Interview with Laura M (Year 9)

At only 14 years old, Laura is a star athlete at Lucas Heights Community School.

So Laura, tell us a little bit about yourself!

Growing up, I was always a swimmer. I started swimming when I was just two years old. At five years old, I started competing in races and haven’t stopped swimming since (although I have moved swim clubs a few times). I started doing triathlons when I was twelve years old – about a year and a half ago. I have an older brother who also plays sport. My parents don’t play any sports, but they are always on the side line cheering me on and taking me to all of my sporting events.

What sports do you compete in?

I currently do swimming and triathlons.

What is a triathlon?

A triathlon is a combination of three different sports – a swim, a bike ride, and to finish off the race, a run. The distances vary depending on age. At the moment, the triathlons I compete in consist of a 600 metre swim, 15 kilometre ride and 4 kilometre run.

What encouraged you to become a triathlete?

I was getting bored with swimming repetitive laps of the pool for two hours every day of the week – sometimes twice a day! I enjoyed running, so I decided to give triathlons a go!

Which leg of the triathlon is your favourite?

Definitely the swim!

What do you think is the best part of participating in sport?

Probably making new friends from different states and also forming friendships with the other kids I train with. It is also a great way of keeping fit and healthy.

To be such a great athlete must involve a lot of hard work and determination! What keeps you motivated and determined?

I think knowing that going to training and racing will ultimately make me faster keeps me determined. Knowing that I get to see my friends at training sessions is great motivation as well!

What do your weekly schedules look like?

It’s a pretty hectic schedule considering that I have to train for all three legs of the triathlon (swim, bike and run). I have swim training five times a week at 4:30am, bike training four times a week at either 7am or 6pm, running two times a week at 6pm and strength training twice a week at 6pm.
What are your major achievements in sport?

I won three national medals in triathlons – a first, second and third. I came first at NSW state triathlons 2014 in the under 14’s division, and fourth in the under 16’s division. I also came third in the Scody series held in Queensland.

What does it feel like to do really well in your events, be it getting a personal best or even placing?

It feels great knowing that all your hard training has paid off, and getting to share that achievement with your parents who made it all possible by taking you to training every day.

Do you aspire to go to the Olympics?

Maybe someday! I guess that’s what all triathletes want but it doesn’t really bother me. At the moment, I am just focussing on doing the best I can do in every event I compete in. I guess I will see where I am headed in a few years.

What would you say to all budding athletes out there?

Keep training hard. Work at what your good at, and what you like doing! Anything is possible!

Thanks for your time Laura, and best of luck in future endeavours. Maybe one day we’ll be seeing you at the Olympics!

(Rachel E – The Media Team)