

Bright triathlon future

From keep to fit plan to world titles

by Jake Dew

WHEN Kelley Bright was looking for motivation to keep fit 12 months ago, she decided to give triathlons a go.

Fast forward a year and the 39-year-old has not only taken up the sport but her newfound love will see her represent Australia at the Triathlon World Championships on the Gold Coast in September.

After impressive performances at World Championship qualifying events in Canberra, Brisbane and the Luke Harrop Memorial on the Gold Coast, the mother of three will take on the best despite having no background in swimming, cycling and running.

"It (my selection) has come as a real surprise," said the Surfers Paradise Triathlon Club member, when talking of her meteoric rise.

"I started training 12 months ago as a way of keeping fit because I was losing motivation to do it myself. It has been a lot of fun. Getting used to cycling was tough but it's been well worth it."

That newfound motivation



Fit family . . . Kelley Bright with daughters Elizabeth, Claire and Kate

has capped off a big period for the nutritionist and exercise physiologist who completed her sport dietitian's course earlier this year at the Australian Institute of Sport in Canberra.

The chance to represent her country on home soil will spur her on when she races the clock in the 750m swim, 20km cycle and 5km run for the short-course event.

"That was the main reason

for trying to get into the team, because it was on home soil," said Kelley, who turns 40 just before the race.

"It's just a prime opportunity to have the family watching and to also have the support from the city."

Kelley, who will contest the 40-44 years age group, is one of 38 Surfers Paradise Triathlon Club members who have qualified in the short and long-distance events.

They can be assured of plenty of support in the stands cheering them along the way.

Surfers Paradise coach Jenny Alcorn said to have such a strong representation was a fitting result for the club.

"We have quite a large contingent training now and the motivation to race at home drives a lot of people to go harder. To have that many competing is just a great result," she said.

● Picture: Richard Gosling

Among those cheering Kelley home will be her daughters Kate, 14, Elizabeth, 8, and Claire, 5, who have all fallen in love with the sport.

While Clare is too young to compete, Kate and Elizabeth have developed a keen interest and down the track an all-family affair in Aussie colours might be on the cards.

But for now, Kelley is just focused on enjoying her ride through the ranks.

Old giant in the sands

AUSTRALIAN and Indonesian researchers have excavated the 200,000-year-old skeleton of a giant elephant in east Java.

A research team from the University of Wollongong and Indonesia's Geological Survey Institute was assembled in late April after a sand quarry collapse killed two workers and exposed the bones of the prehistoric elephant.

It took the team four weeks to excavate the bones. They have been sent to a museum in Bandung, West Java.

Accused 'tags cell'

A MAN suspected of graffiti attack on trains daubed graffiti on his cell while waiting to be questioned, a Melbourne court heard yesterday.

Zar Hunt, 18, was charged with possessing a graffiti implement and animal cruelty after a police dog was allegedly kicked and hit with a baseball bat at the Newport railyards.

Police told the court that Hunt in a holding cell, Hunt found a stone and graffitied his 'tag' on a window and wall.

The dog is expected to make a full recovery.