

OCT  
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2017

## KONA SPECIAL PART 1

IT'S KONA WEEK!

A welcome with Sean Watkins of Wattie Ink <https://www.wattieink.com/>



Mikki's arrived and she feeds back to us from her first day at the 2017 Ironman Sports Medicine Conference here in Kona.



### LAURA SIDDALL

Laura pops round and we talk about the first few days here in Kona plus our predictions for the race!



### HEATHER JACKSON

Heather's had a great season this year and after her 3<sup>rd</sup> place at Kona last year is looking forward to taking on the challenges of another!



### LINKS

Wattie Ink at Ink <https://www.wattieink.com/>

More about Heather Jackson at <http://www.heatherjacksonracing.com/>

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

Restwise at <http://www.restwise.co.uk/>

### CONTACT US

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

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

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