

## **STC Transition Talk with Sallyann Smith**

**STC:** Sally, wonderful to have some of your time. Can you tell us about your first triathlon?

**Sally:** My first triathlon was HH to practice for the standard distance at Excel in London, but my first running race was Race For Life in Sheffield a few years prior to triathlon.

**STC:** What a great place to start. Many people's first introduction to triathlon is at the HH. What happened at your last triathlon?

**Sally:** My last triathlon was Staffs 70.3 in 2017 where I won my AG and a coveted IM trophy.

**STC:** Very impressive. IM trophies are hard to come by. I hope it has pride of place on your mantelpiece at home. Would that be your happiest memory with regards to triathlon?

**Sally:** I have many happy memories. My real love is running longer distances, particularly multistage races. I started triathlon to vary my training and like many 'caught the bug!' I'd say all my races are happy memories, although they came with plenty of blisters and black toenails!

**STC:** Everyone has their favored discipline, so if any of you reading are looking for long distance running tips – Sally is the one to ask. Any words of wisdom for our members?

**Sally:** Never Give Up! My first IM I was unable to finish, which is a bitter pill to swallow after all those months of training. But the next year I carried on and completed the full distance! I'd also like to add, that you can never have too many pair of trainers, despite what my friends keep telling me.

**STC:** That is what triathlon is all about. Never giving up until you reached your goal. Did STC help you along your journey?

**Sally:** Yes, they did when I joined a few years ago as a new person to the sport they were really encouraging and offering advice. I've made close friends who have always supported me and encouraged me along the way, especially when I was on the journey to completing my first IM.

**STC:** You truly embody the spirit of our club, we are proud to have you as a member. Where can we find you week to week?

**Sally:** I try to support the club by marshalling at some of the training sessions. One summer session I've found most helpful is The Forge Valley cycle training, particularly for much needed confidence on my bike!

**STC:** What does your 2018 race calendar look like?

**Sally:** I started on February with a 66-mile run on the North Downs Way. Next month is the Brighton Marathon follow by The Jungle Ultra in June, a self-supported 250k run through the jungle in Peru. The year concludes with Bassetlaw Sprint and 70.3 Sundowner!

*There we go readers, Sally Ann Smith. Triathlete/Runner/Collector of Trainers. Going the distance time and time again, always having time to volunteer at club events.*

