

The Triathlete Hour Ep. 51 - Laura Siddall_mixdown

Kelly: Welcome back to the Triathlete Hour. I'm Kelly O'Mara, your host and editor in chief of Triathlete Magazine. And I hope you enjoyed our re-airing of old episodes for the end of Women's History Month last week. And hopefully you also found the beginner's episode from our training and gear podcast, Fitter & Faster, useful for anyone who's getting into the sport. Be sure to subscribe to Fitter & Faster for all your in-depth training and gear needs.

And now, today we're back with another one of our favorite female athletes, our very own Laura Siddall. Usually you hear Laura analyzing the latest tri news here from around the world as part of her segment, Sid Talks.

But today we talked to Sid about Sid, how she quit a corporate engineering job in her 30s to chase the pro triathlon dream, moved across the world to the U.S. with just a bike and a suitcase, and has won five iron distance races since then. Plus, what it's like to live the nomad life, how she's coping with one injury and setback after another now and tips--you know, we could all learn from that--and we talk why the British women have gotten so good.

All of that after this short break.

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Kelly: This week, we're talking to our own Sid, Laura Siddall. Laura. I feel like we never, actually, we never got your whole story and we need to talk about it. Cause you really like epitomize, personify the whole 'never die wondering,' right? Like that's your motto? That's your slogan, that's your whole thing.

Laura Siddall: Yeah. Um, I know when you mentioned that we're going to do that. I was a little bit like, Oh, I haven't been on that side of a podcast for a while. A bit nervous today.

Kelly: Well, OK. So I guess we should tell people kinda some of your backstory. You had a totally normal regular job. You were an engineer for Shell, and then you started triathlon at like the age of 30 and went pro and now you travel all over.

You've won three Ironmans. You, what is it? Are you the seventh fastest British woman or the sixth fastest now?

Laura Siddall: It might have been overtaken now. I think 2018 or 19. I was the sixth fastest British... long distance, obviously. So yeah. But somewhere in the mix...

Kelly: So tell us how you, you were working like on an engineering job in Australia. Yeah. And you started a triathlon.

Laura Siddall: Yeah. I mean, I, I grew up during sport, so at school it was like hockey field hockey, um, athletics, track, netball, *[which you have to explain, what is netball?]* Yeah, I know. I always have to explain this. The easiest way to explain it is it's very similar to basketball, but you have seven players on a court

per team. You're restricted to different areas on the court where you can, or can't go. Only two people can shoot into the net, which doesn't have the Blackboard behind it. You can't move with the ball once you catch it, you have to be static. But having said that it's a super fast game, generally played in the Commonwealth countries.

I'll say that it's probably, it's very popular UK schools and that sort of thing. So. I guess, yeah. I grew up doing athletics and netball and never, I did swim for school, but that's because I was classed as one of the sporty kids. I didn't go to swim squad or anything like that. And I did get our relay team, school relay team, disqualified twice in a relay for doing...I always had got stuck with doing butterfly and I have never been taught butterfly still can't swim butterfly. And apparently I did an illegal stroke and the relay team was disqualified. And I still to this day, do not have a clue what I did. So that kind of shaped swimming, lack of talent and ability came from.

Then went down that traditional path of like school, A-levels, I did a gap year in the army, which is amazing. Went to university, studied engineering, got a job with Shell afterwards, still was doing sport, but it was always very much seen as the hobby. You know, you, you did the career path, you went in the corporate routes and the sport was just that nice rounding of your CV and made you look like you've got all these other skills.

Then working with Shell, I got the opportunity to do a two year placement in Australia and obviously me being sports mad anyway, and Australia was this big sporting nation, I thought this is perfect. I'm going to love this. And everyone at the time said, 'Oh yeah, you'll never come back after that two years.' And so moved to Australia 2007, 2008, started living in Sydney and it was over there that I started triathlon. I tried to get into the track, my track running and athletics, when I was over in Sydney, but I didn't really kind of found a group that I dealt with or got on when you are moving into a new place.

And then friends from work were doing a charity bike ride, 90K down the coast, one way, got the train back. They said, I should do it. I literally bought a bike the week before. It was a hybrid, a mountain road bike with, you know, flat bar across the front side. I don't even think I had cycling kits.

I think I literally was in shorts and t-shirt, um, I definitely didn't win it. I mean, it was a sportif rather than the event, but I just had such a blast and then, yes, again, friends from work just said, oh, you should, you should try triathlon. And I mean, I'd only really known about triathlon the year before in 2008, when I'd seen it at the Beijing Olympics. But in Australia, it's so popular. That's what everyone's doing at the weekend and on Saturday mornings. And so *[there's also like pools everywhere.]* Um, totally. It's like, there's a 50 meter pool on every street corner. It's ridiculous.

So. Yeah, I so kind of literally went online, found a beginners group or beginners course and signed up for it. I think it was six week beginners course, which had a triathlon at the end of it. And pretty much like just loved it, got hooked. Did my first triathlon on that same bike with trainers—I mean, my transition from bikes or run was really fast, with trainers on already.

Kelly: I'll tell you my first one though I did the same thing and I thought that would be the case. And then I like, couldn't find my bike. I got lost. And it was still like four minutes.

Laura Siddall: I know. Like when, I mean, I loved it and I have no idea. I definitely, again, I didn't win that race at all. Um, I'm not even sure I was top 10 in age group or anything. It was only a little local race as well. And I definitely remember, I mean, I loved it, but being on the bike and just seeing all these like fast, amazing road bikes with bars or T T bikes going faster than I'm on this very much...um, yeah, mountain road bike, which when I look back at the photos clearly looked too small for me as well. But kind of got hooked from there and I did actually sign up as you always do as a beginner, there were some other people in the group that I was training with and they were doing an Ironman and they were doing all these longer sessions and better training, and I got jealous and kind of went, Oh, I want to do that... I signed up for an iron man in my first year more so because I thought I was going to move back to the UK. And the prospect of training in the UK didn't appeal for an Ironman. So I thought, well, while I'm in Australia, I might as well.

Did that race again. It was more a completion of ticking a box, definitely didn't show any talent or ability at the distance, but loved it. Decided I wanted to go back to sprint distances. That was much better, but to sort of the sprint and Olympic distance, worked my way up through the age group ranks over that distance.

Fortunate to then like qualify with the British team for the age group world championships. I think I did sprint, two Olympics, and then the 70.3. And that was in 2013.

