

Athlete #43 - Wynand Dreyer

So it has been a couple of days and the body is recovered. haha.. not quite yet, did a 1000m swim yesterday, and although it went ok, I can still feel the effects of the Knysna Extreme in my body. So I almost did not make the race as I was down in bed for 6 days two weeks before the race, luckily I recovered just in time...

Just a quick recap on the race:

So Andrew from Ultimate Cycling Knysna told me that I can add about 10min to my swim time... and I thought well ok... so after about 25min extra in the swim I realised I should have asked Andrew a few more questions the day before...and for the records, the initial teaser of 8knots currents are a lot more realistic than the scouting swim video...I knew we were in for a challenge on the back leg of the swim when I was clocking sub 6min/500m laps...

Everyone was cheering me when I came out of the swim, and I then heard that I was one of the front swimmers....quite a surprise as I though I messed up the swim badly....(25minutes)

So T1 was a breeze... I should have realised then that there will be headwinds all the way.... so from Knysna to George it felt that I could not really get into a nice pace as the wind, although not super strong, was just tugging on me the whole way... up Kaaiman pass, through windy George.. and the start of Outeniqua Pass, so my motto is slow and steady and up to this stage no issues except for my windy friend. Over the pass, and I start to realise although I love my 808's it is a bit rough at 70km/ph, After the decent I thought at least now the wind will be from behind on this undulating section to Avontuur...

Next up a few of my darkest hours on a bike....so just to set the record straight: The wind was again from the front, and even worse; a bit from the side as well... I was starting to hate my 808's... and I was only on 100km's by now...at one stage I was thrown off the road after a wind gush came from the side... and luckily? no punctures etc... But at last I managed to get to Avontuur... relatively quick transition and off I went...

Now as I have to carry my 110kg frame over a few serious hills... my strategy was always to walk all hills and run down hills and run flats whenever I can.. so this strategy have work fairly well in the past.. even a sub 5hrs marathon in Port Elizabeth... so the first 5km was uphill, nice steady walking pace and nice down hill run to the first check point on the run... so after that checkpoint things started going a bit slower than anticipated...after the 30km on the run Jan caught up to me, but he had a nice steady pace, just to fast to keep up.. at that stage I was informed that only Andrew is still behind me. Andrew came within a minute of two between 33-37km but as I will still going slow but steady the gap remained and as I later heard, he had his own issues. At this stage my support crew of Mandi and Ansie was rays of light after each kilometer and every second one Mandi had to give a quick massage as the quads and hamstrings were in serious duress.. came up to check point on 41km and I was informed that it is mostly downhill from there onwards... did not really helped as the moment I started running the legs seized... but... slow and steady, with a quick

stop every second km... at 48km (or we thought it was the case) I had about 26min left before cut-off so I knew I should make it, however I still had it in my head that just maybe the 50km is more like 51km.... and per my recording the devices... it was the case....but at last there is the turn off for the athletes odd 10min to go...gradient is a bit extreme... but what else did I expect... so just when I thought... maybe I am on the wrong way an angel named Marie came down the hill and told me the finish is just ahead... I just had to turn right, up the steps and you're done...up the steps.. stumble.. stumble... and the nice sounds of some Austrian cow bells....(I can get used to that sound...) There is Sean and his team to welcome me...

So a big THANK YOU to you and your team. It was really extreme... will I do it again... most likely yes... next year? We'll see...I first need to see if the Fatbike Ironman idea remain such a great idea as initially thought....

Until next time...

Namibian Greetings