

9th Gernika International Duathlon Big race in Basque Spain

We have been looked after really well here in Gernika all week and with a great hotel, top food and plenty of recovery I was hoping to break into the top 5 today. The race had 5 of the top 6 from last years world championships so it was a cracker field and the local Basque community were out en masse and very vocal. This race is big news here and the plan is for organisers to get the World Champs here in 2012.

To the race and after a very fast start, 2 guys through 5km in 14.50 and then 10 guys through 5km in bang on 15 minutes- felt quick early but manageable and no real dramas. The pack broke in two at the start of the bike but came together again half way through. The Frenchman, Capoferri is riding really well and attacked brilliantly on the bike and came back to transition from the hilly ride 15 seconds ahead of the group. My bike is going strong but I could not get away on the bike despite a few attempts at bridging across the gap.

A quick transition saw me out on the second run in 5th but unfortunately 4 guys shot past in the first 1.5km of the run and although I latched onto the back of one of them I couldn't get back around him at the finish.

I think the lesson here is maybe last week off would have seen me with more edge today- the second run was unspectacular and it needs to be 3 min/km to be in podium contention. In the end the first 11 guys were under 30 seconds apart so we are not talking massive gaps. While disappointed we move on and take lessons from it. The next French GP is in two weeks so we will rest up and have a crack at a top 5 there.

Massive thanks to Cesar, Ivan and the local organising committee for their generous support to myself and my family. We loved the race and Basque experience and will look to improve next year. This beautiful part of the world has been a pleasure to experience. Results will be up at www.triatloi.org

Cheers
Radar



