

**SWIM** BREATHE EASY, SWIM FASTER

**BIKE** 5 WAYS TO RIDE BETTER TODAY

**RUN** HOW TO BREAK 30MINS FOR 10K

September 2010 R29.95

**SOUTH AFRICA**

# Triathlon **PLUS**

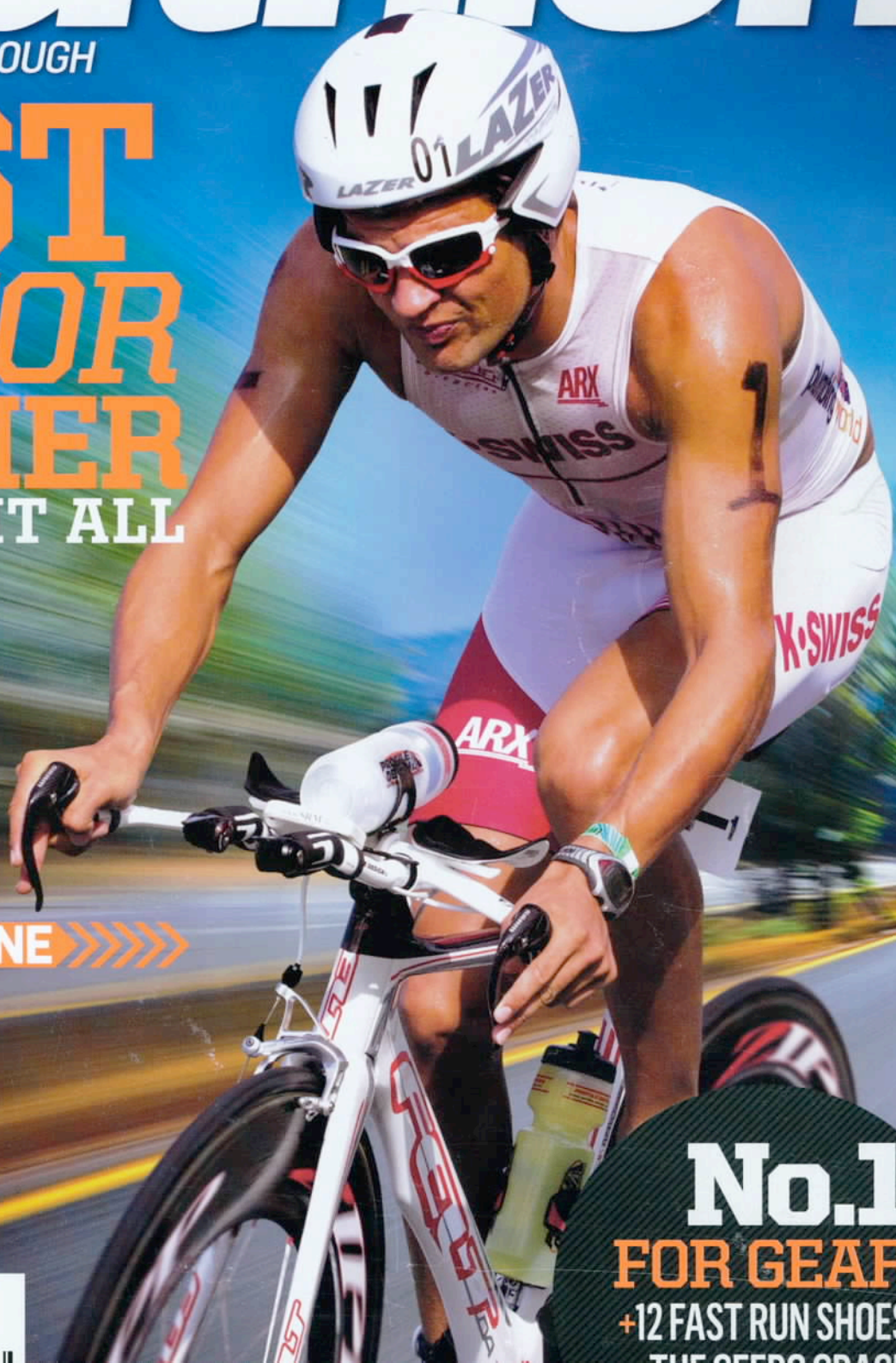
ONE SPORT IS NOT ENOUGH

**BEST  
KIT FOR  
SUMMER**  
WE'VE GOT IT ALL

**5** TIMES  
WORLD  
CHAMP  
WE INTERVIEW  
**TERENZO BOZZONE** >>>>

**Plus**

**KATE ROBERTS**  
The South African  
that's climbing the  
world rankings



**No.1  
FOR GEAR**  
+12 FAST RUN SHOES  
THE GEERS GRACE

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