

Victory at 5th edition of Duathlon de Muret

Yesterday I had a good victory at the Duathlon de Muret in the Midi-Pyrenees region of South-West France. We had planned to head south-east to Grasse but the logistics of travelling 6 hours by car to get there and then 10 hours across to Spain after the race would have been too much for Sebastian (and mum and dad!).

Instead, we chose this race half way to Spain near the Pyrenees and we received great support from the organisers AC Muret Triathlon, the Guilletat family who cooked so beautifully and housed us and also my team Montlucon Triathlon.

The race itself went very well and I extended a 16 second lead from the 8km first run into 2 minutes off the bike. My climbing on the bike is going really well and I am very happy with my overall condition.

We have already travelled to Gernika in the Basque region of Spain and this weekend is big business. Cesar and Ivan, the organisers of the Gernika International Duathlon, have been amazing at attracting the majority of the world's top duathletes and the race will be very fast Saturday. The field is a sell out and there are 150 athletes on the waiting list!

Thanks again to everyone at Muret and especially the Guilletat family for looking after us so well.

Cheers



