



## MEET THE TRIATHLETE

### You

**Name:** Rosie Davies (now Rosie de Laune!)

**Occupation:** Impact Officer

**What year did you join BRAT:** 2012

**Tell us a little about yourself:**

I am now a remote BRAT, living in Oxfordshire with my husband Ben, missing the hills and trails of the West Midlands. I love a challenge, so the crazier the race, the more it appeals...



### Race Day Equipment

**Wetsuit & Goggles:** Xterra wetsuit bought at a massive discount and goggles I won in a previous race (Maru or TYR I think) – definitely tinted for open water.

**Bike:** Scott Plasma Contessa TT (bought 2<sup>nd</sup> hand from Twitter)

**Runners:** Inov-8 for anything off road and I haven't raced a road triathlon for a while...

**Equipment Tip:** I get cold, so my neoprene hat and socks are so valuable in the swim, as are gloves on the bike.

## Training

**Strongest Discipline:** Running off the bike

**Weakest Discipline:** Swimming

**Ave Training Hours per Week:** 15, but at least 5 of those are my commute.

**Training Split in percentage:** 50% bike (including commute) / 20% run / 15% swim / 5% strength and conditioning

**Training Tip(s):** Get a coach if you can – not just to tell you what to do, but to tell you when to rest.

## Race Day

**First Multisport/Triathlon event (year):** BUCS Sprint distance, 2012

**Last event:** Cowman long distance duathlon

**Planned Races for 2020:** Mainly cancelled! Slateman legend, RideLondon 100 and a 24hr relay run as a pair.

**Favourite event and why:** Helvellyn triathlon – amazing scenery, great atmosphere. My happy place!

**Best achievement:** Finishing ironman New Zealand after training during a UK winter.

**Biggest race day blooper:** Tripping in front of the cameraman? Testing a new saddle on race day? Getting lost and ending up being driven back to the race? The winner is probably attempting to ride a mountain bike. Ended up sat on the floor, crying, wearing a helmet that was dressed as a sheep....

**Race Day Tip:** For long distances, carry more than one bottle – I've lost them due to dropping/bumps in the road and it's a long way to go without any water.

**Favourite action picture:** Taking the tape at the Slateman Legend race last year – I worked so hard for that, and it was a great experience.



## Nutrition

**Pre-race meal:** Porridge with a banana, an egg and peanut butter.

**In-race nutrition:** Trek, Nakd or Clif bars for longer races.

**Post-race meal:** Never really feel like eating – it's normally the breakfast the next morning that gets demolished!

**Race day nutrition do's:** Only do what you've done in training.

**Race day nutrition don'ts:** Don't get excited about what's at the aid stations.

**Nutrition Tip:** Sachets of peanut butter to break up the sweet food monotony in longer races.

**Finally, what's the biggest gain from taking up triathlon:** The friends I've made along the way, no doubt.