



Hannah Stevenson

**Palladium Property
TNSW/TACT No1. Youth
Mixed Relay Team**

Overview

I'm in my second season of triathlon both via the Central Coast Academy of Sport.

Club

Central Coast Triathlon Club

Coach

Robyn Low-Hart

Squad / Academy

Central Coast Academy of Sport

Strength/s

Swim leg

Weakness

Run leg – could do with some improvement.

Pre/Post-Race Ritual

Race braids are essential!

How would you describe MTR to a non-triathlete?

The MTR is a triathlon team that consists of 4 people (2 girls and 2 boys). Each person does a triathlon and then tags the next person. It's a super fast and fun race.

What will you bring to your team?

I am a great swimmer and I have super fast transition skills.

Favourite training session?

Long ride

If you didn't do triathlon, what sport would you do?

Surf Life Saving

Who is your sporting inspiration?

I am inspired by all athletes who make it to the Olympics because they are at the top of their sport and they are dedicated.



Montana Doubell

Palladium Property TNSW/TACT No1. Youth Mixed Relay Team

Overview

I started triathlon with the IAS a year ago and absolutely love it. I learn so much every time we race. I have enjoyed meeting so many new people and have made some good friendships.

Club

Hills Triathlon Club
Illawarra Triathlon Club

Coach

Ben Ball

Squad / Academy

Illawarra Academy of Sport

Strength/s

Bike

Weakness

Run

Pre/Post-Race Ritual

I always eat the same breakfast.

How would you describe MTR to a non-triathlete?

MTR is a fun, fast relay with 4 team members who race to get the best overall time they can.

What will you bring to your team?

I give 150% and I love to chase down leaders and close gaps.

Favourite training session?

Bike Long Ride or Velodrome

If you didn't do triathlon, what sport would you do?

AFL or Surf Club

Who is your sporting inspiration?

I love Lucy Charles-Barclay. I always watch her YouTube videos and I aspire to compete at her level one day.



Bonnie Young

Palladium Property TNSW/TACT No1. Youth Mixed Relay Team

Overview

Since u6 I did Little Athletics. My brother started to do triathlons and I asked Corey (Bacon) if I could train with them - I started when I was 9.

Club

Performance Triathlon Coaching

Coach

Corey Bacon & Ross Young

Squad / Academy

TACTTA

Strength/s

Running

Weakness

Swimming

Pre/Post-Race Ritual

Warm-up (run throughs, & bike ride)

How would you describe MTR to a non-triathlete?

Team building & a way to make friends.

What will you bring to your team?

Quick transitions, good bike skills and a quick runner.

Favourite training session?

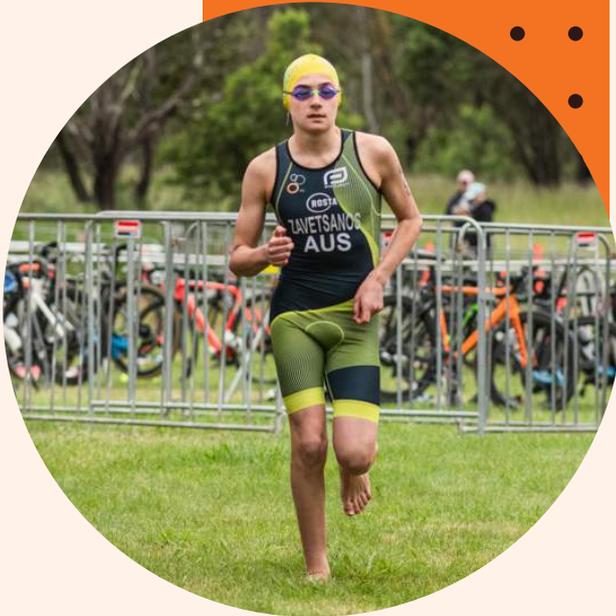
Brick session

If you didn't do triathlon, what sport would you do?

Soccer

Who is your sporting inspiration?

Flora Duffy, Cathy Freeman, Sam Kerr, Chloe Bateup & Matilda Offord.



Kade Zavetsanos

Palladium Property TNSW/TACT No1. Youth Mixed Relay Team

Overview

I started doing triathlons because my brother was doing them, I enjoyed racing and have continued to do them. At this stage I enjoy a lot of different sports.

Club

Hills Triathlon Club.

Coach

James Sweeney

Squad / Academy

ROSTA

Strength/s

Swim

Weakness

Bike

Pre/Post-Race Ritual

Warm up / cool down

How would you describe MTR to a non-triathlete?

