
ELITE, YOUNG ATHLETES STRONG COMPETITORS FOR FIRST PLACE AT THE 2010 REBEL SPORT CITY TO SURF FOR ACTIV

The 2010 Rebel Sport City to Surf for Activ will see three of Western Australia's most elite, young runners competing for first place. Ethan Heywood, 17, from Joondalup, Christopher Dale, 18, from Forrestfield and Joshua Tedesco, 19, from Joondalup are all members of Stirling Swans Athletics and train under the guidance of Coach and Manager Paul Heywood.

With great commitment to the sport the boys have been selected for numerous state and national teams. Heywood, a Law/Economics student at the University of Western Australia and Tedesco, an apprentice cabinet maker has represented Australia in such events as the IAAF World Junior Cross Country Championships in Poland earlier this year placing 83rd and 96th.

Heywood achieved 1st place and became Australian Champion in the Australian National Cross Country Championships in 2009. His focus for the Rebel Sport City to Surf for Activ is to complete the Channel Nine 12km run in 37 minutes and to be competitive with the lead. Heywood hopes to represent Australia at the Commonwealth and Olympic Games in the future.

Tedesco, also an avid motorcycle rider, placed 2nd at the Australian Junior Nationals for the 5000m event and placed 6th in the 3000m Steeple Chase at the Australian Nationals earlier this year. He hopes to run under 39 minutes and be placed in the top 10 at the Rebel Sport City to Surf for Activ this year.

Dale, a physio student at Curtin University, hopes to represent Australia in the future and to get on the podium in the next Australian Championships. His aim for the 2010 Rebel Sport City to Surf for Activ is to run in under 39 minutes which would break his current personal best.

"I'm really looking forward to competing in the 2010 City to Surf, it's great to run in a Western Australian event especially one that gives back to the community." Dale said.

Dale, alongside Heywood and Tedesco competed in the Australian Open Nationals and the Commonwealth Games Trials earlier this year. The boys were selected to compete as WA representatives in the Australian Cross Country Championships in QLD in the U20 male event a week prior to the 2010 Rebel Sport City to Surf for Activ.

In 2010 Heywood and Tedesco have both run personal bests over 1500m and 5000m on the track. Their competitive times 3.53 and 3.54 has made them hard to beat in Interclub meets at the WA Athletics stadium, whilst Heywood's 14.37.08 placed him 11th at the Victorian Championships.

Coach Paul Heywood is immensely proud of the achievements of his athletes and is continually amazed by their commitment to this sport.

The Rebel Sport City to Surf for Activ will be held on Sunday, August 29th 2010 and consists of the Chevron Marathon, Westpac Half Marathon, Channel Nine 12km Run, Appealathon 12km Walk, Westpac 11km Wheelchair and the Nissan 4km Walk/Run.

Registration links and further information on the Rebel Sport City to Surf for Activ is available at www.perthcitytosurf.com.