

Rebecca ready for Assault

12:00a.m. 21st November 2008

Just ahead of her first plunge into the demanding world of ironwoman, Commonwealth Games gold medalist Rebecca Creedy would like to say she's been devoting every ounce of mental and physical energy to her training regimen.

However yesterday, just two days out from the surf lifesaving season opener, the Sunshine Coast-based former swimmer was busy digging her head out of textbooks as she dusted off her final uni exam of the year.

Creedy will kick off her third year in surf lifesaving with her first ever ironwoman race at the Ocean Assault trials at Kawana Waters.

While it's been a long transition from the pool to the ocean, the photogenic 25-year-old said she'd finally nailed down the board and ski disciplines to a point where she was ready to string together an ironwoman race.

"It's really exciting," she said.

"I never did board or ski before I started two years ago.

"So I had a lot of learning and catching up to do on those sorts of disciplines.

"I've still got a fair bit to learn on the board but my ski is coming along well."

After winning gold in the 4x100m freestyle relay and bronze in the individual 100m freestyle at the 1998 Kuala Lumpur Commonwealth Games as a 15-year-old, Creedy retired from the sport.

Now two years out from completing her Environmental Science degree, she said surf lifesaving was far more conducive to her lifestyle, giving her the flexibility to study and compete.

"It is the kind of sport where you can ease off a little bit," she said.

"Today I've got an exam so this week I've eased off my training.

"I still have my priorities, but it's easier to make those decisions with surf lifesaving. With swimming I'd never ever consider having a week off. It's a little bit more relaxed and you can afford to have a life outside the pool."




Rebecca Creedy

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