Kelly: You mean you did worlds like for the British ...which ones? Which ones more fun to make? Uh, as an age grouper, like the sprint, Olympic or 70.3 worlds?

Laura Siddall: Oh gosh. I mean, it was, I was still so new to the sport. So the first, my first was actually the first one I did was a gold coast in 2009. And then. And that was sprint. And then I did Budapest. Um, I mean all of them are just amazing experiences. Like I think the, the sprint and the Olympic distances as an age group are really special because there's a real camaraderie with the teams.

We feel like it's team GB going to that event. Um, and so I loved that kind of atmosphere and in fact, I, and then I won my first age group title in Beijing, which was really weird, cause it was kind of like full circle from that was the first place I'd seen triathlon. And it was on that course. Um, and then I stepped, stepped up to the Olympic distance and did Auckland.

And then the following year did did 70.3 worlds and London, um, age group worlds, which ... as well.

Kelly: 70.3 worlds. You don't, I mean, yeah, you represent a country, but like you don't really represent, you're not, it's not like you're on team USA or whatever...

Laura Siddall: I mean, it's still very much Ironman and still very much you qualify, like I think, and I'm, I'm seeing this more now. I didn't really understand it at the time. Funnily enough, when I did, so my qualification race was 70.3 Hanu and it was when they also had slots for Kona as well as 70.3-- And I turned my Kona sot

down, which the girl who came second was like in tears. Cause she just assumed that I would take it. I was like, oh, I'm not doing that.

So yeah, it's still very much that in your racing for yourself, although I think it is getting better and they're doing a lot, a lot of the teams are doing a lot more to come. They do the same at Kona. Now they have the athlete parade and stuff, but I think the difference as an age group of doing those sprint and Olympic...

The ITU or world triathlon as in now is, um, age group worlds. I felt that was just more of a unity. And I still keep in touch with some of the girls I raced with and met. Yeah. Which is really cool.

Kelly: So clearly you got better. I mean, you're like you like casually dropped there. Well, I won my first age group world title.

Laura Siddall: Took me a few years to win the first title!

Kelly: But yeah. How did you, I mean, yeah. What did, what improved, how did you, because eventually you won the overall amateur in like 2013.

Laura Siddall: So yeah. So 70.3 worlds. I was fortunate to them when yeah. One age group, overall female amateur defended my age group Olympic title in London the week later.

Uh, which is amazing. That's the first time I'd like raced back in the UK. Cause I obviously started the sport when I was overseas. Um, what was, I mean, I think I was always told by my first coach that I didn't have any talent, natural talent or ability, but I just worked hard and I just plugged away.

And I think that's why it's just probably, I was naturally sporty. I'm not going to deny that I've always had passion and I'd like to think I can be relevant, not necessarily good, but relatively coordinated and decent at most sports given a bit of time. Um, but yeah, not specifically bags of talent in any one area.

For me, it's, it's just been years and years and years and hours and hours of like that training and drive to, and I'm just cause I loved it. I loved it. And I've just like, It was, you know, I'd moved to Sydney. I did have some family there, but I was relatively new there and sort of on your own and suddenly there's this whole world of triathlon, but a social network as well.

And it was such a friendly group that we had to train with. And then, you know, again, they're still some of my best and closest friends, even though we're all, you know, I'm around the world now that it was so much fun getting up in the morning before work or training after work because your friends were there.

Like I said, then just that drive, you can, again, I think with the sporting background, when you start a new sport, you see those gains really quickly. Um, and so that kind of motivates you even more.

Kelly: And eventually you applied to stay. It sounds like, uh, people were right though. You'd never went back to UK from Australia.

Laura Siddall: That is right. So the first time I've been back to the UK properly was late last year because of lockdown. So, you know, I left the UK at the end of 2007

and then what, right now, I can't even remember 2020... I ended up back there living with my sister and I was there for what, six months. And that's the longest time I've spent back in the UK since, since I left. Yeah.

Kelly: So did you-- you were still working in Australia, right? You just like...stayed.

Laura Siddall: Yeah. Yeah. So I was still at this point doing, doing the sport as a, as a hobby as, um, I did towards that end of that 2013, when did 70.3 worlds I did start to get that kind of, and people kept saying to me, you should turn pro and...So me coming from the UK and sport at that time. And again, I'll say it's very different now. Sport was still the hobby and this professionalism of doing it as a career just didn't comprehend. But I think that's where Australia was so further progressed in that there was this people saw it as a profession and you got your pro card and that sort of thing.

I mean, I still felt so new to the sport at that stage. And, and as well, it was coming to turn professional at the path or the full distance, not the IT, you know, the Olympic cause I was one, I was too old. I wasn't in any Academy program and I couldn't swim. Oh, I got or my swim would never have made Olympic level yet.

So, you know, and I had only really done a couple of half distances, but I. I did go down to three days a week at work. I had an amazing boss, a female boss who, um, really like she allowed me to do three days of work a week, but I kind of found doing that. I got stuck in this... I wasn't really doing anything very well.

[Yeah. I've been there.] Yeah, no, I worked Tuesday, Wednesday, Thursday, but Tuesday was catching up from like the Monday, Friday and the weekend I wasn't in the corporate, in my corporate job. You'd get some work done Wednesday and then Thursday almost prepping the team for not being there Friday, Monday. Um, and in the end it got to that stage of going, you know, I, I, I'd been so close to making elite level at netball and athletics, but I'd never had the confidence again to it just not being sort of considered the thing to do.

I'd never had the confidence to give it a go. And I got to that stage of going, this is like the third opportunity. And if you don't take this opportunity there isn't going to be another one because it now, you know, now I was 33, 34, right. And it was that the corporate world will always be there. I'm still new to the sport.

I have no idea what I can do, but if I don't give it a shot now I am never going to know. And I didn't want to have that, those regrets that like five, 10 years down the line going, what if, what if I'd done that kind of thing? You know? And I wasn't, I had a great job, but I wasn't particularly happy in the job.

Like all my headspace was around the next training session and what my next race was and trying to do that, which, you know, it's probably, the grass is always greener, you know, now I'm in the corporate world and that salary coming in, especially this last year sort of thing, but I do love what I do. And I know, um, I mean, God, growing up thinking...

When was that? So I turned professional in 2014 or end of 2013 at the beginning of 2014, moved, packed up my life in Australia and moved to San Francisco. So literally ended the corporate world. I would come home, I'd take my suit off. I put

it in a pile. And then I donated that pile to kind of, um, I think it was dress for success charity.

