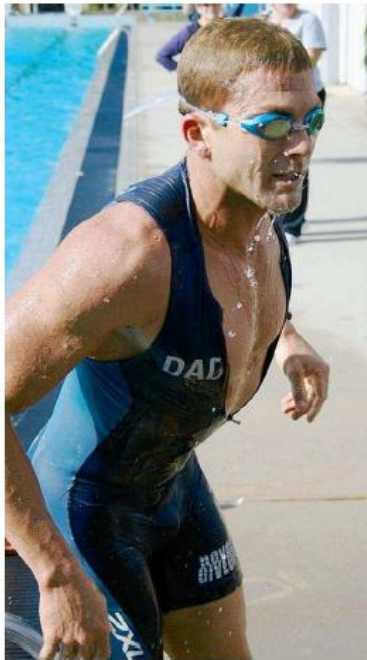


Duo go the distance



PEREGIAN triathlete, dad and sports performance coach Dmitri Simons, left, and Sam Naudin, right, a mum, special needs teacher and coach, teamed up for Never Give Up - Family Fitnation at the weekend for yet another enduring race in the United Sports Marketing and Westpac 24-hour triathlon.

The pair was the only team of two, with most teams choosing up to 10 competitors to complete the event. The organisers said the duo's race would have been the most challenging.

The distances were a 300m swim followed by a 9km cycle and a 3km run.

The continuing combination of this triathlon format rolled endlessly throughout the 24 hours.

Some competitors chose to rest and have breaks but Dmitri and Sam always had one person on the course racing.

These two performed over 30 back-to-back triathlons in the 24 hours.

It has taken just 12 months for Dmitri to pick up this new sport and he will now represent Australia at the world championships on the Gold Coast in September.

It has also taken just 12 months for Sam to come back from breast cancer and complete races she never thought possible.

Dmitri and Sam send out two clear messages in all they do: family fitness is the key to never giving up, and anything is possible.

