News 1

Asthma won't stop Cath

She's raising money for young people in wheelchairs by doing triathlons

By Lauren Roden

achievements you would never know that Cath Hall child.

clean air and dry climate, of the oval without having the part-time athlete has an asthma attack - it was accomplished what she that bad. once thought would be impossible and now has ma under control, I could her sights set on helping spend more time and others less fortunate.

Since moving to Mil- loved. dura in 2005, Ms Hall, 35, has completed four iron- achieve my goals, so man triathlons around now I'm raising money Australia and in March for some folks not quite next year she will tick the so lucky in being able to Melbourne Ironman Asia choose their challenges." Pacific Championship off her bucket list.

ed the Ironman Western to complete a 3.8km swim, Australia triathlon, raising followed by a 180.2km cvalmost \$600 for the John cle leg and a 42.2km run, Maclean Foundation, Ms Hall has been training which exists to change the for 11 hours a week. lives of young Australians who use wheelchairs.

\$1000 for the foundation next March. to help them "inspire, motivate and enable these Charity Challenge visit great kids to chase their www.ironmancharity dreams".

things and I really en- cath.hall@bigpond.com.

joyed getting out on my bike, but it's always been a BY looking at her list of limiting factor having the asthma," Ms Hall said.

"When I was at primary has had exercise-induced school I was actually quite asthma since she was a good at cross-country, but when I hit grade 7 or 8 But thanks to Mildura's I couldn't even do one lap

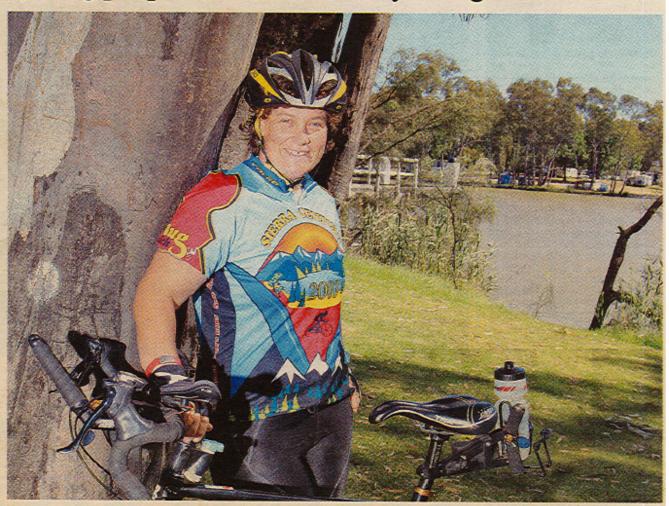
"Once I had the asthenergy doing the things I

"I've done them to

In preparation for the Melbourne triathlon, in Last year she compet- which participants have

Next week she will also compete in a half iron-But this time around man in Canberra as a she is aiming to raise lead-up to the big event

To donate to Ms Hall's challenge.com.au/iron "It was always a strug- mancath or contact her gle for me to do athletic directly on 0409 980 900 or



COMPETITIVE: Cath Hall is competing in a half ironman this month in Canberra and the full ironman in Melbourne in March. Picture: Izabella Falvo