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## **Amor-Smith joins the professional ranks**

22 year old swimming coach, Sophia Amor-Smith, staged a stunning performance in this weekend's Noosa Triathlon winning the open category.

Amor-Smith along with the field of more than 600 women competed in the prestigious event, won by another rising star, Felicity Abram.

Amor-Smith performed strongly in the swimming leg, finishing in just over 20 minutes. She was equally strong in the bike leg completing it in just over 1 hour and six minutes. She finished the run in just under 40 minutes to come 8th overall and ahead of elite triathlete, Melissa Trims from Taigum.

She was overjoyed by the result: "I have worked very hard for this and what's really exciting for me is that I can now race triathlons professionally."

Amor-Smith has been training with the New South Wales Institute of Sport team for the last few months.

She also coaches the Tri-Adult and Masters squads with Thompson Swimming at the Lane Cove Aquatic Centre.

Further information:

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