

**NAME:** Leon Griffin

**YEARS IN TRIATHLON:** 8

**BEST RESULTS IN THE LAST 12 MONTHS:**

- 1st, International Triathlon Union World Duathlon Championship

Victoria's Leon Griffin went overseas for the first time in 2006 after eight years of racing—and scored some impressive results in just a short time racing against the best nearly every weekend. The highlights included a win at the International Triathlon Union Duathlon World Championship in Canada, a third at Eagleman half Ironman and a strong second place at the New York City Triathlon behind fellow Aussie Greg Bennett. What's ahead? He's planning on racing the Aussie champs and contemplating a step up to Ironman—and returning to the U.S. for the Northern summer.

## LEON SAYS...

"In 2006 I was finally able to save up my money and head overseas. It's the first time I had ever left Australian shores and it certainly was a huge/steep learning curve. I realised very quickly that if you're not on your game over there in the U.S. then you will have a hard time earning a buck.

The money is much better and there are plenty of other competitors willing to work harder in order to secure the results needed. The level of competition is another notch at what guys are racing here. There are a lot of Aussies but many of them are on their offseason/downtime whilst racing here. When the big bucks are up for offer, that's when they bring out their A game.

The biggest difference was going full time. I have always had to combine employment/study with training and before I even get to the start line I am usually fried. So the added recovery between sessions made all the difference in lifting my performance to the level I always knew I was capable of achieving.

I look back now and can see so many areas that I can improve on for the coming year. Once you do it once, it opens your eyes and I believe everything—such as finding a solid training base, travelling, training partners, eating right, getting the necessary maintenance on the body, dealing with sponsors and race directors, etc.—I can do better next time around and that's why I believe I haven't even scratched the surface with my results yet. 🏆

Photography by Dolly Carr



## LEON'S TOOLS

### Swim

Wetsuit:	2XU
Goggles:	Swedish
Favourite swim training tool:	paddles/band

### Bike

Frame:	Giant Carbon TCR
Forks:	Giant Carbon
Aero bars:	FSA
Groupset:	Shimano
Chainring:	Shimano
Size:	53
Cassette Size:	11-25
Cranks:	Dura-Ace
Size:	172.5
Wheels:	gravity-zero
Tyres:	Continental
Pedals:	Shimano
Seat post:	Giant
Hydration:	n/a
Saddle:	fizi:k
Helmet:	Rudy Project
Favourite feature about your bike:	It's comfy

### Run

Runners:	New Balance
Sunglasses:	Rudy Project
Socks:	Skinfit
Other Accessories / training tools:	I always wear a hat

### Nutrition

Drink:	Enervit G
Gel:	Enervit Cola Flavour, Enervit Cheer pack
Bar:	Enervit Apple flavour
Other:	Apple cakes/coffee scrolls or dough nuts at a bakery on a long ride

### Other Training tools/gadgets

Watch:	n/a
Heart Rate Monitor:	n/a
Other training tool:	n/a

### Race Gear

Swim:	Skinfit Tri Suit
Bike:	Skinfit Tri Suit
Run:	Skinfit Aero clothing

### Other comments

Major sponsor and favourite music/movie/fashion website:  
www.play4meusa.com