



# iron



## Paula and her proud parents

To great applause from the crowd, Paula crossed the finishing line. Paula fought hard and gave everything to accomplish her big goal: to finish the Ironkids competition 2007. Paula hasn't been the fastest athlete this year, but one of the youngest of over 150 children who took part in the competition. Although only 5 years old she can already look back on a big sporting event and she won't forget the enthusiastic smiles of the other children, the helpful and caring shouts of the crowd and especially the help of her parents and grandparents who have encouraged and helped her, until she finally crossed the finishing line right before their eyes.

In May 'Ironmen' come from all over the world to start their amazing triathlon in Lanzarote, however children become the stars for one day. Traditionally the day before the adult race the young perform their very own Ironkids competition. While the adults have to swim 4 kilometres, cycle for 180 kilometres and run 42 kilometres, the challenge for the children is a little easier. Depending on their age, they only have to swim between 25 to 200 metres, run between 500 and 2500 metres. It is not winning that is the goal, but participating, each child that crosses the finishing line successfully, gets their Ironkid medallion that they will proudly present to their family.

The competitors are international and for many of the children, sport is already a regular part of their lives. Who knows how many of them will have a big career in sport in the future? In the competitors lists you will find the names of their sports clubs or schools, in whose name they are competing, some children of the Ironmen athletes come along with their parents to compete, many local children come with their whole family, parents, grandparents, aunts and uncles, nobody wanting to miss the big day.

*The next Ironkid competition will take place on the 23rd of May 2008 in Puerto del Carmen ■*