

30.11.06

Lane Cove vs the World

Three Lane Cove triathletes performed strongly in the recent Long Distance World Championships, held in Canberra.

Nick Burt, Renau Herington and Marc Person shook up their competitors from around the country and overseas by finishing in the top 5 of their respective categories.

Burt came 2nd in his category with his bike and run legs proving to be valuable additions to his swim leg.

For 24 year old Renau Herington, it was simply good to be competing again. Herington said he was surprised at how well he performed on the day, coming 3rd in the 2024 year category.

Fellow training mate, Marc Person, finished 5th in the 25-29 category.

Their swimming coach, Sophia Amor-Smith herself an elite triathlete said the three deserve to do well.

“Nick, Renau and Marc have been plowing up and down the pool as well as running and riding.”

“They have done the work and have earned their good results” she added.

Further information:

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