

FRENCH GP 1 CHATEAU RENAULT

Arrival in France and best ever finish in French GP

It has been such a blessing arriving in France and getting all day to spend with Sebastian and Lianne. The quality time with the little fella has made me so happy and I don't think I have ever smiled as much as I have the last few days. Add to that the beautiful food, scenery and culture of France and I am really excited about the next 6 weeks.

Chateau Renault is in the middle of the Chateau Country in the Loire Valley and the race (5.5k, 32k, 5.5k) is particularly tough and technical. The run takes you up and through the local Chateau during each of the 2.75km laps and the bike in the centre of town is very technical and hilly with one 300m stint at 18% on each of 5 laps.

In the race, our Montlucon team were INCREDIBLE! Apparently, French "Triathlete" magazine had written in the annual preview edition that our team would not offer much this season after finishing 12th out of 16 teams last year. Alas, they were proven incorrect as Yoyo Meudoc raced incredibly for 10th place and Felix Duchampt (an athlete to watch who at 18 has a 400m swim PB 4.35 and 5k run 15.40) finished 40th just ahead of new recruit Christophe Calonne. Ludo rounded out the team and we finished in 4th place overall and an excellent start to the season.

For me the race was excellent. The first run felt very comfortable and on the bike I made the break of 8 riders after some very fast climbing on the first two laps of the bike broke the race completely apart. Our group then broke into 2 on the penultimate lap leaving me in the rear group of 5 riders. Unfortunately, I stuffed up the transition losing between 10-20 seconds to my group trying to get my shoes on with frozen fingers and had to settle for 7th. I was stoked with the outcome and some dry reaching on the last lap of the run plus a spew at the finish indicated a solid effort!

Due to the good legs we will travel to the French Riviera this week for the 13th edition of the Grasse International Duathlon which doubles as the Championship of the Cote D'Azur and is a very prestigious race here in France.

Cheers

Radar, Lianne and Sebastian

