

SPORT



World event for lecturer

CURTIN University lecturer Sarah Egan has swapped her textbooks for togs and a bike by giving the recent ITU World Championships of Triathlon in Canada a run.

The event held in Vancouver last month involved a 1.5km swim, a 40km bike ride and a 10km run.

The clinical psychologist started the sport less than two years ago, but in that time she has graduated from beginner to full-course triathlons.

Recovery from a knee injury and a love of running originally prompted her move into the disciplined sport and her dedication has meant juggling training and work commitments.

"I needed a sport that works out different part of the body, so I took up the triathlon and that turned out to be a life changing decision," she said.

"I've had to learn to wake up very early to train before work at 4.30am and get used to training in the dark, and start drinking lots of coffee."

Egan said the university and her colleagues had provided great support in her efforts to excel in the sport, including the Faculty of Health Sciences providing sponsorship for her trip to Canada.

"I really love pushing myself to perform and competing in the triathlon reminds me so much of the challenges I had to face to succeed in academia," she said.

Dr Sarah Egan, from Curtin University, recently competed in the ITU World Championships of Triathlon, in Canada.