

Asthma won't stop Cath

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

By Lauren Roden

BY looking at her list of achievements you would never know that Cath Hall has had exercise-induced asthma since she was a child.

But thanks to Mildura's clean air and dry climate, the part-time athlete has accomplished what she once thought would be impossible and now has her sights set on helping others less fortunate.

Since moving to Mildura in 2005, Ms Hall, 35, has completed four ironman triathlons around Australia and in March next year she will tick the Melbourne Ironman Asia Pacific Championship off her bucket list.

Last year she competed the Ironman Western Australia triathlon, raising almost \$600 for the John Maclean Foundation, which exists to change the lives of young Australians who use wheelchairs.

But this time around she is aiming to raise \$1000 for the foundation to help them "inspire, motivate and enable these great kids to chase their dreams".

"It was always a struggle for me to do athletic things and I really en-

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

"When I was at primary school I was actually quite good at cross-country, but when I hit grade 7 or 8 I couldn't even do one lap of the oval without having an asthma attack - it was that bad.

"Once I had the asthma under control, I could spend more time and energy doing the things I loved.

"I've done them to achieve my goals, so now I'm raising money for some folks not quite so lucky in being able to choose their challenges."

In preparation for the Melbourne triathlon, in which participants have to complete a 3.8km swim, followed by a 180.2km cycle leg and a 42.2km run, Ms Hall has been training for 11 hours a week.

Next week she will also compete in a half ironman in Canberra as a lead-up to the big event next March.

To donate to Ms Hall's Charity Challenge visit www.ironmancharitychallenge.com.au/ironmancath or contact her directly on 0409 980 900 or cath.hall@bigpond.com.



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