

Step by step Boyd Conrick gains ground

ON his mobile telephone voice mail message triathlete Boyd Conrick informs callers they have called his office 'somewhere between Redhead Beach and Randwick Racecourse'.

For the full-time Redhead-based Sydney fireman, commuting has become a way of life during his hard slog to the top. (Working in Sydney's Rocks area as a fireman allows Conrick six days out of every eight days off for training.)

There are times however in his hectic schedule when life becomes a little glamorous.

For instance this weekend Lake Macquarie City Council will fly Conrick and Empire State Building Climb winner Angela Sheehan to New Zealand for a half marathon.

It is part of the pair's prize as the first locals home in last June's Australian Half Marathon at Speers Point. Conrick is hoping to finish in the top 15 of the last

round of the St George Pro Tour to be held at Mooloolaba on the Sunshine Coast on May 9.

Competing in the Australian sprint titles in January Conrick placed 11th against champs like Greg Welsh and Brad Bevan.

Athletes like Welsh and Bevan are hitting their straps in their 30s, while younger competitors, such as Conrick, are peaking earlier. Conrick seems to be in winning streak at the moment. With good national performances under his belt a shot at the top 15 is achievable.

He has won his last seven races, including Newcastle's Sparke Helmore Corporate Triathlon on February 28, and the Newcastle Foreshore Triathlon on February 14.

A fortnight ago he won the the Anchorage Resort Triathlon in Port Stephens and this year has won four rounds of the swimwear company-sponsored Rival Series held in Sydney.

Anthony Scully



● Boyd Conrick . . . Riding a wave of triathlon successes.

—Picture by DEAN OSLAND