

**PADDLER PROFILE
2009 FENN CUP OCEAN SERIES**



Naomi Flood

Married / Kids / Pets: Chinese fighting fish Knighthawk

Date of Birth: 17/04/1986

Occupation: Work for St George Bank and Coaching for Paddle Punch Sports Development

Nick Name: Floody, Nomes

Type of Craft: Fenn Mako 6

Career Highlights:

- 2nd Molokai May 2009
- 1st United States Ocean Ski Championships September 2009
- World Ironwoman Champion – 2008,
- Kellogg's Nutri-Grain Ironwoman Series Champion – 2009,
- Australian Open Ironwoman Champion – 2006,
- NSW State Team Captain – 2007,
- NSW Ironwoman Champion - 2008

What does your weekly training entail? Plenty of hard work - 5 swim sessions, 3 surf ski, up to 3 kayak, 2 gym, 2 run, 1 ironman transition session.

Biggest Weakness: My bed

Favorite past time: Traveling all around the world with some great people.

What is the most frustrating or difficult sport you have ever tried: Acrobatic Gymnastics tumbling- hardest sport ever, trying not to face plant the mat!



22 year old Aussie Naomi Flood came 2nd (Pic: Peter Diamond)