I don't, I haven't got a suit anymore. I don't own any smart claims[?] anymore. Moved to America. And yeah, I mean, who, I could not think, like when I was growing up that this I would have traveled around the world, lived in the places and now be sitting in Spain, talking to you about being a professional triathlete for the last however many years. Yeah. It's a bit crazy.

Kelly: Yeah. I mean, you moved to the US to train with Matt Dixon, right. And, uh, I mean, like Australia already has, like, why decided you have to move to the US from Australia?

Laura Siddall: Yeah. I guess kind of become aware of Matt through, you know, and then being a bit of a sports nut. So I following Rachel Joyce and Emma-Kate Lidbury actually, and Emma-Kate was sponsored by Wiggle at the time.

And I won a year's sponsorship with Wiggle as an age grouper. So we kind of talked a bit, and then I think, you know, from Rachel, Emma-Kate, like was aware of Matt, um, didn't know, huge amounts about the pro scene in Australia, I guess. And I think at the time they weren't, I was looking for a squad environment.

And so everything kind of Matt had, and, and the athletes he had in San Francisco. And I. I knew that I couldn't stay in Sydney and try and do it professionally. It was just too expensive. Little did I know about San Francisco? [Right? You're like, boom] all the time. I needed to immerse myself in an, in a group that were all like, not all professionals, but had other professionals and that just wasn't available in Australia and also the coach at the time.

And like we left on great terms, his expertise wasn't in the professional field. So he didn't have that, um, awareness. So yeah, I mean, that was, I kind of, if it was like, if I'm going to do this, I'm going to do this fully. Jumping in, um, let's go and move to the States and, you know, land of opportunity and all of that, right.

Sold, moved to San Francisco. I realized that, Oh my God, it's really expensive to live here when you are a new pro and you've just thrown away your salary. And you're like hemorrhaging money in rent every month.

Kelly: Did you like, not Google?

Laura Siddall: This is a funny thing. When people ask you, how did you, how how'd you weigh up that decision to turn pro and did you do like a, a risk, you know, a financial, like what it would cost?

And I kind of went. Yeah, I kind of did. And then I buried my head in the sand because I would have talked myself out of doing it if I really looked into it. And so I was kind of like, I'm never, if I, if I do that, I'm never going to make this lump, make this jump or decision. So it was kind of like, look, what's the worst going to happen.

I'll move back to my parents kind of thing or something. I'll change tack again. But so I kind of, yeah, a bit of naivety and head in the sand of like, let's just sell it, sell

everything I own in Sydney. Get on a plane, move to San Francisco with my bike in a suitcase and see what happens.

Kelly: Yeah I mean, you, like, I think you, uh, what's the word I'm looking for, lived at other people's houses for a while, right?

Laura Siddall: I did. I have some very generous friends around the world who have supported me in various ways over the years. So I'm very, very incredibly grateful for that. And if I can return the favor to any athletes or pros traveling around the world, I definitely will do.

Kelly: Yeah, because since then, I mean, you basically don't live anywhere.

That's like a nice way to say that, but you are in Toronto right now. You're in Toronto, usually half the time you're in New Zealand, like half the time, but you're out here in Boulder. Sometimes you were in the UK, you got, like you said, you got stuck in the UK last year. How do you do that? Are there like packing tips? Do you leave stuff all over the world?

Laura Siddall: Yeah, so, um, we have, uh, all my friends call it shizzle, which is "shit that Sid left". And it's basically the stuff that I've left at various friends' houses around the world that they either were looking after for me to return to at some point, or they're looking after cause I'm like just forgetting I've left it there and I can't cope with it. Um, I tried. Yeah, it was getting really difficult. I don't know why I ended up just doing this nomadic life. I think I didn't really, I didn't really settle in the U S I had the opportunity to go to New Zealand and work with, um, a cycling coach called Paul Buick, who was working with Matt Dixon at the time.

Went to New Zealand, just fell in love with the place. I think like living in the Southern hemisphere in Australia for seven years, it kind of just felt like, I don't know. I just, I just loved it, loved New Zealand, but then it was kind of like, I don't want to say there in winter because it's miserable and there's no races... didn't want to go back to the States. Ended up coming to Europe, fell in love with Girona. And then ended up doing this like split life between New Zealand and Spain, um, and partly with racing and seasons, and then just not having that one base. And now I have like, it's awesome, but it's also really hard because I have such a great community in New Zealand that I love and miss, and I have such a great community in Girona that I can't work out where I'd want to be, which is, you know, like I said, it's a nice problem to have as well. Um, but then, and now, you know, for the last year or so, I've been working with, uh, Julie Dibbens, who's in Boulder and never thought I would say I wanted to be back in America again, after my like previous experience, but I've been out to Boulder twice.

Absolutely love it. Just love being with my coach and with a squad. And so now it's like, Oh, now am I throwing a third place vin the mix? Or do I have to like sacrifice I guess, or, or choose to not do one of my other locations. And then, I mean, COVID has thrown everything's up in the-- I haven't, I left New Zealand, February 2020 for five, or as I thought it was at the time, five week training camp in the US with Julie and the squad.

And I haven't been able to get back since, so I do have a lot of stuff back there, which again, a good friend Nadine is looking after and she keeps threatening to sell it. And I'm like, it's probably not worth anything, but you can have a go, um, but, yeah, so I've been more European based, um, which, you know, like has been nice for a change to be, to feel like I'm have my own place.

I'm not living in somebody's spare room or I'm not living in a tiny sort of apartment.

Kelly: Yeah, so I was about to ask, do you just have like apartments all over the world that you?

Laura Siddall: Yeah. So the moment, this is a scary thing. I've got like a year's contract on the place in Girona, um, which is a bit scary. It's also nice.

Cause it, I don't feel I'm tied here, but it means I don't have to pack up my life and store it in a box. You know, when I leave to go somewhere else in New Zealand, I was really lucky. I rented a studio apartment off a really good friend. They'd got a studio at the back of their house and when I'm not there, they Airbnb it.

And when I say I'm coming back, she just block books it for me. Um, so that's really cool. And then again, it's like, like you said, I'm lucky I've through almost through the sport and the community and the nomadic life, I do have friends in lots of places. So, um, you know, when I'm in Boulder, I stay with, uh, a good friend, Dave and Ezra Kellerman.