A really short triathlon completed by a team of 2 boys & 2 girls in relay format.

What will you bring to your team?

Good swim and run.

Favourite training session?

Swim

If you didn't do triathlon, what sport would you do?

I am still involved in a lot of different sports.

Who is your sporting inspiration?

I have a few, but at the moment I enjoy watching Colby Covington's fights and interviews.



Angus Sampson

**Palladium Property
TNSW/TACT No1. Youth
Mixed Relay Team**

Overview

I started triathlon because I would watch my dad and sister do them and wanted to give it a try and have been doing triathlon for 8yrs.

Club

Cronulla Triathlon Club

Coach

Erica Galea

Squad / Academy

ROSTA

Strength/s

Swim & Bike

Weakness

Running

Pre/Post-Race Ritual

pre-Race: Pasta Dinner the night before.

How would you describe MTR to a non-triathlete?

2 boys, 2 girls, each doing a shorter triathlon to try and get the fastest overall time.

What will you bring to your team?

Fast swim, swift transitions, and a strong bike ride.

Favourite training session?

Open water swim session

If you didn't do triathlon, what sport would you do?

I do a couple of other sports, of which I probably enjoy surfing the most.

Who is your sporting inspiration?

Vincent Luis & Sam Long



**Palladium
Property**
est. 2005

Property Development
Management & Advisory



Rhys Olson-Keating

Palladium Property TNSW/TACT No1. Youth Mixed Relay Team

Overview

I did my very first triathlon when I was five years old. I enjoyed it and started to participate in annual events in Canada with my family. My family moved to Australia when I was eight years old and I started training and competing more competitively. I was accepted into the NSW ROSTA program for 2020 and again in 2021. My favourite triathlon event is the Orange Super Sprint race weekend.

Club

Pulse Performance

Coach

Brett Cooper

Squad / Academy

ROSTA

Strength/s

My strengths are: bike skills, running & optimism

Weakness

Open water swim

Pre/Post-Race Ritual

I make sure that I take in enough nutrition before and after racing and I always warm up and cool down well.

How would you describe MTR to a non-triathlete?

The MTR is a triathlon relay event with two men and two women in each team. Each member of a team completes a full swim, bike and run and tags the next member for them to start their portion. When the last member in a team crosses the finish line, that team is done.

What will you bring to your team?

I will bring a positive attitude and growth mindset to my relay team. I will bring excellent skills on the bike and a very strong run.

Favourite training session?

My favourite training session is bike efforts and skills session.

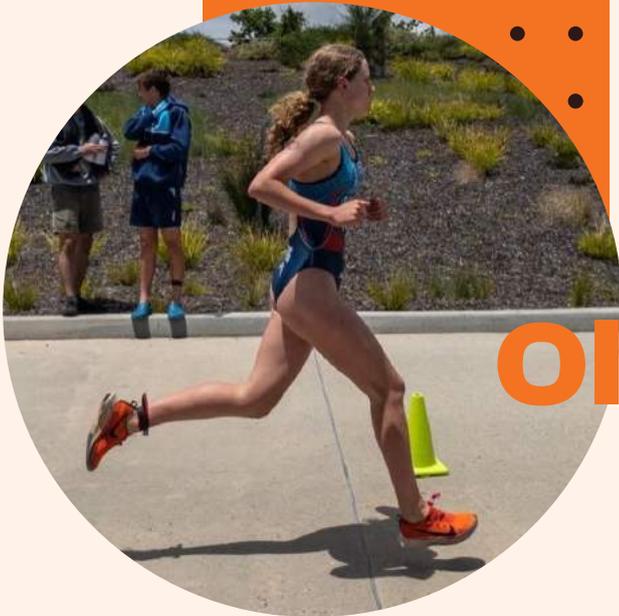
If you didn't do triathlon, what sport would you do?

If I didn't do triathlon, I would play tennis because it is one of my favourite sports.

Who is your sporting inspiration?

My sporting inspirations are; Kristian Blummenfelt, Katie Zaferes, Flora Duffy and my older siblings!





Emma Olson-Keating

Palladium Property TNSW/TACT No1. Junior Mixed Relay Team

Overview

I did my first triathlon when I was about 5 years old after my parents entered my brother and I into it for fun. We did one every year in the summer and we eventually started to do more each year. I began racing competitively when I was 11, just before my family and I moved to Australia from Canada. In 2017, I was accepted into the Triathlon New South Wales Pathway program and was able to develop my skills and race at higher levels. I have since had many more opportunities to race at higher levels including several national races such as Nationals All Schools Triathlon and the Devonport Australian National Sprint Championships.

