

Calling all Busselton women

by Meredith Dixon

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LADIES, make a date in your diaries for Sunday March 1 and start getting psyched for the 19th annual Avanti Plus Women's Triathlon.

This is definitely the year for Busselton women interested in triathlon to get involved with this fun, participation event.

Russell Platts from the Busselton Triathlon Club hopes that many women from local sporting and social groups will sign up for the event.

Mothers groups, net-ball ladies, T-ball mums – now is the time to take on this new and exciting challenge.

Not only is the Women's triathlon a great social event, it also provides a fantastic fit-



ness goal to work toward – especially important for keeping up New Year's resolutions to slim down, firm-up and get fit.

The event offers three different courses and participants can choose to enter into the course that best meets their capabilities and fitness goals.

The 'mini tri' consists of a 150m swim, a 5km cycle and a 1.5km run.

Those signing up for the 'short course tri' will do a 300m swim, a 7km cycle and a 3km run.

For a real challenge the 'long course' consists of a 750m swim, a 21km cycle and a 5km run.

There is no pressure to compete on the day – you can take it as seriously as you want or join the many women who don funny hats and costumes and focus on having fun.

There is a support crew on hand to help you stay on course and safe.

Well-known Busselton triathlete, Louise Leydon is spokes woman for the event.

Louise has been involved with the Busselton Triathlon Club for a number of years and is a great advocate for women's health and happiness.

Louise said that many people feel that triathlon events are beyond them.

"Being able to participate in triathlons has nothing to do with natural talent or ability," she said.

"Anyone can do it. You need to build-up gradually over time and make exercise a part of your life. It's about having fun with friends – the coffee is just as important as the sweat."

To support newcomers, the Busselton Triathlon Club is hosting a touring team of local women and the emphasis will be on fun, friendship and fitness.

The club is organising a bus to Hillarys Beach where the event will be held and if you register for the event through the Busselton Triathlon website, you will receive a 40 per cent discount on the registration fee.

Professional athlete and previous Ironman WA winner, Jason Shortis has lent his support to the event. He has drawn up a training program to participants prepare for the event.

The program, which starts very gently, outlines achievable fitness goals for each week leading up to the event.

Copies of the program are available from Sports Extreme in Fig Tree Lane, Sports Power in Queen Street, South West Cycles on Bussell Highway and Avanti Plus Cycles in Strelly Street.

The program is also available on the web at www.busseltontriclub.com/index.htm