into the lake and thirty seconds later the horn was blown!

The first 20 metres was a bit like being in a washing machine with forty other 34 year olds. Not fun! I swallowed much of the lake and struggled to find some space to swim in, but before long everyone spread out and I managed to glide along at a good pace around the bouys, and head around the lake back to the transition area.

As soon as I emerged from the water I could see Dave and the kids spurring me on and I felt on top of the world. It was such fun! I found my bike, put on my bike shoes and ran to the bike course which was to be a four-lap loop around the lake. 5k a loop.

This was my favourite part of the event. I had loads of space and it was an amazing ride with great views. I did nearly get mowed down and yelled at by a very serious looking competitor, but apart from that it was plain sailing.

Coming back to the transition area once again, as soon as I got off the bike my legs kind of buckled as I tried to run to find my bike slot and change into running shoes. It's known as 'jelly legs' syndrome.

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*"Master," he said, "you entrusted me with five talents. See, I have gained five more." (Matt. 25:20)*

I was buzzing though as I knew I had just 30 minutes or so to go. The run was the hardest part as the sun was blazing by now and I struggled a bit in the heat, but the crowds cheered us on and finally I saw the final 250 metres marker! Oh the joy as once again my family were cheering me on and I crossed the finish line!

I finished in a time of 1h 24 mins which apparently is not bad for a first attempt.

**Thank you so much for supporting me. As you can see a great sum of money has been raised for FIVE TALENTS and will be working for 10 years to come - which is amazing.**

Laura Doulton