



# Britta Martin

*Hello my name is Britta. I am originally from Germany and have been living in Nelson since October 2007 with my partner, a Kiwi, who I met at a Mountain Bike race in Pakistan. I now have permanent New Zealand Residency.*

*I have been involved with Triathlon since 2004 and balanced the sport with a full time job. I loved the sport from the beginning and with each competition, I became more committed and passionate about it until I finally decided to take the risk and follow my dream to be a Professional athlete. In 2007 I was offered an opportunity to join a Professional Road Cycling Team in Germany. This was my first step towards realising my goal of becoming a Professional Triathlete.*

*In 2008 I started training full time. My major goal was to compete in the Professional category of the 2009 New Zealand Ironman. At sunrise on the 7th of march I waited nervously on the shore of Lake Taupo. At 6:45am the cannon sounded and I started my first Ironman competition!*

*Now I want to become as good as I can be in this sport.*

## personal

<b>Name</b>	Britta Martin
<b>Home</b>	Nelson, New Zealand
<b>Date of Birth</b>	2. September 1978
<b>Profession</b>	Sport Scientist, Triathlon Coach, Personal Trainer
<b>Hobby</b>	Mountainbiking, Skiing, Walking at the beach with my dog



dedicated committed

# RESULTS

## 2009

8<sup>th</sup> Ironman New Zealand, Debut  
2<sup>nd</sup> Tour de Femme overall  
4<sup>th</sup> Elite Nationals TT, New Zealand  
10<sup>th</sup> Elite Nationals Road Race

## 2008

1<sup>st</sup> Half-Ironman Taupo New Zealand  
5<sup>th</sup> Elite Nationals TT, New Zealand  
8<sup>th</sup> Xterra Pro National Mountain Championchips  
Ogden/ USA  
1<sup>st</sup> Triathlon Kuehbach, Germany (Short Distance)  
1<sup>st</sup> Mt Isobel Challenge, New Zealand (Duathlon)  
1<sup>st</sup> Spring Challenge, New Zealand (Multisport)  
6<sup>th</sup> Tour de Femme overall, 2<sup>nd</sup> Stage 4: TT, NZ

## 2007

1<sup>st</sup> Tour of Islamabad, Pakistan (Road)  
1<sup>st</sup> Tour of Himalaya, Pakistan (MTB)  
4<sup>th</sup> Tour of Festina, Austria (Road)  
14<sup>th</sup> Elite Nationals, Germany (Road)  
Riding the German League and international  
Races as a Pro-Rider for "Team Stuttgart",  
Germany, incl. "Thuringen Rundfahrt, Germany,  
Gracia Stage Race (Tchech. Rep.), Tour of Festina,  
Austria

## 2006

1<sup>st</sup> Three Country-Giro, Austria (Road)  
2<sup>nd</sup> International Allgaeu-Triathlon-Half-Ironman,  
Germany  
2<sup>nd</sup> Tour of the Karakurrams, Pakistan (MTB)  
1<sup>st</sup> German Triathlon League with the Team  
MRRRC-Munich, incl. several individual wins.

## Since 2002

Competitive Sport Triathlon and Cycling



believe will

# GOALS

**2009**

*Top 5 Ironman Western Australia  
Podium Half-Ironman*

**2010**

*Top 5 Ironman Nice/France in June 2010  
Ironman Hawaii- Worldchampionships October*

**2010**

*Half-Ironman Port of Tauranga  
Several smaller Races,  
incl. Bike- Run and Triathlon Races around Nelson*

## **Long term goals**

*I want to be a consistent Top 5 finisher in  
International Ironman Competitions.*

*In the next five years I want to win an Ironman.*

*My ultimate goal is to place in the Top 10  
at the World Championships in Hawaii.*



hard working focused



**ASSOCIATED ACTIVITIES**

**Youth Development in Triathlon**

Since January 2008 I have been involved with running a Youth Development program for Nelson kids. I believe that sport is extremely important for the development of kids and teenagers. It builds confidence, increases self esteem and encourages self discipline, which are all very important attributes to carry into the future. I love the work and it is really satisfying to see the kids improving and enjoying the sport.



**Mountain Bike group sessions**

I was involved as a guide in the Women's Activator Series. Following the completion of this I carried on holding weekly Mountain Bike sessions for beginners.

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**Injury affects dark horse's buildup**

**The fitness zone**  
By Peter Gibbs  
petegibbs@starnet.com.co.nz

At Tam tomorrow, Ironman from New Zealand splashes off from the shores of Lake Taupo. Five Nelson triathletes will be among the field of 1400. With the withdrawal of the second seed, last year's third placegetter Kieran Dowse, Richard Usher has moved to third in pre-race predictions.

Alex Grigg, Hayden Harper and Mark Bryant will be chasing age-group spots, but the dark horse for many will be 30-year-old German-born Britta Martin. Although she had a convincing win in the Taupo Half Ironman late last year, Martin is slipping below the radar in pre-race predictions, not being mentioned in any pre-race hype.

A seamless preparation has been dealt a blow by a late surge injury, which affects her lower back and hamstring, so her performance will hinge on her ability to recover from that.

When I interviewed her a week ago, she had stood like porcelain and her swim and bike performance was being hampered by the injury.

Martin grew up in northern Germany and really taking much interest in sport. That changed when she headed south to university in Mannheim.

"I did a masters degree in sports science, and that's pretty much where I started doing a bit more."

"Halfway through the study, I just decided to give it a go. In triathlon, I did quite well right from the start, so I got more and more involved and more motivated."

"I probably did very well beginning as I got injured. I had two stress fractures to stop - I could never run well. But every time I quit well."

"I got injured again, I quit well."



Head out: Taupo Half Ironman winner competitor Britta Martin.

Richard Usher and Britta Martin showed as they brushed aside the opposition in yesterday's combined Avanti Plus Sprint Triathlon Championships, which attracted 120 competitors over various distances.

Both triathletes used the race as sharpening and to do some transition training as they begin their run night New Zealand Ironman triathlon in Taupo late this week.

Usher finished the 1000m run in 25m 50s, while Martin finished in 25m 50s.

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**stuff.co.nz**  
Nelson / Wednesday, 01 October 2008

**Nelson women rise to advent challenge**

Over 30 Nelson women competed in the Macpac Sprint weekend.

Nelson teams almost walked away with the two main category Law Team led most of the way in the 6-hour and 12-hour events.

Both events consisted of whitewater rafting, mountain bike format, the teams had to navigate through a series of check course was revealed on Friday night when teams discover river, hiking up Mount Fyffe and mountainbiking on a mix of gravel roads.

The women's-only event attracted 570 competitors, setting a new record for the Macpac Sprint.

The 6-hour 6-event event, Nelson teams won both divisions. Martin and Jane Ross led from the start in the open div and the 50km mountain bike along the coast and over the Kalkoura plains it was a hard day.

The next challenge was an ascent from the Kowhai Valley to Mount Fyffe hill, over 1000m of climbing. Team Tiniel continued to build a lead and eventually crossed the finish line in 6hr 41min. Second team was Kalkoura locals the Dunsandel Dames in 7hr 23min and Ch team Haive it in third.

In the 6-hour 40-plus grades, Nelson team and 2007 Spring Challenge overall winner Th Backs (Jane Martin, Alexis Harris and Penny-Sue Franklin) was back to defend its title.



**Elite athletes blitz the field**

**TRIATHLON**  
By Peter Gibbs  
petegibbs@starnet.com.co.nz

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**Reid, Martin crank up pressure on bike legs**

**DUATHLON**  
By Peter Gibbs  
petegibbs@starnet.com.co.nz

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