

Club Croc Testimonial

Adam Young has been transformed by the sport of Triathlon.

“In December 2008, I was around 96kg. I got sick of being the fat kid in the group, so decided to drop a few kilos through diet and weight training”.

Adam then decided to get into running and, after buying his flat-mate’s bike, took up cycling. He then competed in his first triathlon – and loved it. After a few more triathlons, he joined the ‘Brad Beven Triathlon’ squad and the kilos (and the race times) kept falling.

“The squad is great as there’s a range of abilities and a very social environment, with everyone wanting to help and see each other do well. This made it a lot easier for me to maintain the motivation to train and lose weight. Having the legendary Brad Beven as my coach is amazing too.”

The 31 year-old has now lost some 22kg, and recently competed in the Triathlon World Championships in Beijing.

“I’m obviously proof that triathlon is a great way to lose weight, but it’s also a fantastic way to make a whole bunch of new friends. I’d highly recommend the sport to anyone thinking of giving it a go.”



Adam 2005



Adam 2011 (Beijing ITU World Championships)