Club

Pulse Performance

Coach

Brett Cooper

Squad / Academy

2021/22 TNSW/TACT u23 Development Squad

Strength/s

My drive, and the cycling and running leg.

Weakness

The swim leg.

Pre/Post-Race Ritual

I always have a chocolate milk or protein drink after my race.

How would you describe MTR to a non-triathlete?

The mixed team relay is a superfast, short, and exciting relay between two boys and two girls who each do a triathlon and then tag their next teammate.

What will you bring to your team?

I will be contributing my positive attitude and fast transitions to my MTR team.

Favourite training session?

My favourite training session is open water swimming and long rides.

If you didn't do triathlon, what sport would you do?

I would definitely do just running and swimming or a team sport such as netball.

Who is your sporting inspiration?

Katie Zaferes, Serena Williams, and Kristian Blummenfelt because of their work ethic, resilience, and love for their sports

Grace Henry

Palladium Property TNSW/TACT No1. Junior Mixed Relay Team



Overview

I started competitive triathlon a little over 3 years ago through the school system. Since entering the sport I have competed in a multitude of events ranging from club to state and national races. In 2020 I won the youth Billigence series.

Club

Balmoral Triathlon Club

Coach

Warren Williams & Adam Radford

Squad / Academy

Emerging Talent Squad

Strength/s

Strong swim leg, quick T2 and strong run off the bike.

Weakness

Lots of room for improvement in everything.

Pre/Post-Race Ritual

Pre-race ritual: Having pasta the night before for dinner.

Post-race ritual: Drinking a chocolate milk

How would you describe MTR to a non-triathlete?

The MTR is a 4 leg relay consisting of 2 males and 2 females. Each participant completes in a short but really fast triathlon.

What will you bring to your team?

A good swim and run leg and fast transitions.

Favourite training session?

I enjoy doing fartlek running sessions as it can be done anywhere, and it is diverse and easily adaptable.

If you didn't do triathlon, what sport would you do?

If I did not do triathlon I would concentrate on being a competitive swimmer.

Who is your sporting inspiration?

Katie Zaferes, Serena Williams, and Kristian Blummenfelt because of their work ethic, resilience, and love for their sports



Amelia Thornthwaite

**Palladium Property
TNSW/TACT No1. Junior
Mixed Relay Team**

Overview

Emma Jeffcoat came to talk to my running group when I was 12yrs old about Triathlon (at the time I loved running & swimming) and the next week I signed up to my first Triathlon Race (Go Series at Manly Dam). I loved it! I joined Warringah Tri Club and was encouraged to apply for the ROSTA Program.

Club

Warringah Triathlon Club

Coach

Andrew Tong - Tri Focus

Squad / Academy

ROSTA

Strength/s

Positive attitude and I love racing. The run leg is my strength.

Weakness

Transitions and learning to take risks on the bike.

Pre/Post-Race Ritual

Pre: Banana, honey & cinnamon on toast for breakfast & a good long warm up with strides. .
Like to 'walk' the course before a race. Post race: Warm down & roll + chocolate milk.

How would you describe MTR to a non-triathlete?

It's super exciting, fast tri racing at its best, in a team of 2 males + 2 females. Each athlete competes an entire swim-bike-run before tagging the next teammate. Every moment counts!

What will you bring to your team?

Tactical bike leg with a fast run to finish.

Favourite training session?

Thursdays: 6am ride with MWCC and a 5pm hard hill run set with SAA Manly Warringah Cycle Club Sydney Athletics Academy.

If you didn't do triathlon, what sport would you do?

Surf Lifesaving IronWoman as I love ocean swimming and surf ski paddling

Who is your sporting inspiration?

100% Emma Jeffcoat - she's the reason I got in to this sport! (also inspiring watching the U23 Elite's race in the TNSW/ACT Program).

Monty Dixon

Palladium Property TNSW/TACT No1. Junior Mixed Relay Team



Overview

Came into triathlon at 15 from a running background. Began doing local club races most weekends over summer, before joining the Hunter Academy of Sport. Been a member of the NSW ETS for the past 2 years.

Club

Maitland Triathlon Club

Coach

Mick Ferris

Squad / Academy

Emerging Talent Squad

Strength/s

Strong run

Weakness

Swimming

Pre/Post-Race Ritual

Icecream at the end of the day

How would you describe MTR to a non-triathlete?

Short, fast triathlon team event consisting of two male and two female athletes.

What will you bring to your team?

Strong run leg to finish.

Favourite training session?

Long rides.