So they're always, there was, let me stay there and. Yeah. There's but yeah, it's nice. I am enjoying having my own place and space at the moment.

Kelly: Okay. Uh, I mean, even if you break the lease, they're going to have a hard time finding you clearly. Sid, I feel like I need to know why you said.. "I was surprised that I wanted to come back to the US" what's wrong with the US??

Laura Siddall: No, nothing. Like I loved it, Boulder, and it really, I guess I was freaked out a little bit like this Boulder bubble and it's the who's who of triathlon, and I've always done things a little bit different.

I've been kind of that individual. Um, and I think I didn't have a great experience in San Francisco for various reasons that. It scarred me a little bit. And I was kind of like, Oh, I'm not sure if I can do the whole living in the US again and everything like that. But like I said, it's totally put my head in a spin, like being back there, when was it, you know, a month ago or so.

Um, and just that realization of like the benefits of being with your coach and not just with your coach, but with a squad and with teammates and just the other people in ...the other people in Boulder, that get what you do. And they might not be athletes now and they were, or they're involved in the sport, but it's just that those, they understand what you're trying to do at the same time. If that makes sense.

Kelly: I'll tell you though. Okay. We're going to take a timeout from talking about Sid for a second and talk about Boulder. I have been here for about a year now. I do not understand the training appeal. It is like objectively, not a great place to train. The weather's really inconsistent, the air quality is not great. Like, I can show you

the data. I don't understand the bike path situation here. The biking, I feel like the cars are going to kill me. I don't think the running is either like straight up or you're like running around farms. I just don't, I don't get it. I don't understand it.

Laura Siddall: And this might be where, like I've seen snapshots in Boulder, so I've been there for like two, two week stints... so I've probably seen, and I, to be fair, I've ridden outside once in Boulder, otherwise I was like on the trainer or the year before I was injured with collarbone.

Um, and so I haven't probably had that huge amounts of... like the regular training routes that you're doing, finding those places to run and stuff. So, and I do like, I think everyone who also knows me, there's a reason why I travel from summer to summer. Cause I hate sitting-- or I used to hate sitting on the trainer.

Um, and the treadmill I am now learning to have, uh, I quite enjoy the treadmill sessions and the trainer sessions. I can get through them as well. Um, so that's been quite different for me over the past couple of years. So yeah, I've probably not fully, I'm probably seeing the good parts of Boulder, and haven't like been there for any, but I still think that potentially...is outweighed when you're with training partners or people to ride with and do those sessions with, I think.

Kelly: Yeah. I mean, that's obviously the one, I mean, obviously when you have a place that everyone says is a great triathlon place, you know, Boulder, San Diego, Tucson, whatever, like really I've been to all those places. They're not like *that* amazing objectively. What you're really saying is that your friends are there and you like to train with your friends. Like, that's what you're saying,

Laura Siddall: You know! I've spent a lot of time traveling around and I train on my own all the time. So it's kind of like, it's nice to feel like you have that bit of motivation with people and a bit of banter.

Kelly: Yeah. Cause to me the best training place hands down is Marin, but that's where you were based in the Bay area. And for various reasons you didn't love it, right? So it's really about, you know--

Laura Siddall: Again, I think, yeah, I think it's, I mean, I like... the training in Marin was great, but I was living in the city. So then ...and I didn't have a car and. And then you could live in Marin, but then it's like as a single person or whatever. And then when it's triathlon, you don't have that much time anyway. But when you do, you don't want to be traveling the half hour or whatever over the bridge to get in, to do anything sort of thing.

Kelly: So you're basically saying there weren't enough other singles in Marin.

Laura Siddall: Yeah, it seems to be, yeah. Yeah. I'm going to not dig a hole now ... and I don't know why I'm complaining. Cause I'm still single, which is probably why when I travel the world, I'm never in one place long enough anyway, ...the triathlon.

Kelly: It's fine, it's fine. What are your parents-- and your family think? Obviously this last year, they actually got to see you for like six months. Which must be crazy.

Laura Siddall: Yeah. I think they were pretty shocked. I think they've always been super supportive. I think, I think it's tough. I would say. You know, and think, you know, I'm sure my mum finds it tough. Not... I'm one of four girls. Okay. So there's plenty of us around. And then two of my sisters have got kids, so there's... We've got three nieces and a nephew. So with the grandkids, I'm definitely at the bottom of the list. Again, like priority to be around. I mean, yeah. And this year has been a bit different for everyone, you know? Yeah. I think mum probably does find it hard and you know, I've had the odd comment from my sisters about, you know, you should be back in the, or we want you back in the UK and stuff like that to see more. Um, but on the whole, they are incredibly supportive and just, I guess, wanting to see me happy in doing what I love. Um, in fact, my, one of my sisters was quite happy when I spoke about the prospect of moving to Boulder and she decided that was quite a good one for her. She, she likes skiing. And so she saw the appeal of being in, being in the States and going to Boulder to go skiing.

Kelly: Uh, I mean, at this point they were probably a little, like what, when you decided to quit your corporate job at this point, is this considered a success? Was it now like okay. Pro triathlon worked out?

Laura Siddall: Yeah. I'm not sure... I remember when I, yeah, so when I, so I worked for Shell for two years and then was due to return to the UK.

And that's when I kind of made the decision to stay out in Australia. I was loving it too much. Um, and I remember my dad... and I, so I left and I had to leave Shell and obviously Shell is this huge multinational... You can have a career for life within Shell, which involves so many different roles and experiences.

Right. And I remember that like one of the things my dad said to me was like, but they have a really good pension. Um, and you know, and, and, and I get it like, that's, that was his worry. Cause I was li-- he he'd been in, he'd worked for the same company, all his life and my granddad and his dad. And he was like, he'd worked at the same company.

So that was what you did in those days. You kind of had a career within one company. And so me then being on the other side of the world, and then leaving this big multinational corporate with security of jobs and just changing jobs and then let alone then leaving the corporate world. I think by the time I made the decision to leave the corporate world and be in triathlon, they'd kind of just given up, given up anyway.

Um, I mean, has it been a success? I mean, gosh, um, I mean, I'm still, I'm still here ...just about surviving, but I mean the last couple of years of the finances have taken a massive hit. Um, I mean, I was fortunate coming out of the corporate job I had and I sold a house in the UK that I had some funds behind me. Um, like I said, they have been massively diminished in this last year, um, with, with no races and then through injury and stuff.

