

### **Third place again at ITU World Series (Thailand)**

Well no break through today as I had to settle for third in the Asian round of the ITU Duathlon Series.

The first run had a pack of 7 through 10k in bang on 32.30 (Low 30 C and 80% humidity) before we averaged spot on 40k/hr for the bike which was slightly long. Once on the last run I couldn't go with the lead duo- a little bit disappointing but chasing them early pushed me clear of the other 4 athletes in the group.

I was beaten by better athletes on the day and I was happy that the winner was Aussie James Attard who has been training hard in Ballarat with Steve Moneghetti. He has picked up out of sight since last year as depicted with a recent 14.37 track 5k. He run 15.54 off the bike in very hot/humid weather and deserved his success today.

For me, it is back to Australia for two days then to France for the first GP next Sunday. I will be better for a couple of races and should be really hitting my straps by mid April.

Running Regards  
Radar