

24.8.06

## **Coach Walks the Talk**

22 year old swimming coach, Sophia Amor-Smith, staged a stunning performance in the latest triathlon event leading up to the Ironman Australia series.

Amor-Smith along with the field of nearly 500 competitors battled choppy seas in the 1.9km swim leg, rough surfaces in the 90km bike leg and soaring temperatures in the 21km run to come eighth overall out of the 150 women who competed in the Yeppoon half ironman.

Amor-Smith also coaches the Tri-Adult and Masters squads with Thompson Swimming at the Lane Cove Aquatic Centre. She was pleased to see equal success from her squad.

Nick Burt won the 30-34 age group category, placing ninth overall (4:22:46).

Peter Schokman, racing in the elite field, came eighth (4:23:18).

Marc Person, came fifth in the 25-29 age group (4:41:50).

Kent Lipman, came eighth in the 55-59 age group (6:03:30).

Other results:

- Rebecca Joslin 5:25:51
- Andrew Dentskevich 5:26:15
- Llewellyn Hartley 5:47:31
- Brian Mulhearn 5:57:18

Further information:

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