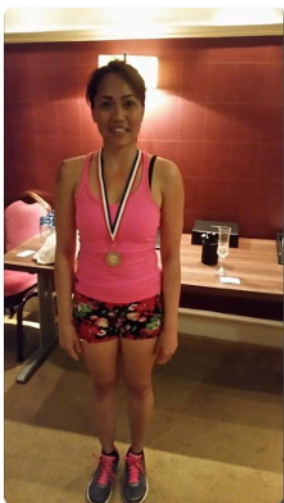


# Winner: Triathlon in The Spa At The Midland

By *Rianne Schestowitz*

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Submitted by Rianne Schestowitz on Monday 10th of October 2016 09:02:59 PM Filed under [Just talk](#) [1]



**I** never thought I could win in a challenge of 3 events.

I guess age is not an excuse for giving up... more so in physical fitness; as the saying goes, health is wealth.... consequently, I'll keep doing my routine and even yoga. It is extremely relaxing!

Motivation, hard work, discipline. By-product is triumph...

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