

JUN  
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2017

## FITTER RADIO EPISODE 166

### WORKOUT OF THE WEEK

Recap of the Cairns Ironman race

### ONE STEP AHEAD

Porridge

### HOT PROPERTY INTERVIEW – SAM BETTEN

Australian Sam Betten transitioned from ITU to the long course and is achieving great results in the Asian market. He recently raced to 3<sup>rd</sup> behind Tim Reed and Craig Alexander at the Asia Pacific champs in Cebu and won the Ironman 5150 Subic Bay in the Philippines last weekend for the third time running. He's not tried the full distance yet but it's definitely on the radar, as is a dream to race in Kona.



### SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan. This week Laura talks to us from Europe about the recent Challenge Championship in Slovakia.



## **LINKS**

Mikki's porridge recipes at <https://mikkiwilliden.wordpress.com/2017/06/22/random-porridge-post/>

More about Sam Betten at <http://www.sambetten.com/>

Follow Sam on Twitter at <https://twitter.com/sambetten> and on Instagram at <https://www.instagram.com/sambetten/>

The Challenge Championship at <http://www.thechampionship.de/> and on Facebook at <https://www.facebook.com/ChallengeFamilyTheChampionship>

Garmin Challenge Denmark Middle Distance European Champs at

<http://www.challengedenmark.dk/herning/> and on Facebook at

<https://www.facebook.com/challengedenmark/>

More about Laura Siddall at <http://laurasiddall.com/>

Follow 'Sid' on Facebook at <https://www.facebook.com/laura.siddall.5333> on Twitter at

<https://twitter.com/lmsiddall> and on Instagram at <https://www.instagram.com/lmsid/>

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