

### *5 Minutes with Mary*

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Walking into Mary's home I am greeted by a beautifully serene aging Brittany Spaniel (Sappho) and a seriously hyperactive 2 year old male – *in the form of a border collie* (Echo)...oh, and Mary herself looking buffed and toned and yet casually elegant at the same time.

Thank you Mary for being our very first Lady Laker Interviewee,

**SB: What are your personal strengths that you bring into this sport?** **MM:** My strong desire to be a role model to my family, to "Commit – don't be a quitter" and a tenacity to finish what I start.

**SB: Do you feel you react to 'the pack'? Or is this all about a time trial against yourself?** **MM:** The challenge is a personal one, to see what I can do. It's about working out the puzzle, what's working, what's not and how can I improve each time. There's always something you do that you look at afterwards and know you wasted time. For example In Malaysia I accidentally sent my bike bag back and then realised I had left 1 glove in there, so I spent quite a while rummaging around 'back there' looking for it. I didn't want to wear just 1 glove and I liked them so I didn't want to throw the one I had on away. You think up strange things sometimes when you're racing.

**SB: Is it a conscious decision for you to 'win' or 'try your best'?** **MM:** I just want to get out there and give it everything I've got. It's not about the win; it's about knowing you did the best you could on the day.

**SB: Best race ever?** **MM:** Austria - Good race times, Good course and we wrapped it into a family holiday. It was great. I loved Austria.

**SB: Worst race ever?** **MM:** My very 1<sup>st</sup> Kona – leaky goggles, sunscreen in my eyes for bike AND run! Took forever and I just wanted the day to end but ultimately it came down to what's between the ears and I just kept telling myself to keep going. What else was I going to do? Quit and watch everyone else, wishing I'd kept going? I think like most of us we think of Kona as being the Holy Grail, as something wonderful, but it's a really tough race.

**SB: Best race experience ever?** **MM:** My last Kona with Andrew waiting for me in the run so we could go over the finish line together. Nothing can beat this one!

**SB: What might we never know/guess about you?** **MM:** I'm clumsy and I have some irrational fears: I don't want to jump up onto a plyometric box at the gym in case I catch my toe on the edge and fall face first onto the ground on the other side! *'Cause that can happen you know* (she says this part with a seriously straight face by the way) I also did absolutely no sport at school and was not at all athletic in fact I was quite introverted and shy through school (then I 'partied' my way through Uni – *sheepish Mary here*). I started racing at 30 and went straight into triathlons. I'd just watched Kona on television and I thought "Well I can swim and I rode a bike to school...and anyone can run right...hahaha! Marathons were the start into 'endurance races' after I'd completed a few shorter tri's.

**SB: What's your most embarrassing moment during a race/training?** **MM:** Lifting weights at the gym and aching 30kgs so I decided to use the free weights and put the 30kgs on the bar (forgetting to

take into account the weight of the bar itself) laid down, eased the bar down to my chest...and that's where it stayed! I thought about rolling it down my body...taking out 'chest obstacles', hip bones, knee caps etc. on the way...Nope, so I turned my eyes and a bit of my head to the side and had to squeak out a little "help" to the guy training beside me.

**SB: What was your biggest 'Rookie' error? MM:** Wearing something new on the day of the race! *You never try something race day that you haven't tried in training!!!* New Knicks = a perfectly chamois shaped chafe ...oh and the shower afterwards...(Mary is grimacing badly at this point 😊)

**SB: Do you carry a lucky charm/have a special mantra? MM:** I tell myself that even the slowest run is faster than a walk, so just keep running. I also tell myself that when I'm finish 'I'm going to have an Ice cream as big as my head', although you know you can't actually eat an ice cream as big as your head, not in one sitting anyway!

