



READY TO ROLL: BCU crew formed teams and some will compete as individuals trying to win the event they sponsor. PHOTO: CONTRIBUTED

LOTS TO OFFER: Something for every level of competitor

The BCU Babes tri... their luck

TRIATHLON

THE major sponsor of the BCU Coffs Tri is supporting the event in more ways than one.

A big contingent of staff members and families have been in training and entered a variety of the races to be contested on March 1-2.

Trish Woods and Kate Callaghan have formed a team they have named The BCU Babes and the main event will be their first crack at the Olympic distance.

Kate, 44 only learned to ride a bike in September last year.

She has since joined the local triathlon club and loves the sport.

"Everyone is so friendly and encouraging," Kate said. "There's no stopping me now."

"I'm currently recovering from a broken rib, but still manage to find time for training despite a busy work schedule and running around

after the four children."

Event director Mick Maley gave Kate and Trish the tick of approval.

"Joining a team is a great way of getting involved in a community event," he said.

"You challenge yourself, get fit and most importantly, have a lot of fun."

"Getting a team together is a great way of testing the waters before tackling the whole thing on your own."

"Mountain bikes are fine and you can even walk the run leg, but you'll be surprised how a bit of cheering and encouragement from spectators will spur you on."

BCU staff members Tony Cross, Brett Ethell, Colin Scott and Patrick Brennan will all be competing as individuals in the Olympic distance race on March 2.

To help in the battle for bragging rights on the course, Patrick has bought a brand new time trial bike which even Tom Waterhouse would say elevates him to hot

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— Mick Maley

favourite among the BCU boys.

All BCU Coffs Tri events start and finish at the Coffs Jetty and incorporate a swim in the harbour, cycle along Hogbin Drive and a flat run around the picturesque Jetty Foreshores.

With races for children aged 5-14, an enticer event for those new to the sport, and an Olympic-distance race with individual and team options, there is something for everyone.

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bcu Coffs TRI

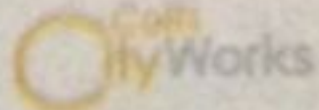
1st - 2nd March 2014

GET A TEAM TOGETHER!



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