



East Gippsland Catchment Management staff members Peter Quilligan, Ian Hearnnes, Rob Willersdorf, Clint Bain, Nicole Thompson and Matt Renshaw are preparing for this Sunday's East Gippsland Teams Triathlon to be held at Paynesville. The teams format sees three competitors in each team complete a 300-metre swim, seven-kilometre cycle and 2km run before passing the baton onto their teammate. The event is open to teams representing businesses, clubs and groups, friends, schools and families, with a prize for the best dressed. (PS)

CMA teams will tri

The East Gippsland Catchment Management Authority (CMA) will again be on the start line for this year's East Gippsland Teams Triathlon, to be held this Sunday, March 1, at Paynesville.

The CMA will again co-sponsor the event and will also put their money where their mouths are by entering two teams.

Rob Willersdorf, Peter Quilligan and Nicole Thompson are doing their first triathlon, taking on a new challenge to improve their fitness.

Ian Hearnnes and Matt Renshaw have competed in this event before and enjoy the camaraderie it fosters around the workplace, while Clint Bain has competed in triathlons for 28 years over a wide range of distances, so for him this event will be a stroll in the park.

"The triathlon caters for a range of abilities so it's an appealing community event that helps to promote a healthy lifestyle," Mr Bain said.

"The CMA is pleased to sponsor an event which aligns perfectly with the role of the organisation in maintaining healthy waterways for locals and visitors to enjoy.

"Through this annual event, we can support active recreation activities and help others to appreciate what a great lake system we have in this region."

The triathlon starts at 7am on the Paynesville foreshore. Further information is available on the Riviera Triathlon Club website.