

## Kona International Ironman Event 2014

*One of Bodysmart's senior Physiotherapist's Lee-Anne Flugel heads off to Hawaii on October 1 2014 to compete in the Kona international ironman world championships. Lee- Anne has excelled in the sport of triathlon in recent years and in this article she tells how her dream of competing in this international ironman event has become a reality. Bodysmart is proud of Lee Anne's achievement in qualifying and wishes her the very best in this event.*

Lee Anne has built up a strong following within the Triathlete community due to her ability to intimately understand the requirements of this endurance sport. Lee-Anne can assist with training strategies, treadmill running analysis, biomechanical assessment, return to sport advice and much more.



### In Lee-Anne's words...

Kona is the ironman world championships held each year on the big island of Kona in Hawaii. It attracts 2000 competitors from around the world who have to qualify to get into the race.

**First up you start with a 3.8km swim, then ride for 180km and finally it's a 42.2 km run.**

Going to Kona has always been a dream of mine since I first saw the race as a teenager. It was one of those dreams where I thought; I would love to do that, but never thought I would actually ever do it. I have always been active and enjoyed sport as a child, doing ballet, hockey, tennis, and cross country. When I left school and went to uni I started running and completed the Comrades marathon before immigrating to Australia from New Zealand.

It was in Queensland where I was introduced to triathlon by a fellow colleague. Swimming was my weakness. I never joined a squad or ever had swim coaching as a child. This made my bike stronger because I would always come out of the water last and work hard to catch the other girls. **The run has always been the fun part.**

I fell in love with the sport and qualified for world championships in New Zealand, France and then Vegas. I used to say that I would have to keep doing triathlon till I was 70 so that I was the only old lady in my age group, that way I would get my ticket to Kona.

Hard work paid off, after 3 years of competing in the sport I qualified for my big dream.... KONA.

Training has been tough. I train 20 hours a week. This is made easier by a great coach, Mike Gee, excellent training buddies who have become more like family, and an accommodating job which allows me to get my training done.

The race is on October 11, I'm looking forward to being a part of such a big event and reaching one of my big dreams.

The motto for ironman is, **ANYTHING IS POSSIBLE!**



*I hope that my story helps to inspire you to achieve your goal and reach for your dream.*

Lee - Anne Flugel  
Senior Physiotherapist and Pilates Instructor  
BodySmart Health Centre