

Wellington Triathlon Club Profiles

Name: Matthew Berg

Age: 38

Town of birth: Helensville

Goals: 1. To win a medal at a national standard distance champs, 2. To finish 100 olympic distance triathlons before I die.

Favourite Race: Ironman nz

Top 3 Results: 31st at Worlds in Vancouver 2008, 10 hours at Ironman NZ, 1st in Splash n Dash 30 – 39 age group 2011.

Best Discipline: Run

Greatest Indulgence: Chocolate and coffee in bed

Favourite Website: www.sportzhub.com

What do you do in your spare time: cycling, running and swimming of course.

Most exciting event or adventure: Best adventure was cycle touring from Amsterdam to Rome including crossing the Alps, took almost a month and was completely unplanned, loved it.

Most significant achievement (so far): The Ironman performance was pretty special, just wish I had dipped under 10 hours instead of 10 hours and 45 cents.

Words of advice for first time triathletes: Remember to enjoy it

Words to live by: "Get on your bikes and ride" – Freddy Mercury.

