

DEC  
25  
2017

## FITTER RADIO EPISODE 193

### SID TALKS:

(00:13:11)

We talk the latest tri goss with Laura 'Sid' Siddall.



### HOT PROPERTY INTERVIEW – TERENCE BOZZONE

(00:46:00)

Currently the hottest property on the triathlon circuit, Kiwi pro triathlete Terenzo Bozzone.



**5 MIN FOCUS:**

(01:25:54)

We talk to Keith Rieger creator of the Kona Five Ultra-Triathlon, an annual event consisting of 5 Iron Distance Triathlons (on the Kona Ironman World Championship Course) in 5 Days (120 Hour Cut Off) all Self Supported (No Crew for 120 Hours)!

# KONAFIVE

## ULTRA TRIATHLON

**ONE STEP AHEAD:**

(01:49:59)

Tips for managing the Christmas overindulgence.

**LINKS:**

Sprint finish at <https://www.facebook.com/terenzobozzone/videos/1756020204431993/>

More about Terenzo Bozzone at <http://www.terenzo.com/> and on Facebook at <https://www.facebook.com/terenzobozzone/>

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

Ross Tuckers Website 'The Science of Sport' at <http://sportsscientists.com/>

Sexual abuse by coaches at

<https://www.theguardian.com/observer/osm/story/0,,678189,00.html>

More about Keith Rieger and 'The Kona 5' at <http://konafive.com/>

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