

DEC  
11  
2017

## FITTER RADIO EPISODE 191

### THE IRONMAN TAUPO 70.3 EPISODE

We talk to Callum Millward and Alise Selsmark before the race about their seasons to date and their new and exciting initiative 'The Cup Cake Cartel'.

(00:08:34)

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

<http://www.callummillward.com/> and <https://www.facebook.com/callummillward5>

<https://www.cupcakecartel.org/> <https://www.facebook.com/TheCupcakeCartel1/>



### MIKE PHILLIPS – TAUPO 70.3 WINNER

(00:30:54)

<http://mikephillips.co.nz/>

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



**AMELIA WATKINSON – TAUPO 70.3 WINNER**

(00:34:17)

<https://www.ameliarosewatkinson.com/>

<https://www.facebook.com/amelia.watkinson>



**BRADEN CURRIE – TAUPO 70.3 RUNNER UP**

(00:40:37)

<https://www.bradencurrie.com/>

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



## JOCELYN MCCAULEY – TAUPO 70.3 RUNNER UP

(00:45:52)

<http://jocelynmccauley.com/index.html>

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



## SID TALKS

(01:06:27)

We talk to Sid post-race about how it all unfolded.

<http://laurasiddall.com/>

<https://www.facebook.com/laura.siddall.5333>



## CONTACT US

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

[LISTEN HERE](#)