



Anne Garton - a fighting spirit

Triathlete and mental health campaigner, **Anne Garton**, placed a credible 42nd out of 84 of the world's best athletes at Sunday's International Triathlon Union World Championships.



The swim leg

Held in the picturesque surrounds of Hamburg in Germany, Anne represented Australia in the 30 – 34 year age group.

Despite suffering a temperature and flu-like symptoms on race day, Anne placed 34th in the swim leg. Then with a flat tire and associated complications, she was below her anticipated race pace in the cycle leg. Feeling disappointed with her performance on the bike, Anne tunnelled her energy into the run and bounced back with a characteristic display of tenacity.

Recording a personal best time and improving numerous places, Anne finished the run leg in 14th position. She recalls,

"I adopted the race plan that Wesley Corporate Health's Consultant Exercise Physiologist, **Rod Cedaro**, taught me in his Peak Performance Lab. I passed my competitors with such speed that they appeared to be standing still. It felt amazing!"

She continues,

"I'm on a huge high after discovering my run time – I completed the 10 kilometre course in 41 minutes. This is all the more wonderful considering that I only started training with Rod and Brad Beaven's Croc Squad nine weeks prior to the race."

Anne has already set her sights on the upcoming Noosa Triathlon and sends a message to her supporters,



The bike leg

"I'm going to nail the Noosa Triathlon in eight weeks – especially the bike leg!"

For further information:

Neil Holt
Managing Director
07 3377 7888

nholt@weshealth.com.au

Kylie Plumb
Marketing and Communications Coordinator
07 3377 7888

kplumb@weshealth.com.au