If you didn't do triathlon, what sport would you do?

Cricket

Who is your sporting inspiration?

Mo Farah

Liam Dixon

Palladium Property TNSW/TACT No1. Junior Mixed Relay Team

Overview

Began triathlon to keep fit over summer for running. Enjoyed it so much I began doing local club races nearly every weekend in summer. Spent 2 years with the Hunter Academy of Sport before moving into the NSW ETS.

Club

Maitland Triathlon Club

Coach

Mick Ferris

Squad / Academy

Emerging Talent Squad

Strength/s

Run

Weakness

Swim

Pre/Post-Race Ritual

Always chat to Monty pre-race

How would you describe MTR to a non-triathlete?

A team of 4 (2 male, 2 female) all doing a short, fast triathlon one after each other.

What will you bring to your team?

A fast run leg.

Favourite training session?

Saturday run sessions.

If you didn't do triathlon, what sport would you do?

Waterskiing

Who is your sporting inspiration?

Alistair Brownlee

Mitchell Blackbourn

Palladium Property TNSW/TACT No1. Junior Mixed Relay Team



Overview

I tried my first triathlon 4 years ago at a club race, then raced in local races. I was part of the IAS squad for 3 years and this year I'm in the TNSW ETS.

Club

Hills Triathlon Club
Illawarra Triathlon Club

Coach

Ben Bell & Scott Ashcroft

Squad / Academy

2021/22 TNSW/TACT Emerging Talent Squad

Strength/s

Running

Weakness

Open water swimming.

Pre/Post-Race Ritual

Having pasta the night before a race.

How would you describe MTR to a non-triathlete?

4 team members each completing a triathlon one at a time. As each team member finished their triathlon they tag the next team member to start their triathlon.

What will you bring to your team?

Quick transitions and a good runner.

Favourite training session?

Bike skills.

If you didn't do triathlon, what sport would you do?

Cross country running.

Who is your sporting inspiration?

Alistair Brownlee



Josh Ferris

Palladium Property TNSW/TACT No1. U23 Mixed Relay Team

Overview

I have been in and around the sport all my life, and travelled around the world competing & placing at the Youth Olympic Games and competing in elite Junior World Champs. this sport has driven me to be the best version of myself and I'm super excited to see what the future holds for me in this sport.

Club

Hills Triathlon Club.

Coach

Mick Ferris.

Squad / Academy

2021/22 TNSW/TACT u23 Development Squad.

Strength/s

Technical skills and form.

Weakness

Keeping focused 100% of the time.

Pre/Post-Race Ritual

No real pre or post-race ritual, just usual warmups and warm downs.

How would you describe MTR to a non-triathlete?

Fast, explosive, exciting racing. It is triathlons version of a 100m sprint.

What will you bring to your team?

I feel I can match it with anyone, - so being competitive no matter who is on the start line. The fact you are racing for your team mates and not just yourself, means you really dig deep to benefit your whole team.

Favourite training session?

Saturday morning hard bike run session.

If you didn't do triathlon, what sport would you do?

Cricket! I oved my cricket growing up and played it up until the age of 15.

Who is your sporting inspiration?

Daniel Riccardo, because of his ability to be able to switch off when he is away from the track but also be able to really switch on when times are necessary. He has (what seems like) a really good life balance, which I think is the most important thing as elite athletes.

Lleyton Wall

Palladium Property TNSW/TACT No1. U23 Mixed Relay Team



Overview

I began as a swimmer & rugby player with the odd bit of running, to get a couple of days off school. I decided to give triathlon a (proper) crack in high school as something different to do – with more variety. I progressed through the NSW Development Pathway first with NCAS, NSW All Schools, NSW Talent ID Squad, NSW ETS and now the NSW U23 Squad.

Club

Port Macquarie Triathlon Club

Coach

Caroline Steffen

Squad / Academy

2021/22 TNSW/TACT u23 Development Squad

Strength/s

Swim

Weakness

Consistency

Pre/Post-Race Ritual

No rituals, I go with the flow.

How would you describe MTR to a non-triathlete?

Four people each doing a mini triathlon in one team.

What will you bring to your team?

A quick wetsuit transition!

Favourite training session?

A Sunday session.

If you didn't do triathlon, what sport would you do?

Darts or Rugby

Who is your sporting inspiration?

Michael Van Gerwen



**Palladium
Property**
est. 2005

Property Development
Management & Advisory

Rory Thornhill

**Palladium Property
TNSW/TACT No1. U23
Mixed Relay Team**



Overview

My Triathlon journey developed from a swimming and running background, getting involved with local events when I was about 14. From there my passion grew for the sport and I've been racing and training since. I've been able to race in some pretty cool places against some pretty cool athletes and I'm looking forward to seeing where I can go further in the sport.

