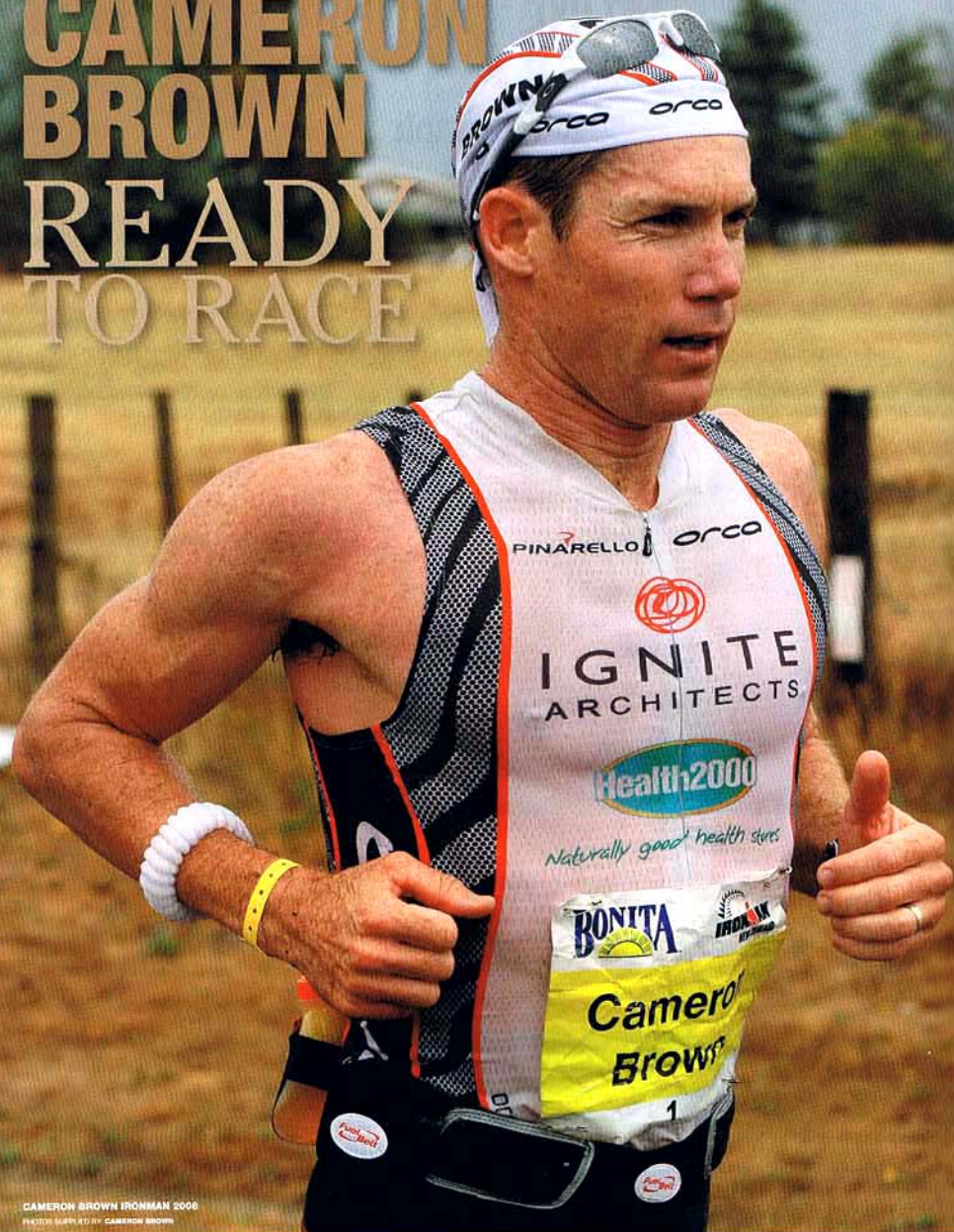


CAMERON BROWN READY TO RACE



CAMERON BROWN IRONMAN 2006
PHOTOS SUPPLIED BY CAMERON BROWN

NZ Endurance caught up with Cameron Brown ahead of the European Championships, Ironman Germany on July 6, where he will take on the best in the world in the hope to reclaim his 2006 title.

