

## MFS firefighter's Ironman dream

Friday, 9 April 2010

Adelaide firefighter Matt White, one of Australia's top professional Ironman competitors, is gearing up for his greatest challenge yet... a slant at America's tough Ironman circuit.

Fresh from finishing fourth at last month's *Ironman Australia* event at Port MacQuarie, the Metropolitan Fire Service (MFS) firefighter will fly out to America this Sunday, 11 April.

He aims to compete in 12 half-ironman events in America and hopes for a top five placing in most events. After acclimatising and intensive training, his first race will be in Texas in three weeks.

"I'm looking forward to dedicating the next six months to competing professionally as a triathlete in the United States. For me, it's a long-held dream come true.

"This is what I've been aiming for since my teenage years and I'm thrilled it is finally becoming a reality," firefighter White says.

Matt White is currently South Australia's top male triathlete and considered one of the top five long-distance male triathletes in Australia.

"It is a real juggle working full time as a firefighter and competing as a professional triathlete, but also very enjoyable.

"I'm proud of my sporting achievements and fortunate that the MFS supports my physical fitness regime, which I've been able to incorporate with firefighter training.

Firefighter White says he's enjoying his best triathlon season yet, including winning his first professional race in Queensland in August.

MFS Chief Officer, Grant Lupton says the organisation wishes firefighter White well during his time competing in America.

"His dedication to fitness and competitive triathlons is impressive. He deserves every success and we look forward to hearing his competition results," Chief Officer Lupton says.

Matt White has been competing in triathlons since the age of 15 and has competed in numerous Ironman, marathon and endurance races across the world, turning professional in 1999.

He has been unbeaten in triathlons in South Australia for the last three years.

**For media enquiries please telephone the MFS Media Line on (08) 8204 3770**

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