Club

Orange Triathlon Club

Coach

Mick Ferris

Squad / Academy

2021/22 TNSW/TACT u23 Development Squad

Strength/s

My strengths and weaknesses vary all the time, currently I'm focusing on my run.

Pre/Post-Race Ritual

A Parmi is always a goer after a race.

How would you describe MTR to a non-triathlete?

Super Sprint Triathlon, 300/8/1500, 2 Female's 2 Male's alternating, fanatically fast, extremely entertaining, anything is possible.

What will you bring to your team?

I like to kick and finish hard as an anchor for the team in the last 500 or so metres, nothing gets left out on the course.

Favourite training session?

Super Saturday's, weekly brick session

If you didn't do triathlon, what sport would you do?

Cycling or Athletics

Who is your sporting inspiration?

Jurgen Klopp



Matilda Offord

**Palladium Property
TNSW/TACT No1. U23
Mixed Relay Team**



Overview

I did my first triathlon in Year 11 after coming from a national athletics and cross country running background. Since leaving school I've had a gap year where I headed to Europe to race in triathlons. Since then, triathlon has been my main focus sport wise. Throughout the past three years I have combined my triathlon pursuits with a full time university paramedicine degree. 2022 will be my first year training & racing full-time, and I am beyond excited to be a member of the Palladium Property MTR team.

Club

Hills Triathlon Club

Coach

Liam O'Neill

Squad / Academy

2021/22 TNSW/TACT u23 Development Squad

Strength/s

I love a tough bike course that combines technical skills with raw power.

Weakness

Swimming is an area that I particularly focus on however I am learning to love it!

Pre/Post-Race Ritual

I'd say I'm pretty adaptable before and after races and don't have ONE FIXED routine. However, I do love warming up to some music and a feast post racing is always a great way to celebrate.

How would you describe MTR to a non-triathlete?

Fast and furious racing!

What will you bring to your team?

A strong bike - run combination and 100% effort!

Favourite training session?

Definitely a strength ride or longer run reps.

If you didn't do triathlon, what sport would you do?

I reckon something like cliff diving would be pretty cool.

Who is your sporting inspiration?

Outside of triathlon Jess Fox and within triathlon, Flora Duffy.

Zoe Clarke

Palladium Property TNSW/TACT No1. U23 Mixed Relay Team



Overview

I only started triathlon a few months ago, but I have loved it so far!

Club

T3C

Coach

Megan Hall

Squad / Academy

2021/22 TNSW/TACT u23 Development Squad

Strength/s

Coming from a surf life saving, my strength is swimming.

Weakness

Bike skills & transitions

Pre/Post-Race Ritual

Eight deep breaths – my favourite number!

How would you describe MTR to a non-triathlete?

Two females & two males each completing a short triathlon before tagging their teammate.

What will you bring to your team?

Hopefully, a strong swim.

Favourite training session?

My favourite sessions are bike run bricks as I am really enjoying learning new skills – not to mention it's a killer!

If you didn't do triathlon, what sport would you do?

I would still be doing surf life saving.

Who is your sporting inspiration?

Emma Jeffcoat is a huge inspiration as an amazing triathlete who has transitioned from surf life saving. Outside of triathlon I am really inspired by Jemma Smith, a surf ironwoman and kayaker, for her humility, sportsmanship and the way she gives back to younger athletes in the community.

Jacinta Cliff

Palladium Property TNSW/TACT No1. U23 Mixed Relay Team



Overview

Followed my sister into the sport after too many days as a spectator. Naturally, I was hooked.

Club

Illawarra Triathlon Club

Coach

Brendan Sexton

Squad / Academy

2021/22 TNSW/TACT u23 Development Squad

Strength/s

Sending it around corners and U-turns on the bike course.

Weakness

Sharing my weaknesses.

Pre/Post-Race Ritual

Rituals are for the superstitious.

How would you describe MTR to a non-triathlete?

4x swim, bike, run. Full tilt to the finish and madly fun (by a triathlete's definition anyway).

What will you bring to your team?

An extra gear and my best running dive (if required).

Favourite training session?

Threshold swim set.

If you didn't do triathlon, what sport would you do?

From a ballet and swimming background, maybe synchronised swimming is on the cards.

Who is your sporting inspiration?

Kristian Blummenfelt for his ability to hurt more than any of his competitors. He will always win a mental battle.