

## Wellington Triathlon Club Profiles

**Name:** James Goodchild

**Age:** Somewhere between 18 and 65.

**Town of birth:** Timaru

**Goals:** To be competitive in triathlon for as long as I can and still be doing this in my 60's!

**Favourite Race:** So many good races to choose from these days. But the Rotorua Half Ironman is probably my favourite – beautiful course and a great atmosphere.

**Top 3 Results:** Tri NZ Contact Trophy, Kinloch 2009 – 11<sup>th</sup> in age group; Tri NZ Contact Trophy, Wellington 2009 – 20<sup>th</sup> in age group; ITU World Age Group Champs 2009 – 40<sup>th</sup> in age group.

**Best Discipline:** Swim or bike depending on which one I've been doing the most training for. Running is always a distant third.

**Greatest Indulgence:** Coffee and sleeping in on a Sunday morning.

**Favourite Website:** <http://www.endurancesport.co.nz/events/>

**What do you do in your spare time:** Play the guitar, do other sports (skiing, surfing, football), and occasionally go to work.

**Most exciting event or adventure:** The best adventures are when I'm travelling with friends to races in different parts of the country. Triathlons in Whangamata and Taupo, bike races like the Grape Ride and around Lake Taupo, and relay running across Molesworth Station have all been highlights.

**Most significant achievement (so far):** Competing at the 2009 World Age Group Champs – and not coming last!

**Words of advice for first time triathletes:** Use a training programme and stick to it! The best way to get faster is regular training following a targeted training plan.



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### **Words to live by:**

"Every person, no matter how unfit they are, can rise a little higher, go a little faster and grow a little stronger. The joy of surpassing the limits of the body is open to all."

- Mihaly Csikszentmihalyi