Firstly congratulations on a world record feat – seven New Zealand Ironman Championships. You must be happy with how 2008 is panning out so far?

Yes I can't complain too much how this year has gone, I have had some trouble with my right calf, a small micro-tear which sidelined me from running for four weeks in April, but things seem to be going well again now.

How is the build up for the European Championships - Ironman Germany going?

I've based myself at the Triathlon New Zealand base camp in the south of France, about 100km south of Toulouse for the last six weeks. It's a fantastic place to train. We are only about 30km from the Pyrenees Mountains, so we have endless climbing and quiet roads to ride on. There are about ten athletes here at the moment and some at Font Romeu (at altitude in the Pyrenees Mountains).

Ironman Germany is one hugely popular and well-respected race. Are you anxious to reclaim your 2006 title?

Yes I would love to reclaim the title again and not finish runner up as I have done four times. However, it will be one hell of a race as there are three World Champions in the field, - Chris McCormack, Norman Stadler and Faris Al Sultan, plus a host of other great Germans. This will be the second hardest race outside of Kona. The crowds in Germany are just amazing, they say there is over 200,000 people watching on race day.

How important is it to you to win a race on the world stage?

It is very important indeed! For myself it brings a huge amount of confidence and coverage to all my sponsors. It would certainly ensure I would bring home a good payday and make all the sacrifices I have made over the years worthwhile.

After Ironman Germany will you turn your focus solely to the World Championships in Kona?

Straight after Germany I will be on a plane back to New Zealand, I would have been away for seven weeks so I need to get back and see my family. My youngest son, Joshua, will be starting school when I come home so it's a big day! I will stay in New Zealand for around four weeks and then start the build up to the World Championships in Kona, Hawaii on 11th October.

Are you going to have a different build up to Kona from previous years?

It will be the same as previous years. I will be trying to get as fit as possible just like the other 100 pro's, it really comes down to having a great day.

All of the athlete's are in great shape but you need a day where you feel 100% - any less and you won't win. That's a day I need to have, I've only had average days so far.

You have been competing on an international stage now for over ten years, how do you feel the sport of Triathlon has progressed over this time?

I first started competing when I was 16 so I've been racing now for 20 year's and still have the hunger to win; I have a real passion for the sport.

The sport is going through a real growth spurt at the moment. Races are filling up in record time, it's also getting harder and harder to have races, back in the old days you could hold a race any time, any where. These days there is a huge cost involved with putting on events. There were some great races in the old days that have now disappeared due to traffic congestion, resources, costs and the general public not wanting sporting events taking place as it might disrupt their weekend -harsh but very true!

What has been your most memorable win in your career?

Probably winning Ironman New Zealand in 2001.

It was a dream come true. I would watch the race every year when I was a junior down at St Heliers Bay in Auckland and see some of the great Ironman athletes race, Scott Tinley, Scott Molina, Ken Glah, Pauli Kuri, Ray Browning... Following that it would have to be placing second twice at Hawaii and of course winning Ironman Germany.

How many more years do you see yourself competing?

I still love training and racing so when that passion goes I know it will be time to get a real job, but I hope to stay involved in the sport, maybe coaching.

What motivated you to run the Cameron Brown annual training camps? How rewarding has that been for you?

I wanted to help people get the best out of their Ironman day, for some people it is a huge life changing event and something many only do once so you need to give them as much information as possible so hopefully everything goes right on race day. It's fantastic seeing the athletes after the race and very rewarding when they have a great Ironman experience.

We're right behind you Cam and will be watching with anticipation to see how race day unfolds.