Um, but I mean, is it like, is it a success that I had it like seven 2018, 2017, 18 were really relatively financially like good in terms of races and results. And I could survive. And I had had that, um, I don't know how you, how you call it, but, um, I made a bit of money out of it, I guess. Um, and like I said, I'm still here.

I mean, like you, you don't do this well, I didn't do the sport to make my millions, like if I'd wanted to be financially secure. And that was success for me. I would have stayed in the corporate world. That was how I was brought up in materialism of getting a good job and climbing the corporate ladder.

And you got paid more kind of thing. And that, wasn't the reason why I then went to, decided to quit that and come to triathlon. And the triathlons always for me was like the passion and the love of doing something and seeing how far I could get it, if I could. And yeah it has to be sustainable. And it's been an interesting mind shift.

You know, I remember the first race I did as a pro in, in America. I'd literally been there a week and Matt like threw me in, I think it was wildflower, which was an amazing experience, but like a pretty big eyeopener as a, as a pro. And yeah, I think I finished top 10 and they paid top 10. And the first thing someone said to me, it was like, oh, well then you got a paycheck in your first pro race.

And I was like, that hadn't even like, it wasn't even in my...Like head that I was doing it for money now. Like I was just still in that, "I want to see how good I can be. I just want to like progress"... but it's been interesting. And like talking to other pros and you learn from them, have that mindset of actually going well, you do have to make a living out of this.

You haven't got other ways to support yourself. There is a, you are a business now sort of at the end of the day. And so, I mean, I was still will not race specifically for money in terms of like you could, if I turn up to a race, you can ask me what the prize money is and I probably won't have a clue. Um, but yeah, it is, there is a consideration of going, you've got to make it, you gotta make it work.

And like I said, this year, you start thinking about like, okay, am I going to have to think of other ways to side hustle or what am I gonna have to do to kind of cover that rent or cover my coffee habits.

Kelly: You do some other stuff, right? Like you also work with Challenge. You do like a few other things.

Laura Siddall: Yeah. I think again, maybe to my detriment at times, I think just coming from that again, like the way I was brought up with. Work and academics. And then the degree in the corporate job and the sport was a hobby.

I, one of the biggest things I found hard when I turned full-time pro, is that sitting still rest/recovery thing? I kind of felt I had to be doing, I felt guilty. I felt I had to be doing something all the time. And I think like the same, I just fill my time with other things. So yeah, I mean, I do some work for Jones.

I worked with Challenge Athletes foundation. Um, I set up some work, a charity with Soles for Souls. So collecting, um, secondhand shoes and kits to distribute. Um, I'm like currently at the moment, going through about 50 applications of young female athletes to pick one, which is the most hardest thing I've ever had to do.

I just want to support all of them. Just want to help all of them. But this is like a sponsorship opportunity, which I've been given through some of my partners, which is awesome too, to give some kit and sponsor and mentor a young female for kind

of ..for a year. Um, so that's, and that's like just going through those videos is taking so much time, but I'm loving it. Like, like it's ...just going off on a tangent...It just shows me the need that we need to put more structure and support into the sport and not just females coming up through the sport, but younger athletes that they need more. And there are lots of great programs out there. Don't get me wrong, but this has been quite an eye-opener as well.

Kelly: It's a UK based thing, right? So it's like only British girls.

Laura Siddall: It is for this one, I say this one, but it's been amazing. I've had quite a few people reach out from, from the US from Australia, New Zealand kind of, this is really amazing. Are there other schemes like this, like in our countries, we're really keen to look into things. And so I'm now still working with those athletes, trying to work out what I can do, um, with them.

And if I can then hire them this year, but in the future, set something up broader. Um, I mean, I think it'd be really great to have kind of a, a community, a team, whatever you want to call it of young females all over the world, but can connect together and share their experiences and learn and have some of the pros involved as well.

Kelly: Are you going to find a team? It sounds like you're going to found a team.

Laura Siddall: team, but I need, I need to get it. Okay. Plug, if anyone would like to help me found a team, please let me know. I'm more than welcome. So the other thing that's been amazing about this, I've actually had people in, um, like sports nutritionalists and psychologists reach out to me saying, hey, we've seen what you're doing. Can we help? Can we offer our services in any way? Which has been amazing. So, yeah.

Kelly: It is interesting. I mean, you kind of said earlier, uh, that when you were starting out kind of, you know, 2010, 2011, like, it wasn't as much a thing in the UK to like be a pro triathlete, but now it's insane.

Laura Siddall: Yeah. Again, I remember being at university and one of the, I was like in the netball squad and one of the girls in the team did triathlon and I was kind of like, you know, what is that?

Why would you do three sports? I'm just a runner as well. Um, but now I have so many of my university friends, like reaching out and go, oh, I've just signed up for a triathlon. Or like, even just going back and seeing the number of people out cycling and like going through this, actually, this has been amazing.

And again, going through the application forms, um, so we did it, I did it between 14 and 25 years of age. And a lot of the older ones have literally only started triathlon in lockdown. And they started cycling during, during like, like last year during the pandemic. Cause there was, they couldn't do either the original sport or they went to university and then this was this.

So that's kind of, that's amazing that there is, we've talked about it before the people picking up the sport and then there's a group like the other 14 to 18 or 14 to 17 year olds who've been doing it since they were kids. Like they're still kids, but

doing it since they were like eight and nine and that's often because their parents were doing it or they've, you know, were inspired that way.

And so it's kind of like, wow, there's a lot of people out there that are actually doing the sport that when I was growing, because it's not like in Australia the triathlon in New Zealand, triathlon is done at school in the curriculum. Like it just, it wasn't a school sport. And so you'd only get into it, I guess, through if your parents did it, or maybe if you're a swimmer and had somebody who was a triathlete or maybe a PE teacher at school was a triathlete or stuff like that.

I mean, I, I have to say, I think the changes have been the likes. I think Chrissy Wellington, to some extent, but still. Iron man and the long distance is a little bit less known in the UK. It's mainly about the Olympics, right? [Yeah. I was going to say, isn't it about the Brownlees it's the Brown, where's the brown---]

So Alistair and Johnny has done huge things for triathlon in the UK. Um, you know, I think there's always this, if you're in the UK and you talk to it and you say you're a triathlete in the UK, everyone will say, oh, have you been to the Olympics? And then, but if you're in, like if you're in the States and you calculate, it's like, have you been to Kona?

