

# CP Team section at Teva Big day out...

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Team Complete Performance where tactically better than the other teams in the weekend when they managed to enter a section that only had another 3 teams in it... Graeme Allen lead from the front and pushed the pace on the first bike leg sending Leighton Greer off on the Mountain run section in the top couple of athletes. Leight ran well blitzing the downhill and finishing strongly to run 10minutes faster than last year (even with time for a highland fling?). With no one to draft behind him (Graeme is a good wind block) he rode the next 30km's extremely well clocking the 2nd fastest time of the day.

The final leg was up to me to bring the team home, this consisted of a kayak up the canal followed by a short 3 km run to the finish line. With approximately one hour of paddling under my belt for 2008, the clucking chicken noises and calls of "get those chicken wings moving" were not too out of line. Feeling fortunate not to fall out in the first few paddle strokes I spent the next 50minutes wishing that I had practiced what I preach and done just a little bit of training. I passed a couple of tired looking athletes that were doing the race by themselves, I shouldn't compare myself to them but I still claimed them as scalps. I scrambled out of my boat again trying to look "professional" and not falling in the water and jogged to the finish line. First place by four minutes, lucky those chicken wings can flap quickly!



Thanks to Simon and his team for a fun but challenging event with something for everyone.