

## Swiss Finale to European Trip

The past 10 days I have been trying to recover after blowing up last race in France. I had been feeling a little flat going into the race but was going solid in the lead group till 95-100 minutes and then.... nothing at all, complete leg shutdown. Not much more to add except I managed to get to the line in 18<sup>th</sup> and the finish line was a welcome relief. For the Montlucon team, we could only manage 10<sup>th</sup> of 16 teams despite a great 17<sup>th</sup> place from Patrick “Kinou” Bringer. The team is all giving 100% and the spirit is very good so we will bounce back.

The little family have since moved to beautiful Switzerland to prepare for the final race of this trip, the Swiss Duathlon Champs at the Zofingen Intervall Duathlon [www.intervall-duathlon.ch](http://www.intervall-duathlon.ch) For races in Switzerland, I will be representing the Wildcats Triathlon Team [www.wildcats.ch](http://www.wildcats.ch), the former team of my good mate Paul Mackay. It is a great group of athletes of all ages and abilities and very similar to a Tri Club back in Perth. Last week, I managed to get 3<sup>rd</sup> in a Basel Criterium in the team colours which was a good hit out, a report (in German) is on the club site.

We are currently staying with a lovely family, the Regli's, in Zofingen after spending a great week with the Hasenfratz family (the family of Paul's girlfriend Severine) in Basel last week. Zofingen is host of the world's most famous duathlon- Powerman Zofingen, held over 10k/150k/30k every September in the hilly Swiss countryside. It has been great checking out the course with local elite Lukas Baumann and I will plan to race here 2009 or 2010 depending on my results at this year's World Championships in September.

Running Regards  
Radar