

SOVEREIGN HILLS RACES ACROSS THE FINISH LINE

Sovereign Hills is supporting the Scody Half Ironman for the third consecutive year on Sunday, 9 November. This year marks an additional commitment with Sovereign Hills also competing in the triathlon.

Since Port Macquarie commenced hosting the Ironman event three years ago Sovereign Hills has leant its support enabling hundreds of volunteers to successfully assist with the race. The volunteers help with keeping pedestrians off the track, provide refreshments and give well-deserved massages to competitors.

This year Sovereign Hills has also entered a team into the triathlon called "Team Sovereign Hills." The team consists of four members, Michael Shortall, Tom Cahill, Claire Darby and Justin Betar.

Michael and his fellow teammates are all professionals from the legal industry who have been friends for many years and have competed in triathlons previously. Tom Cahill is the only member to have competed in the Port Macquarie Half Ironman with a finishing time in 2007 of five hours and 27 minutes.

"We have been training hard, following a specific program of 150 kilometres on the bike, 20 kilometres running and 5 kilometres in the pool. The four of us will be competing against each other as well as the other competitors but as a team it would be great to win after all our hard work," said Michael.

Over **600** athletes will compete in the Scody Half Ironman Triathlon which will be conducted on the Panthers Ironman Australia Port Macquarie Course. The triathlon comprises a 1.9 kilometre swim, a 90.1 kilometre cycle and a 21.1 kilometre run.

"The event is a great occasion for Port Macquarie, the sport is addictive, and draws many people. The satisfaction of finishing different challenging events gives a great sense of achievement," said Michael.

"We are pleased to have a team involved with the triathlon this year; it's a great way to represent Sovereign Hills. We are also so grateful to our volunteers, their contribution is imperative for a successful race," said Mr Robert Yandell, Director of the Lewis Land Group developers of Sovereign Hills.

Construction work at Sovereign Hills is well underway with the main street almost complete and over 400 specially grown mature trees recently planted on the site. St Joseph's Regional College is almost complete and is due to open in March next year.



Tom Cahill, Claire Darby and Justin Betar



Michael Shortall crosses the finish line in the Scody Half Ironman