

Australia events - Some of you will no doubt be aware I've just returned from a little holiday jaunt down under.

As part of my trip, I visited my mate Rob in Adelaide who mentioned that if I timed it right I could ride with him in the Tour Down Under etape. Luckily he's as tall as me so I could borrow his giant defy spare bike. Excellent idea I thought. Having arrived the day before in a sweltering 42 degrees of heat, I wasn't looking forward to it. Luckily a storm came over just in time (think sky news hurricane pictures of palm trees being battered by tropical rain and wind) and race day arrived as a nice as any English summers day. 107 miles of Adelaide Hills, lots of beautiful countryside full of eucalyptus trees, and good Ozzy cheering from the roadside. More of a sportive than an out and out race with lots of food stops, I even got a proper expresso. Arriving at the finish just in time to watch the pros come thundering in as we blew the froth off a couple.



Not content with the TDU I also managed to fit in a triathlon. 1200m swim in 23 degrees seawater lagoon. Everyone wearing wetsuits except me. 4 lap 34k bike circuit flat as a pancake followed by 8k run. 3rd in age group - happy with that. Then off to watch Australia v Pakistan at the Adelaide Oval with plenty of time to down several snifters of Coopers Pale watching the fireworks. Not a bad way to celebrate Australia Day!

