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Date: 19 December 2007

### Cyanosis surges to 5th at Portugal XPD

Team Cyanosis has finished fifth at the Estoril Portugal XPD adventure race in Caiscais, Portugal. The 500km race, featuring a range of disciplines such as coasteering, trekking, mountain biking, roller blading, caving, rope work and paddling finished last week after four days of tough and technical racing. The weather proved to be the biggest challenge for the South African team, as they pushed through three nights of cold wintry conditions with the temperature in single digits, well below the comfortable summer temperatures that they are used to back home. Navigation was also a challenge, but Arrie de Swardt and Donovan Sims combined their knowledge and experience to produce an almost flawless navigational race for the team.

The team, consisting of Susan Sloan, Arrie de Swardt, Donovan Sims and Ryno Griesel started off the first day of the race very well, excelling in the early roller blading leg to put them high up the rankings, which featured 34 teams from 15 countries around the world, including the U.S.A., Brazil, U.K., Spain, Denmark, Sweden, Finland, the Czech Republic, Slovenia and Portugal. For the remainder of the first day, the team stayed in the top 8 before dropping down to 10th through the first night. They maintained this position through the following two days, conserving energy at an early stage with the intent for a final big push on the last day. It was hard going, with the team only sleeping 3 hours in total over the 3 nights, but they started the last morning with sufficient reserves to push up to 5th place as other teams faltered, with some even retiring with less than 90km to go. They finished strong with a final ocean paddle at a beach in the beautiful town of Estoril, Portugal.

The race was covered by various website including www.ar.co.za, with race reporting and photography by Nicholas Mulder, who joined the team to cover the race for South African's premier adventure racing website. Nicholas was forced to withdraw from the team just 3 weeks before the race due to a stress fracture, but replacement Donovan Sims proved himself superbly, bringing immense enthusiasm and adding further competitiveness to the team.

A full race report will be sent out shortly.

Team Cyanosis is proud to have the following brands as sponsors: Buff multifunction headwear, First Ascent outdoor apparel, Foodstate vitamins, Island Tribe sun lotion, Isostar sports nutrition, Petzl headlamps, Salomon footwear and backpacks and Wiley X sunglasses. Kreature.co.za outdoor and survival equipment, Lizzard wetsuits, Specialized bikes and accessories, Summit Cycles in Midrand and Suunto field compasses and wristop computers.

Team Cyanosis  
www.teamcyanosis.co.za

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