

4th Zofingen Intervall-Duathlon- Swiss Championships

It was good to finish the trip on a solid note with a 4th place finish in the Swiss Championships today- a podium was very close but...not to be. The race was a non drafting 4k run (2 laps)/16k bike (2 laps)/4k run/16k bike/4k run. The excellent format and great location in the centre of the beautiful old town of Zofingen drew a big crowd with an awesome atmosphere ensued. Full credit must go to Lukas Baumann and the organising team.

The race field was solid with all the best Swiss plus former World no 1 Anthony Le Duey (France) and German Champion, Jonathon Post. On the first run, I pushed the pace and had the group down to 5 athletes entering T1. Ironman Zurich winner and Powerman European Champion, Ronnie Schilderneckt smashed us on the bike (1st and 2nd time around) and was never seen after 2k of the first bike. I alternated positions with defending Swiss Champion, Andy Sutz and Le Duey for most of the race but a poor final transition saw me 30m off the pace and I couldn't quite get back on even terms with the duo. Eventually, I finished 10 sec behind 2nd and 6 sec behind 3rd place. The Wildcats team had a great result of 8th for Alain Maier and some excellent junior performances with quite a few podiums for the team.

The Swiss racing experience was fantastic with excellent support from the Wildcats team (special thanks to Team Manager Daniel Collet for organising the race uniform in record time!) I hope to compete in more Swiss Duathlon Cup races next year as their series has some good momentum.

On a final note, our two homestays with the Hasenfratz (Cedric, Kristen, Severine plus the whole family) and Reglis families (Walter and Rosemarie) were absolutely incredible. Cedric and Kristen even made the trip from Basel to watch the race! A massive thanks from the Sebastian, Lianne and I and we hope to return the favour when you head down under.

Now, the little legend, Lianne and I have a 6 hour drive to Paris for our flight to Australia. Good times!

Radar

