



Darren and Keagan Young have been in training for the 2009 Kids TRY-athlon.

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Children to try their very best

MANDURAH Baptist College students Keagan and Darren Young will line up with thousands of fellow West Australian athletes to take part in a children's triathlon at East Perth's Langley Park early next month.

Keagan (12) and Darren (9) have begun training for the 2009 Sanitarium Weet-Bix Kids TRY-athlon, which will involve a swim, run and bike-ride at the city park on February 8.

The active brothers are preparing for the event by riding 6km each evening and swimming up to three times a week with mother Louise Young.

Ms Young said her sons were avid soccer players and had previously taken part in the event, which was designed to inspire children to get active in a supportive environment where the emphasis is on the experi-

ence rather than the competition. "It's an incentive to get fit because of the training," Ms Young said.

Olympic triathlete and event ambassador Emma Moffatt said the Kids TRY-athlon was a great way for children to start getting active without the pressure of competition.

"One of the great aspects of the event is that every child goes home a winner," Moffatt said.

"Race distances vary depending on age and there are no placings or times kept.

Kids of all abilities will cross the line a champion, with every participant taking home a medal."

Organised in partnership with the MBF Foundation, the TRY-athlon is a nationally run series with events held across seven cities and major regional locations.