

Club Croc Testimonial
Brad Dalrymple

My triathlon journey began after coming back to Oz after 3 years overseas. I was keen to 'get fit', and was keen to get back into a bit of aussie rules after doing a wee bit of Gaelic footy in Glasgow.

After arriving back to Oz, my dad had to endure two double knee replacements – no doubt a symptom of his past football/ basketball shenanigans. I subsequently looked for some form of exercise that would go easy on my precious knees – and started splashing about in the pool and bought my first ever road bike (a 15-year old machine best described as 'retro'). For some reason still unknown to me, I soon set myself a goal of doing a triathlon.

Swimming was a particular struggle – having no background in it whatsoever. But, I persisted. I eventually worked my way up to swimming 1km freestyle without stopping (at least for too long) and shortly after found myself standing at the start line of the Mooloolaba Tri in March 2005. I was convinced the likelihood of drowning was very high and was stoked to not only finish the swim, but the whole race.

In November 2006, I competed in the Noosa Triathlon - with a time of 2h:39m and finished 145th place out of 186 other guys in my age group category. I then decided to join a local triathlon squad – mainly to make friends. I hadn't been previously game to join a tri squad as I just assumed they would all be unfriendly and hard core – they'd have to be to get up in the morning so ridiculously early to train !! I couldn't have been more wrong.

The triathlon bug then bit big-time due mainly to the great fun I had hanging around the outgoing, friendly people in my squad and I managed to cut 21 minutes of my Noosa tri time in 12 months.

After being recommended by a friend, I soon-after joined the Club Croc.

If you had asked me a few years ago, I would have thought I'd have more chance of walking on the moon than representing Australia in the Triathlon World Championships. But, I'm now counting the days to when I don the green and gold lycra on the Gold Coast. I know it would not have been possible if I hadn't joined the Club Croc.

The coach Brad Beven is fantastic and he certainly knows his stuff and the folk in the squad/ club are super friendly and I've made some great friends. All this has helped me improve way more than I would have ever thought possible.

As I tell everyone I meet (as I'm now hopeless addicted to triathlon)... Join a tri club !! It's an awesome way to get fit and make a whole bunch of friends. Better yet, join 'Club Croc'.