It's like, there's this difference in attitude, but yeah, it's, it's incredible to watch the, watch the growth and the difference and the development of the sports, um, in the UK or be it from kind of whilst I've not been there.

Kelly: Yeah, I mean, cause you and I were talking, I mean, at the Olympic level, the British women also are insane right now and they really actually kind of.

I think if the Olympics had happened last summer, um, it would have been a different, different ballpark, but they've really used this extra year to like, get super good.

Laura Siddall: Um, yeah. I, I, which has been impressive because like all the facilities are well, so all the facilities are shut down and were for a lot of people, but I think, and this is where I do credit British triathlon.

They have a strong focus on their British, um, their Olympic and Paralympic program. So they've got a lot of work to enable those British, the, you know, the funded Olympic and para athletes to get the best training still, whilst other facilitate whilst for Joe Smith, um, you know, you can't go swimming, but they made centers available.

I know that. Um, I know some of the athletes that are based in Leeds, but Leeds weren't able to open the pool. So they would provide accommodation. They would go down to Lufburrow bruh. They would stay, you know, in accommodation, in Lufburrow and able to use the pool there with of course, all the protocols and that sort of thing, and lots of testing and stuff to make sure everything was all still, you know, COVID safe as such, but I think they've done a lot of work and yeah, I mean, we saw Beth Potter in super league and then crushing it in super league. And then in the shoot, what 5k road British,

Kelly: I feel like we should probably tell people what happened. Um, so yeah, Beth Potter is like the up, I mean, she's not even to be clear, they've already named the Olympic team, Jody Stimson wasn't even named of the team.

And then she won challenge Miami. So Beth Potter is like maybe number five in Britain and she won super league two weeks ago. And then she ran a world record 5k on the road this past week, like casually, like it was like a local 5k.

Laura Siddall: Yeah. And like at a 14, yeah, 14:40, which was just like, I was trying to comprehend that.

And then, yeah, just mental, but I think like her...her performance in Superleague. I think, you know, everyone knew, so she caught... let's put it into perspective. She is Olympian. Yeah. So she has been to the Olympics for track. Um, she came over to triathlon a couple of years ago. Quit again, quit her job as a teacher, moved up to Leeds to train, um, has always had swimming considered as a weakness, but actually if you look into it, like it was interesting.

I heard a podcast and actually she grew up being a swimmer. Um, I know, you know, it's all relative, but I think that was the thing that surprised people in the Super league was that no one, everyone knew that she could kind of run and ride a bike. But I think all the focus on the swimming had been on Sophie, Coldwell, at least Charles Barkley, and suddenly like Beth is right on their toes coming out of the water and then just like runs away on the treadmill and then solos on the bike in the first race sort of thing.

Kelly: I mean, I get the whole, obviously this has been our whole conversation. You got to do what you love, but she's pulling like a reverse Gwen Jorgensen here and pardon me, he's being like, why are you not going to the Olympics in the 5k?

Laura Siddall: I must say I saw that like road race and all the, like, I had friends here who, uh, marathoners like, and they were like, did you see Beth's time?

And I'm like, yeah. I wonder maybe if like, cause she's, she can still do triathlon in 2024, like Paris and she's got the Commonwealth games that she can do. And because the British team. for triathlon has been selected now, like why not throw your hat in the ring to get to 5k? I mean, I appreciate it's different running on the road to the track, but yeah, I don't know that. I mean, that's, I guess you...

Kelly: We're just like offering Beth advice

Laura Siddall: Cause I've been to the Olympics as a spectator, so I don't actually, not that she's been there as an athlete at all. Right, right.

Kelly: I think it's always funny to be about, uh, all you British triathletes. You all know each other, like everyone knows each other. It's very weird.

Laura Siddall: It's yeah. I mean, that's been a funny one though for me, because I've never lived there. So I've always felt a bit of, I'd say an outsider and that's not in a bad way kind of thing, but I've never had, you know, I haven't, I didn't grow up doing the races in the UK. So a lot of, you know, I wouldn't necessarily be known over there as one of the professionals and um, wouldn't know anyone, like I knew of the British athletes and I would follow them, but didn't, I guess it's only been in

the last sort of couple of years that with some of them sort of moving up to the half distance and then through the work that I do with wits up as well. So women in triathlons, so connecting with them that way and do some chats and interviews or races and things like that.

And then I think having the base back in Girona for part of the year has kind of reconnected me a little bit. Well, okay. We're not Europe anymore. That's another, another deal. But, um, being in Europe and closer to the UK and, um, getting to know some of the athletes better through, through some training and racing and stuff like that.

Kelly: Yeah, I'm just saying here in Boulder, I feel like the British always find each other. It's a thing.

Laura Siddall: Yeah. I think we do-- in Australia, we found each other. I mean, here in Girona like I'm trying to learn Spanish. It's impossible. Everyone speaks English or it's just all like the Brits or there's a lot of South Africans there as well, but it's the work... like the cycling community is in the triathlon. It's like English is the language.

Kelly: It makes sense. You, uh, uh, you kind of mentioned in passing, uh, you know, you had your, your broken collarbone and your broken foot. You have so many problems. Uh, obviously you turned pro you trained, you got better, you like took the recovery things and you eventually won Ironman Australia. Three times. You won... how many iron mans have you won now? A bunch.

Laura Siddall: Five long distance. Yeah, yeah, yeah.

Kelly: But then I know the last couple of years have been a little rough cause you broke your collarbone. And then when I talked to you in the December, whatever you had broken your toe, your foot...

Laura Siddall: Yeah. Yeah. Tore the fascia in my calf. Yeah.

Kelly: Yeah. there you go. I feel like. Yeah, you just said like, it starts to be a lot, right?

Because I, as someone who's had like one problem, then you have another problem. You have another one. How do you deal with that? Like training wise, emotionally ...

Laura Siddall: I have to say to start with, I've been incredibly lucky, like in my life and I always say this and then find every part of wood I can in the house. I, you know, like for the 38 years of my life, I was never injured and never got sick.

Kelly: Never got sick, not a single time.

Laura Siddall: So hardly ever... And I think possibly living like ended up living summer to summer, but I don't know if that helps, but I was, I've really been lucky with not being, not being sick, not being injured. And then I broke my collarbone and then it's suddenly like the body's going all right. We're just going to throw everything at you that you've missed for the last 38 years.

