



Congratulations!

Race Report

Zofingen Intervall - Swiss Championships May, 2010

Rafael Baugh – 3rd

This really is a special race here in [Zofingen](#). The format is quite short at 4k run/16km bike/4k run/16km bike/4k run but the pace is always on from the gun and with big hitters always present, you are guaranteed that the strongest athlete always wins this race. I must thank the [Wildcats](#) my team here in Switzerland for their support once again in racing the Swiss Duathlon Cup and it is always a pleasure to represent the old team of my good friend, Paul Mackay. Thanks to Daniel, Claude and all the crew!

Going into the race, I was a little concerned about racing in a non drafting format in such good company without a TT bike or disc- we simply couldn't fit it with all our luggage. As a result, I planned reduce the group as much as possible on the first run and spread everyone out on the road so the I could work out who I could work with on the bike. As it turned out, Ronnie Schildernecht was the only guy who could run with me and once we got on the bike he showed why as a unspectacular swimmer he was 4th in Hawaii in 2008 and has won IM and 1/2 IM Zurich 3 each. On the bike he is incredible and I take my hat off to him for his effort today. The next guy through was European Powerman Champ, Anthony LeDuey from France and I was able to work with him through the bike legs although he was a little faster in his aero position and I was probably over thershold in parts trying to work with him. This tired me a little over the course of the race and on the final run I couldn't match his surge. Again, well done to him he is a great competitor and I have alot of respect for the way he races hard and fair.*

For me, it is great to make the podium is such a prestigious race (I was 4th 2 years ago so just missed it then) and I was happy I did everything I could and

was beaten by two better guys on the day. One more race next week in Germany and then home. Can't wait

Thanks again to you all for your support

Raf