



MEET THE TRIATHLETE

You

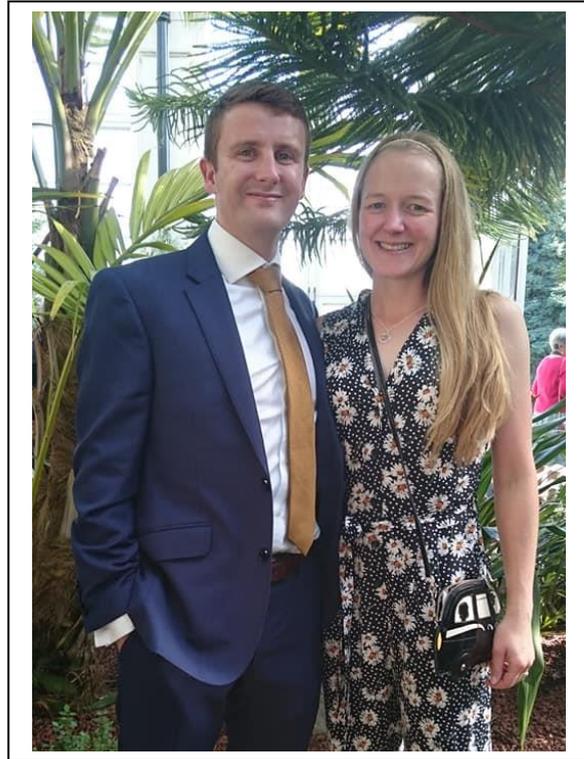
Name: Rosie Davies (now Rosie de Laune!)

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 2nd 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.