



Name: Jaz Hedgeland

DOB: 21/06/1995

Age: 17 years

Born: Perth

Hometown: Perth

Lives: Perth

Coach: Stuart Durham (Eclipse Fitness)

Sponsors: Giant Bicycles Australia (NTA)

Follow Jaz:  

Major Achievements

- 2013: Australian Youth Olympic Festival, 1st place in the individual race and a member of the gold medal Australian relay team
- 2013: Geelong Elite ITU Sprint Oceania Cup, 5th place
- 2013: Devonport Australian Junior ITU Sprint Championships, 1st place
- 2013: Wellington Junior ITU Sprint Oceania Cup, 2nd
- 2013: Mooloolaba ITU Oceania Continental Cup, 2nd
- 2013: Australian ITU Junior Series Champion
- 2012: Oceania Triathlon Sprint Championships, 2nd
- 2012: Devonport Australian Junior ITU Sprint Championships, 1st place
- 2012: Australian ITU Junior Series Champion

2013-14 goals:

- To come back from the Junior World Championships in London, with more than I went with
- Win the Australian Junior ITU Championships and Series, and go to the Junior World Championships
- Continue to gain race experience in Olympic distance and international races

Ultimate goal: Win gold at the Olympics for Australia

Personal

Family (Married/single/family members Mum, dad, brothers, sisters: Mum(Judy), Dad (Keith), and my younger sister, often mistaken as my twin(Kira)

Studies/occupation (School/University): 1st year studying Exercise, Sports and Rehabilitation Science at Curtin University

Something we don't know about you: I had red hair as a baby

What I love about Triathlon: The opportunities to race at so many places, the people you meet, and being able to do three sports in one. Also, being able to challenge myself each day and achieve things that the every day person sees as extraordinary.

Outside Triathlon: Being with my friends

Ultimate Relaxation: Sleeping

One thing you can't live without: My family

Activities away from Triathlon: Photography

Pets: My dog Yana who likes to start every run at 2.50 pace

Last Book Read: Jasper Jones

What's your greatest asset: Being blonde and not completely stupid

Who has been the biggest influence on your life: My parents

Have you encountered any obstacles in your career: Glad to say the only obstacle so far has been balancing high school with training



TRIATHLON
AUSTRALIA

Favourite

Movies: She's the Man

Bands/Music: Whatever is on the radio

Drink: All Berry Bang Boost Juice

TV Shows: Packed to the Rafters, The Voice

Food: Anything my Mum cooks, as long as there's no capsicum and tomato in it

Hobbies: Eating food

Athlete in Triathlon: Emma Moffatt, Peter Robertson Athlete: Usain Bolt

Quote: There are three types of athletes. Those who don't know what's happening, those who match what's happening, and those that make it happen.