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## **Lane Cove Triathlete Represents Australia**

20 year old Rebecca Wilson will represent Australia this weekend in the 2006 Triathlon World Championships in Lausanne, Switzerland.

Wilson, known as "Bec" to her friends, flew out of Sydney last weekend for her first World Championships. The grueling event is comprised of a 1.5km swim, 40km bike ride and a 10km run.

The talented and committed athlete said "I have had an injury free lead up to the meet so, touch wood, everything will go well in Lausanne."

"I feel prepared" she added.

Wilson trains with Thompson Swimming at Lane Cove Aquatic Centre. She swam in school, has always run to keep fit and loves to bike ride.

It wasn't until she watched a triathlon on television that she thought she'd give it a go.

"I thought this would be a great way that I could combine all the sports I love but had no idea that I would end up representing Australia in the sport."

Lane Cove Head Coach, John Thompson, says she's done everything right leading up to the 'Worlds'. "She's been looking good in the water and I'm confident she'll do well this weekend."

Further information:  
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