

## Club Croc Testimonial

By Craig Lyons

About 8 years ago I saw a photo of myself on a camping trip (eating, of course) which made me realise that I was fat. It was then that I made the decision to lose some weight. To start with, it was just a matter of getting my eating right. By cutting out my regular morning breakfast of bacon and egg muffins and a 600ml chocolate milk (full fat), I lost 10 kilos pretty quickly.

This was the incentive I needed to keep going. I started exercising with the dream of competing in a triathlon as my goal. I started off by competing in my first Gatorade Short Course triathlon down at Raby Bay in 2003. This just gave me desire to want to do more. I increased my training, lost more weight and then competed in the Mooloolaba Triathlon in 2005. I then followed this by competing again in 2006, however, as I gained a bit more weight I had a shocking time.

I competed in my first Gold Coast Marathon in the same year and finished with a time of 4.08. However, due to lack of professional advice, I wasn't aware of the correct nutritional needs for such a big event and my body suffered as a result. It was after this that I met Brad and joined Club Croc and Brad Beven's squad..

With the Club Croc training and the expert advice from Brad I have been able to reach my goals. This year I completed my first full Ironman in Port Macquarie (in at time of 12:26) and finished the Gold Coast marathon in under three hours. When I started on my journey I was 108 kilos, today I weighed in 73 kilos. Not only have I lost the weight but I have reached some lifelong goals along the way.