



Linda Hadfield will be running, swimming and cycling for her two healthy children, Jesse (21 months) and Tessa (6). Picture: Andrew Ritchie [www.communitypix.com.au](http://www.communitypix.com.au) d433106

# Linda is running for a good cause

By EMILY BAKER

LINDA Hadfield is competing in a women's triathlon not just for herself, but a worthy cause.

The mother of two from Wembley will participate in the event on March 15 to raise funds for the Women and Infants Research Foundation's (WIRF) premature birth research.

Mrs Hadfield said it was good to have a fitness goal after having kids and give something back at the same time.

"I feel lucky to have had two healthy, full term pregnancies, but I know that others are not so fortunate," she said.

"The Foundation's premature birth research is so important for those people," she said.

"Completing the triathlon is also a personal goal for me, and training for it is an excellent way to get fit."

WIRF is working to discover what causes premature birth and how it can be prevented, through the combination of research with

clinical care.

The foundation has recently launched the WA Preterm Birth Prevention Initiative (PTBPI), a state-wide program aimed at raising awareness and safely lowering the rate of preterm birth in WA.

Mrs Hadfield is encouraging other women and mothers to register for the triathlon and raise funds for WIRF.

To make a donation to Mrs Hadfield visit [www.mycase.com.au/page/87619/womens-triathlonforwif](http://www.mycase.com.au/page/87619/womens-triathlonforwif)

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- # Biscuits, spinach & walnut goat's cheese tart, petite salad (v)

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