



### Katey Gibb - Triathlete and Business Woman

Katey Gibb is ranked #1 as a Triathlete in her age category and #13 in the world. A remarkable achievement for a young business professional who balances her work life with her pursuit of self improvement through Triathlon and her business marketing work at BDO.

Katey represents the new generation of women, confident, capable and understanding that her pathway in life also includes her health and wellness. To that extent, the Perth Integrated Health clinic is proud to be a sponsor and supporter of Katey Gibbs as we too believe in the health and wellness for our patients as we promote a balance in their lives.

Katey's sponsorship with Perth Integrated Health is endorsed for the calendar year of 2011 and we will certainly be seeing and hearing more about her and her achievements in the coming months through our e- newsletters

## **Katey Gibb - Triathlete**

### **DOB**

26 November 1986

### **Occupation**

Marketing & Business Development Coordinator BDO (WA) Pty Ltd  
(Chartered accountants and business advisors)

### **Qualifications**

- BComm - Marketing and Tourism Management
- Vac Swim instructor

### **School**

- Helena College Senior School
- Curtin University of Technology

### **Coach:**

- Ross Pedlow – Swimming, Cycling and provides overall program
- Raf Bough – Running Thursday distance runs
- Jon Kappler – Running Tuesday speed work

### **Club**

Exceed Triathlon Club



Unit 12, 8 Booth Place  
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ABN: 73 069 383 900

ACN: 069 383 900



## Background

I have always been involved in sports of some kind, but swimming has been my main love from a young age. I started competitive swimming at 8 years of age, as part of Mt Helena Swimming Club, a regional club in the Perth hills. As part of this club I trained an hour, four days a week and continued this until I left high school in 2003. Apart from a two year period training with a county squad in West Palm Beach, Florida when my father's job took us to Florida, USA. During this time I really built my swimming strength as we were training for two hours a day, five days a week.

During my time at high school I had varied success in track and field events, setting the schools under 16, 200m track record which wasn't broken for another two years. I was captain of the Helena College swim team and held the champion girl title for all five years of high school.

On completion of high school I took up running as a way to build strength outside of swimming, although this wasn't on a competitive level. The only events I participated in for enjoyment were the Perth City to Surf including the inaugural half marathon, at this time I was also swimming about 8km a week by myself.

In 2007 I decided to join the Women's Triathlon training group run by Challenge Stadium as preparation for the Women's Triathlon. Prior to joining this course I hadn't ridden a road bike, done formal running training or swum in a squad for four years. After joining I realised that I had a bit of talent in all three disciplines and was better than most of the other women. When it came to the actual Women's Triathlon I blitzed the field and came first, this planted the seed in my mind that I could be competitive in triathlon.

My success made me look for a triathlon group to join and I found Ross Pedlow's Exceed Triathlon swimming squad. I chose his squad because of its location, but also because of the group of athletes he already had training with him, all of them about my age and competing at a high level. During this time I met Raf Bough, owner of The Running Centre, who encouraged me to join his Thursday night running group at Yokine Reserve (In addition to my training with Jon Kappler at Perry Lakes).



After swimming with Ross for 18 months and placing in the top three in my age group for a number of triathlons, I decided to approach Ross to write me a training plan for the 2009/2010 triathlon season. This proved to be one of the best decision's I made as I won all but two races in the 20 -24 age group for the season and came 2nd in my first Half Ironman. This resulted in me being awarded the 20-24 Female TWA Triathlete of the Year 2009/10 and being the only Western Australian 20 -24 female to race in the 2010 ITU Triathlon World Championships in Budapest, Hungary.

The World Championships in Budapest were an invaluable learning experience with challenging track and weather conditions including 14C water temperature in the swim. I finished 13th in my age group and first Australian WA in that category.

This season I will be racing in the Open category and will continue under the guidance of Ross. I plan to build my strength and endurance, consolidate my experience with particular emphasis on my cycling. My aim is to consistently place in the top three for the 2011/12 season and qualify for the 2012 ITU Triathlon World Championships in New Zealand.



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### Background summary

- 1994 - 1997, 2000 - 2004 Involved in competitive swimming in regional events, training 4 days a week for 1 hour
- 1997 – 1999 Swum in Florida USA - training 2 hrs 5 days a week
- 1997 - 1999 Competed in the state events held in Florida
- 2001 – 2002 Held the Helena College 200m track record
- 2000 – 2003 Helena College Female swimming champion
- 2004 Took up distance running, as a way to build strength outside of swimming and for general fitness
- 2007 Took up cycling for relaxation and bought my first road bike
- 2008 Started running training, prior to this I ran by myself
- 2008 Joined the Exceed swimming squad
- 2008 I took up triathlon as something new to do and to challenge myself
- 2009/10 Awarded 20-24 Female TWA Triathlete of the Year
- 2010 Represented Australia at the Triathlon World Championships in Budapest Hungary, 13th in age Group

### Motivation

- I enjoy the physical activity and how good being active is for your physical and mental health
- I enjoy being part of a group of like minded people and have made many great friends in triathlon
- Training in three disciplines means that things are never boring
- I enjoy winning and the sense of achievement when the hard work of training pays off
- It is one of the few sports where professionals mix with amateurs and you get to meet a variety of people from all walks of life
- My partner, Brynt McSwain, also competes in triathlon at an elite level, so we are able to train together and motivate each other. There is also a healthy level of competition between us.



### Training

- 3 x 1.5hr swimming squad - Terry Tyzack Aquatic Centre
- 2 x 2 hr Cycling training - Crawley with Exceed Triathlon elite squad
- 1 x 3hr+ hill ride or group ride with CRT Subiaco
- 3 x 1 hr individual run
- 2 x 1hr group run, with Raf Bough and Jon Kappler  
*(Sprint and olympic distance training)*



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## Goals

### Triathlon season

2010/11

- Improve my strength on the bike and consolidate my training and mind set while being competitive in the Open/elite category. This being the first season out of age group racing, I want to find my feet in the open field, as the racing is completely different.
- Consistently run under 4min/km in every race
- Improve my cycling times from last year's races by at least 2 minutes.

2011/12

- Place consistently in the top 4 in the open/elite category
- Qualify for the worlds in 2012 to be held in New Zealand.

### In the off season

2011

- Run my first marathon in 3hrs 30min or under
- Complete an adventure race (Considering Espresso 24-Hour Adventure Race)
- Increase my placing and speed in various Marathon Club events
- Complete the Perth City to Surf in the top 10 females.



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