And the next two years, you're just going to be permanently injured. Um, so in one way is that was really tough because I've, hadn't had to go through that process before, right. So suddenly like you're dealing with, okay, how do you manage an injury? And at first it's like, this is fine. I've got this, I've... especially I think with a broken bone, like a collarbone, it's very kind of sets in what the recovery process is, but you can get back on the bike and you can do stuff and very focused on like, like what, what, what is it that I can do?

So let's not dwell on what I can't do at the moment. Let's focus on what I can do. Um, and then how do I come back even stronger than when I was kind of before? Um, I think a lot, when you also going through injury is having the support network around you. Like, I don't think without Dibbs, um, with COVID as well, but getting through then the subsequent stress fracture on my collarbone and then my calf injury.

Um, I don't think if I hadn't had her support and experience, I would have been in the same place to get through it. And yeah, I'm not saying there were definitely rough patches. You could have a conversation with her and she'll tell you a totally different story about how I was coping with things. Um, but ...and it's easy to say in hindsight, and again, touch words, I'm on the right...I'm on the right track again now. Um, but I do think it's like, it is trying to stay. Yeah. Give yourself a few days where you want to hate the world cause you're injured and for whatever reasons or something's happened. Um, and then it's kind of sitting on, okay, what can I do? With this injury. So what are the things I can do in my training and everything else to not only recover, uh, rehab better, but to almost come out of it stronger.

So like, so with my calf tear in December, then like working with the physios, like they were doing a full kind of assessment of going, okay, well, your calves were pretty strong, but actually these muscles around it on a pretty weak, so we can work on those muscles through the rehab as well. So that hopefully when you get back up to full running and stuff like that, the rest of your, your muscles and your structure is strong, stronger. Um, you know, things like with the calf as well. So, and to the world of aqua running, still not fully running, you know, I was like, I've got nothing to lose here. So if I lie that I won't notice the difference and that's fine, or that will be a difference, you know, and it will bring me out the other side at a better place.

Um, I got, I bought a lever running system. So when I was able to start running a little bit, it's basically fits on your treadmill. You put these nice, sexy shorts on, bungee cord yourself to this frame, and then you basically lift your weight off, um, you know, think of a baby in a harness, in a doorframe that bounces up and down what it is... that's adults running.

And so that enabled me to kind of, um, get back into running, but without the impact on, on my, on the muscle as much. And actually now, even though I'm now back running outside, we're still using the lever system to like help increase my speed again and stuff like that because you can still kind of manage the load as you come back from rehab.

Kelly: And you were able, I mean, obviously like we've all or not obviously, but like, I mean, plenty of us have done the water jog-- What's the one with the bubble, you know what I'm saying? Where you run and you? [The alterG.] Thank

you. But the thing is like that you have to, it's really expensive. You have to buy it, you have to know someone who has one, or whereas this, you said you kind of can like buy yourself and put it on your own treadmill.

Laura Siddall: Yeah. So I bought it, but what the brilliant thing about it is it's portable and it's pretty lightweight. So, um, I got it shipped to Spain, but then I took it with me to the States and I'll took it in the, uh, the UK and stuff. I know you can pretty much fit it on any, on any treadmill. Um, so yeah, I could travel with it, which is great.

Kelly: I feel like the thing about injury isn't so much, I mean, one really bad injury is like shitty. Right. But you're always like, okay, I just have this X amount of time and then I'll be fine. It's what always ends up happening it feels like is then you make another mistake, right? Like then you overdo it with your strength training and you hurt it, right.

Like, this is always what happens to me. I break my foot and I'm like, oh, I will do a bunch of strength training. And then I put a weight bar through my lip. And then I like, not these aren't real examples, totally pulling this out-- And that's when it starts to get to you is when it's like one thing leads to another leads to another. And then you're like, Oh my God.

Laura Siddall: And that's where it can help having like a coach or someone that's pulling you back for that patience side of things. So, you know, I think in hindsight, when my collarbone stress fractured, like I think we did everything pretty conservatively.

But obviously we, and I had no symptoms. I had no pain or anything leading up to it just literally woke up one morning and a stress fractured again. Um, and I think though, looking back in hindsight, we probably overloaded my swim too much. And it was, it was almost like that panic of like, I need to get back, um, which is kind of where, and, you know, everyone said, oh, it's a great time to be injured during a pandemic.

Cause there's no race as well. You know, as an athlete, there's never a great time to be injured in what you do. But yes, it removed the pressure at the beginning of the pandemic, not then when I did my calf, but it removed the pressure to force yourself quicker to get back for a right. So you could, we could take the time to be careful and you know, and I, I'm not as young anymore.

I don't have that many years in the sport left and it was kind of that fear of going you don't. There is no opportunity to do this again. Like if you get injured again, you're pretty much, that's it kind of thing. Um, like I would prefer to retire on my terms. Um, so there's a definite patient element to it as, but that, and that's where it's really hard as well.

And I probably struggled more with the calf injury than I did with the collarbone break, because like I said, with the break and a fracture, um, like you got it plated, but there's a pretty standard process of rehab and yeah, it varies for some people. Ken Lay comes back very quickly, Laura Siddall doesn't, um, for whatever reasons, but you know, there's that it's broken, it's a broken bone that has to heal.

Whereas I really struggled with the calf because after like two or three weeks, I had no pain. So I was kind of like, I don't have any pain. Why can't I now start doing stuff? And it's kind of like, yeah, but it's, and it's... It was the fascia, not the muscle. So it's like the fact that it would take longer. Um, and I also, yeah, the thing for anyone going through this, I just say, get good medical advice at the start.

And that's not to say I didn't get good medical advice, but I had through the collarbone and the calf, I've had several changing medical advices, a six to eight week diagnosis, which I was given. Then suddenly you speak to someone at no, it's like, no, that's a 12 to 16 week injury and that's a whole different head fuck. Sorry. Right? The same. Like when my collarbone stress fractured, I was told if I let it heal naturally it's four weeks. And I was like, I can cope with that. I can like get that in my head that it's four weeks and this is what I'm doing for the four weeks. And then I'm good to go. And after four weeks it was displaced, hadn't joined. And then I needed to get it plated again. And I'm like, and again, I was told like, well, it was never going to be a four week and I'm like, so that that's, that was a hard thing as well, like different information coming through and knowing, and again, part of that is. Through being nomadic, you know, I don't have that one focal point or that one person that I can go to for all of this, you, you kind of seeing, and you know, it's hard for them as well as an ex you know, they're experts, but they're seeing you for snapshots all the time.

