



# Program is an adventure

WOMEN completing Mandurah City's RAW (Real Adventure Women's) program achieved outstanding results after competing in their first mini-triathlon.

Sixteen women competed in, and completed, the first Women's Only Triathlon involving a 400m swim, 10km cycle and 3km run.

"Considering half of the women had never participated in a triathlon before, the results just add to the RAW program's successful track record," Mandurah Mayor Paddi Creevey said.

Twenty-five women enrolled in the initial swim and run training as part of the Splash and Dash event held in November, where participants swam a minimum of 150 metres and ran two or four kilometres.

This was followed by a four-week "Tri a Tri" training program which worked towards the triathlon.

"Forty women in total took part in the two programs with one taking

part in both," Mayor Creevey said.

"That particular participant was unable to swim 25m in the pool or even jog 300m in the first week of training.

"Nine weeks later she successfully completed the inaugural RAW Women's Only Triathlon and has gone on to participate in other Mandurah Triathlon Club races. It's a pretty awesome achievement."

The Mandurah Triathlon Club helped to run the RAW triathlon, with prizes and giveaways donated by the Mandurah Aquatic and Recreation Centre, MBM (Mandurah Bike Man), Sport First and the Physical Activity Task Force.

Other recent 'come and try' sessions are Try Dragon Boating on January 31 at the Mandurah Offshore Fishing and Sailing Club, and Learn to Surf at Pyramids Beach.

Plans are also in the pipeline for getting 18 to 55-year-old males involved in a new pro-



**Giving it a go:** Stacey Rosentreter was one of the girls involved in the Real Adventure Women's program in Mandurah.

gram called MIA – Males in Action.

"I understand this demographic is one that is usually left out when it comes to running specific programs, yet their activity levels are not much greater than those

of women who are the same age. So I think there's a challenge coming up."

For more information call Mandurah physical activity officer Alisha Williams on 9550 3623.