

Siblings iron out rivalry Jamie First

Healthy competition never goes astray, especially when the rivalry is between twin sisters vying for the title of Melbourne Ironman.

Bernadette and Elizabeth Dornom, 32, have competed in smaller triathlons, but said moving up to Ironman felt like a natural progression.

"I love a challenge and tackling something that most people would never contemplate doing," Bernadette said.

"When I helped out at the aid station last year it was so much fun, I wanted to be involved.

"When registrations for IM Melbourne opened... I was still euphoric from watching and helping at the event. I got carried away and entered. Then, I truly realised what I had got myself in for."

The twins' competitiveness is their inspiration for the 226km race.

"First and foremost (I want) to beat my sister. Well, finish firstly, but then to beat her," Elizabeth said.

"My other main motivation is to run through the 35km aid station... and not look like crap."

Bernadette added: "My motivation, apart from trying to beat my sister, is that I love the challenge of improving on times across all disciplines and putting together that elusive perfect race."

The Ironman Asia-Pacific Championship is on Sunday.

The course will include a 3.8km swim, 180km bike ride and a 42.2km run in the South-Eastern and Bayside suburbs.