

Dear Tri-Alliance family,

Today I achieved one of my “impossible” goals. I finished Ironman 70.3 Melbourne. And it’s my turn to thank you guys, every single one of you.

Thank you for your support, guidance, and inspiration. It’s amazing to see how many of us come every single day for training regardless of weather conditions, time of day, pool conditions, personal issues, dramas at work, etc and giving it our absolute best to be the better version of ourselves. It’s something that I admire. Thank you.

There are also a few people that I want to thank personally. Obviously to my coach **Captain Gaz**. Thank you for all your wisdom, guidance, lessons and explanations. For checking on me every week and supporting all the way through.

To the person that an inspiration to most of us - **Jo Wood-rich**. Thank you for thinking of me and looking after me in every possible way. I really appreciate that. The ear plugs that you gifted me were absolutely superb. Even the life savers that were trying to get me back to the right trajectory of the course couldn’t get to me.

Thank you to **Andy Wood-Rich** and **Ben Marples** for helping me with setting up the transition area and all your advice.

To **Janine**, for all your support and assistance. Today on the course, what you said to me was crucial Thank you.

Thank you and well done to all the guys that were doing the race today. It felt unreal to see how everyone of us were cheering up each other. It felt that I’m part of a great family that cares about each other and it made me so proud to be part of it.

To our coach **Dan Weekes**. Thank you for all your “compliments” in the water. I came to Tri-Alliance thinking that I knew how to swim, and you proved me wrong every single swimming session 😊. But you also taught me what to do and how to do it. And for that I’m very grateful. Thank you. Today’s swim and the time that I achieved is fully because of you. I signed up to the slowest group 41+min and did it within 40min. Thank you.



To our head coach **Ollie Allan**, the creator!!! You’re an absolute legend. I don’t think there’s enough words to express how thankful I’m to you and how much I admire you. For absolutely everything. Thank you for caring, looking after us, for your advice, support, experience and for being there for us every single step of the journey. It means a lot. It’s something that gets me up in the morning when I completely can’t be bothered and pushing to train, because I don’t want to let you down. Today in my head throughout the course I heard your voice saying all these small little things that you say every training that we need to concentrate on in order to race more efficiently. I was trying to concentrate on it and it really helped. Please continue doing it. It’s crucial for any triathlete.

Thank you again to everyone and I’ll see you all tomorrow!!!