

Media Release

From: Katie Tuck, Wairarapa Public Health

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Subject: 'Tums Away' the trio entering the Wairarapa Women's Triathlon

Katie Tuck, at eight months pregnant, has rounded up a team of work colleagues from Wairarapa Public Health, who are entering the Wairarapa Women's City Fitness triathlon on Sunday 23rd November.

With some big prizes up for grabs, and lots of spot prizes the trio calling themselves "Tums Away" can't wait for the big day.

Katie will swim 7 lengths of the CLM pool, and cross the finish line after her two team mates have completed the bike and the run/walk. Katie says "I'm certainly not an expert swimmer, its all about having a go, and because this triathlon has short distances anyone could do it, I only learnt to swim three years ago when a friend taught me".

Team member Corrine Oliver will complete the run section, 2.3kms. "There was no way I was going to run it, but I'll happily power-walk, and have been going for walks in the evening after work" she says.

Lee – Anne Tait who completes the team, says "As a busy mum working part time, I just find it really hard to find time for exercise. "But excuses away, I got my clever husband to resurrect a bike which was in pieces in the shed, and its now in working order. I cycle to some work meetings, so I'm getting a feel for it and the 13km cycle loop on the day of the triathlon will be interesting".

Katie encourages other women, and challenges workplaces, to get organised, and enter as an individual or as part of a team. "There isn't the need for a huge amount of prior training, but if people do want to take it seriously training tips are available" she says.

People can enter the triathlon, as an individual \$30 or a team \$ 35 per person. The event takes place in and around Masterton's beautiful Queen Elizabeth Park.

Entry details

See www.activewairarapa.org.nz or contact Sport Wairarapa 06 370 9157

Ends

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