Kelly: Right, right right. I also have this theory that like, well, it's not a theory. It's a fact, but I have a theory that like, when you're really, when things are going badly and you're kind of like at capacity, right. Like something happened, but you're, you are so you're then like rushing other things, you know what I mean?

Or you're like, you're late for work because you had to go to the doctor and then you, and then you make more mistakes. You know what I mean? And then you, and then that leads to more problems. And then you started thinking like, oh, it's just me. I just have really bad luck. I've seen this with all my friends are like, oh, I've just had a really bad few months.

But really like, it's just that you're like accelerating the...

Laura Siddall: Yeah, definitely. It's really hard. You kind of get into that spiral and it's also like a mindset thing of you, you know, you convince yourself that that's happening and you know, people talk so much about having that positive mindset of believing, you know, what is it, if you think you can, you can.

And if you think you can't, you can't sort of thing. And it's, to some extent, I do believe that with injury as such, like, if you, you almost can like self prophesize that the things are gonna happen because of the way you're, like you said, you're rushing things or you're fully focused or you're, you know, you're distracted by something of the injury.

Whereas if you kind of take that time and, and it's hard, I definitely didn't get it. Definitely not saying, like to sit down and go, okay, like what can I do to focus that this is right and it's going to be good. And these are the positives that can come out of it. And that side of things. Yeah, it's tough.

Kelly: So what is your plan now? What's next? Are you going to do St. George? Like everyone else, like Daniella. Yeah.

Laura Siddall: Daniella is going over there, I think. St. George and Tulsa are like the next who's who races. I mean, that's kind of exciting in the sport. We've said for so long that the top athletes don't race against each other enough.

And it's just that those, like, you know, at the Kona or all those world championships, and now, cause there aren't that many races --

Kelly: You're like, this is the upside of the decimated Iron Man calendar.

Laura Siddall: Challenge Gran Canaria is I think in a couple of weeks. And it's like the who's who of Europe is racing. It's like the European world championships. Cause that's the only race the Europeans can kind of get to. Um, so, uh, what am I doing? So I am hoping to. So we're now running outside, which is great. And again, I have to say like, whether it's the water running or whether it's the lever system, like I've been surprised at... I'm definitely a, definitely a long way to go, but just like the progression we've made pretty early.

So, but I mean, full control Dibbs is holding me back. We're being patient, um, I'm hopefully looking to do a race. And again, we can have a whole conversation about Europe and what's happening with races and the rest of the world. But hopefully end of may early June to do, um, can be a half distance and kind of like blow cobwebs away.

And, you know, I haven't raced since December 2019.

Kelly: Oh my god, me either. And I going to do St. George and I think it's going to be one of those ugly...

Laura Siddall: Um, and then do a full distance in July. So couple of options, depending on what the world is looking like at that time.

Kelly: There aren't that many options, I gotta tell you, I was looking at the calendar.

Yeah.

Laura Siddall: Yeah. Um, and then Roth in September is kind of the plan...in touch with that kind of goes ahead. I was planning to do Ironman Wales. That's now back to back weekends with Roth, which is off the back of Tokyo, um, like September is just going to be crazy. Um, so yeah.

Kelly: I think that may end up being true for everyone because of how they've pushed races.

And then everyone's had their, I mean, obviously this isn't an issue for you, but like, uh, age groups have had their registrations rolled over. I think everyone is looking at their calendar now. Like, Oh shit. I have like four halves and two iron mans in two months.

Laura Siddall: Yeah. It's just, I mean, it's, it's all, if I did the race plan in, in, um, in September, like there's potential that I might be in Tokyo very long shot, and then I'd be like, and that's not for me racing in the Olympics.

I have to say, no, not something like taking one of those slots at all, finding some country to represent. Um, but it'd be like Tokyo, come back. Race Roth the next weekend. It'd be, Wales next weekend. It'd be something else. And then you like roll on into the end of the year.

Kelly: It's going to be an interesting September, October guys. For everyone.

Laura Siddall: I mean like the way things currently feel. I hope it is interesting like that because it means at least we're back racing. Like, and it's just. Yeah again, I mean, we talked about like, oh, we, it feels like we're getting back to some form of normality, but it's not normal. Like it's still yeah.

Kelly: And people also need to like know, and obviously Europe is seeing the effects of this right now, but people also need to like, hang out, like, yeah, give it another month guys.

Like, don't jump the gun here so that we can actually have races this summer and not like, go backwards.

Laura Siddall: I know that's like we had a whole debate here. Um, should things have shut down over Easter for the sake of one week here for the sake of saving the summer season kind of thing? And that's on the tourist perspective, not like for us triathletes racing.

Um, yeah, I think it's hard cause there's like sniffs of races and I know there's a lot of Brits that are going over the Tulsa and, you know, people are starting to get kind of itchy, excited. Are we going to happen? But I think we just need to probably just chill out a little bit longer.

Kelly: Chill out. Until everyone has their vaccine.

Um, or at least everyone who wants one. All right. Now here's my, here's my, would you rather, cause we always do it a would you rather--are you ready?

Laura Siddall: Oh no! I should have remembered that this was coming in because you bought this last minute.

Kelly: I'll make it easy for you.

Laura Siddall: When I've listened to the podcast, I'm like, I always need to be ready for the "Would you rather"!

Kelly: I'll make it easy for you. You ready? Would you rather live in Girona, Australia, the UK or Boulder?

Laura Siddall: I KNEW you were going to ask me! I did another podcast with Leanda Cave, which is like, I always hate the question. When people ask, where do you come from? Or where's home, where do you live...

I like, uh, well, Oh yes. Okay. As much as I ...it kills me. My family, I can't see myself living in the UK. Yes. I'd love to be near family. And that kills me for being away, but I don't at the moment with what I'm doing. It doesn't suit me to be there. But yeah. Girona Spain, New Zealand, Boulder.

I can't, I can't answer that. I'm not going to be able to answer it. I'll do like I'll split it four months a year...let's rotate.

Kelly: That was the weakest answer ever.

Laura Siddall: I was never going to be able to get an answer.

Kelly: All right. Well, thank you so much for chatting with us. We'll have regular Sid talks back, but I felt like we needed to do your whole "Never Die Wondering", right?

Laura Siddall: Thank you

Kelly: Thanks to Sid for the chat from Girona and thanks to all of you.

Don't forget to leave us a review. If you like, what you hear and share with a friend, keep training and keep listening. [01:04:00] .