

Wellington Triathlon Club Profiles

Name: Annabel Ramsay

Age: 28

Town of birth: Christchurch

Goals: To complete the longest day,
Coast to Coast 2011

Favourite Race: I love the Rotorua
Contact Tri – the blue lakes, hilly ride and off road run around the lake

Top 3 Results: 3rd Woman Mukamuka Munter 10, 1st Club Champs
10, 5th Rotorua half ironman 09

Best Discipline: Bike

Greatest Indulgence: Icecream – melted – yum!

Favourite Websites: www.sportzhub.com,
www.healthyfoodguide.co.nz, sometimes www.metservice.co.nz !!

What do you do in your spare time: Try to relax!

Most exciting event or adventure: Canadian canoeing in the Upper
Noosa River and tipping out in the lake and towing the canoe alongside
sharks and rock fish!

Most significant achievement (so far): Competing in World
Standard Distance Tri Champs 08 and 09

Words to live by: Carpe diem - seize the day!!

