

## Club Croc Testimonial

### **Chris White**

My name is Chris White and I am 40 years old. I have been married to my wife (Linda) for the 15 years and we have an eight year old daughter, Lara. I work for Thiess Services in Brisbane as the Electrical Division Manager for Queensland & New South Wales. Prior to Triathlon, I had a very small sporting background. I played Rugby and Volleyball at High School and squash during my University days. However, I was always an avid follower of Triathlon in the eighties and nineties, but never thought I would be able to compete.

About four years ago, a work colleague suggested that I should give Triathlon a go. At the time, I had recently purchased my first road bike and was doing only a little bit of running. The work colleague had been racing Triathlon for a few years and thought it would be something that I would enjoy. This was my chance.

My first race was the Gatorade Series at Raby Bay. On a very level of training, I lumbered around the streets of Cleveland recording what I now look back at as a very average time. However during the race, the Triathlon Bug bit me hard, and since that day I've aimed to improve race to race.

I spent the following year setting my own type of program, but wasn't developing how I thought I should, so it was time to join a club. I joined Club Croc in July 2008. I chose the Club Croc and Brad's squad following a recommendation from some work colleagues as well as having watched Brad Beven race in the nineties at some of the St George Series races around the country. I was looking for a club and squad that could provide a high level of coaching, but also accommodate a lower (or developing) level of skill in the sport as an age grouper.

I spoke with Brad Beven over the phone before joining to gauge their view on coaching me and how I would fit into his squad. He assured me that all his squad members train at their own ability and level. This is exactly what happened. I've trained with squad members who win and/or place in their age groups regularly, to those members who battle it out in the age groups like me, but best of all, club members provide their support through encouragement, experience and advice.

Since July 2008, I have improved month to month, setting new Personal Best times at nearly every event I have raced. In July 2009 I received the Club Croc Annual award for the Most Improved Male for Sprint & Olympic Distance. To receive this award, against the calibre of athletes in the squad was a great personal achievement and demonstrated the benefits of the Club Croc and Brad's Squad.

In the future, I would like to one day race a Half Ironman or even an Ironman. But right now, I'm continuing to focus on Olympic and Sprint distance racing and enjoying my training in preparation for this year's season.