

## 5 Minutes with Mardy

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I've arrived at the Watershed at Mawson Lakes and pushing open the glass doors it's not hard to spot the gorgeous fit blond woman relaxing in the sunshine by the window,

"Thanks for the Interview Mardy... and for the extra set of directions when I got lost"!

**SB: What is your sporting background? MH:** Well it started with 15 years of serious ballet dancing and then moved to riding a Mountain Bike to and from work and running City to Bay – a natural progression for any Triathlete really...haha

**SB: When did you do your first triathlon and what was it? MH:** over a 12 month period I did 3 x Tin Man races and then moved into sprint distance, Australia Day Gatti distance, Olympic, half Ironman at Yeppoon and then finally a full Ironman at Sunsmart Ironman Busselton WA – the perfect lead up really 😊

**SB: How long have you been doing triathlons? MH:** I started in 2008 and really started because of Adam. **SB** What's it like both training for Ironman as a couple? **MH** It's great. We have a common goal that we are both working towards 'we're singing off the same song sheet' – it's priceless really they really *get* where you are at. **SB Was the goal always Kona? MH** No, I never wanted to go to Kona... *now* I just want to make sure I am the fittest I can be by October given this amazing opportunity I have been given with a legacy spot.

**SB: What was your best race ever? MH:** Busselton. It's my favourite and I got my best time there at 11:44.

**SB: Worst race ever? MH:** My first race - Busselton. I was in a really dark hole for a while and got off my bike at one stage on the side of the road and kicked a tree!!

Laughing quite loudly in the middle of the restaurant...a moment to compose ourselves...

**SB: Biggest accomplishment? MH:** Finishing my 1<sup>st</sup> Ironman it took me 14:47 and also learning to swim – MORE than 15 metres.

**SB: What might we never know/guess about you? MH:** I'm not sure who knows but I managed to finish my Law Degree and then be admitted to practice in October last year. Somehow amongst working full time and training I got it finished.

**SB: What do you think you do differently to your competitors? MH:** Not sure that I do anything really different, I like to smile as I'm going around the course. And find joy in the day, after all we are doing this as a hobby,

**SB: Best advice ever given? MH:** Get comfortable being uncomfortable. I got told this during coaching and it's true!

**SB: Do you have a motto/saying that you live by? MH:** You get 1 chance. We're not here to watch, make the most of every opportunity and create your own good fortune. There's luck, but it's up to us in the end to create it.

**SB: Just a maintenance question here. Do you see a Masseuse? Chiropractor, Podiatrist... on a regular basis? MH:** Massage is important. I have maintenance ones when training is low then go to weekly once we get close to race. Also my podiatrist, I wear orthotics when I run.

**SB: Any 'irrational fears' you're happy to share? MH:** Riding around a corner and sliding off and losing lots of skin! Also I won't get into the water (open water swim) without someone with me (She looks pretty sheepish on this one) oh, and dark water I don't like swimming in dark water – **SB: Personally, I can't swim under the jetty at Brighton/West Lakes/Glenelg...because the waters dark. MH: Me too!!!** (These are not irrational fears; these are perfectly real & normal ones ha-ha).

**SB: What have you learnt from our sport? MH:** I've learnt that what we achieve in an Ironman build and race extends through every other part of your life. It has strengthened my level of self-belief to achieve what I set my mind to.

**SB: Words of advice? MH: Have a plan, and stick to it.**

**SB: post Kona? MH: Let me just survive Kona 😊**

Text by Susanê Belkhiati | Image supplied by Mardy Hunt

