

British Sprint Distance Championships, Cardiff 26th June 2022



Male: Youth

Club:

First Triathlon / Multi-sport Memory:

Watching my brother at Pencoed triathlon. It was his 1st Tri (aged 7) and my dad had given him a compression top to put on for cycle and run. He spent ages trying to pull it over his wet body. My 1st was Cardiff Junior Tri 2 years later.

Favourite Event - Favourite Welsh Event:

Bowood House and SWYD. Like a closed road bike course.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Keeping up with my older brother. We both hate losing to each other, although I take it a bit better than he does as being younger I spent time playing catch up.



Deri McCluskey
Tîm Tri Cymru



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Male: Under 23

Club:

First Triathlon / Multi-sport Memory:

Stoke on Trent kids triathlon, sitting down to put socks on

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Favourite Event - Favourite Welsh Event:

Sandman sprint triathlon

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Great community and positive spirit from local races to British level events





George Comins

Tîm Tri Cymru

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Male: 20-24.

Club: Royal Navy Triathlon.

***First Triathlon / Multi-sport Memory:
Cold water of an April open water swim.***

***Favourite Event - Favourite Welsh Event:
Pothcawl Standard Triathlon.***

***What positive influence / experience have you had in Triathlon? Why do you
Tri?:***

I tri because I enjoy training for the three disciplines and training with others.



Chloe Dooley
Tîm Tri Cymru



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Female: 20-24.

Club - NTPCW.

First Triathlon / Multi-sport Memory:

Winning the Welsh Champs at Porthcawl in my first triathlon.

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Favourite Event - Favourite Welsh Event:

Barry Island Aquathlon - lovely venue for a race and good support.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Meeting people who have similar sporting interests and want to work to achieve similar goals - I love the team atmosphere of triathlon even though it's an individual sport.



Paige Horsnell

Tîm Tri Cymru

British Sprint Distance Championships, 26th June 2022



Female: 25-29.

Club: Rhondda Tri.

First Triathlon / Multi-sport Memory:

Tuska Sprint triathlon Porthcawl, first ever race, winning my age group and top 5 overall.

Favourite Event - Favourite Welsh Event:

Swansea Triathlon Elite wave.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Triathlons have allowed me to make a lot of friends with the same mindset, become a lot more confident in myself and allowed me to find a new love for training all over again. It's a hard sport but I love it.



Carys Mai Hughes

Tîm Tri Cymru

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Female: 30-34

Club - Heathwood Tri

First Triathlon / Multi-sport Memory:

The Mumbles Centurion / Welsh Tri Super Series

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Favourite Event - Favourite Welsh Event:

The Mumbles Centurion

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Love the variety and challenge of all 3 disciplines. The travel, locations, the great outdoors, and people you meet whilst doing what you love. I'm fortunate to have an absolutely fantastic team of coaches, training buddies and sponsors supporting my tri journey and accelerating my performance. It's incredible to witness what can be achieved with the right, people, mindset and training plan.





Emma Palfrey
Tîm Tri Cymru



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Female: 35-39

Club: Caffi Gruff

First Triathlon / Multi-sport Memory:
Northwest Triathlon in Nantwich, 2011

Favourite Event - Favourite Welsh Event:

Challenge Walchsee or Ironman Wales for the support from the crowds in Tenby.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

It makes me go training regularly! I've also meet some great people through the sport and also through the running group and cycling clubs I'm a member of in Aberystwyth.

I used to be a swimmer, hated running, but quite enjoyed riding a bike. I got into triathlon after a friend talked me into doing a sprint triathlon.



Jonathan Phillips

Tîm Tri Cymru

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Male: 40-44.

Club: Dragon Tri.

First Triathlon / Multi-sport Memory:

Mold Sprint Tri, getting changed in T1 - disaster!

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Favourite Event - Favourite Welsh Event:

Alpe d'huez Triathlon - Ironman Wales.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

It's all down to the American Flyers, if you know you know!



Stephen Rowlands

Tîm Tri Cymru

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Male: Veteran

Club: Carmarthen Tri club

First Triathlon / Multi-sport Memory:

Florida 70.3

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Favourite Event - Favourite Welsh Event:

Bala

What positive influence / experience have you had in Triathlon? Why do you

Tri?:

To make my family proud and to set an example to my children.



Eleanor Davies
Tîm Tri Cymru



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Female : 40-44

Club: Clwb Beicio'r Bala

First Triathlon / Multi-sport Memory:

Taking our young children to watch the triathlon in Bala each year hoping one day to be fit enough to take part.

Favourite Event - Favourite Welsh Event:

Difficult one, Harlech for the atmosphere and castle finish, Bala for the local support, Sandman for the stunning location. After the amazing atmosphere there with local crowds in 2021 it has to be Bala.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

The personal challenge, the sense of community and the opportunity to represent not just GB but now Cymru.





Caryl Williams
Tîm Tri Cymru



British Sprint Distance Championships, Cardiff 26th June 2022

Female: 45-49

Club: Bynea.

First Triathlon / Multi-sport Memory:

World championships Sprint distance in Lausanne 2019.

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Favourite Event - Favourite Welsh Event:

Wales middle distance triathlon held at Goodwick, Flshguard.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

The many friends I've made, trained with and received advice from since I started my triathlon journe and I just love the training!

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Sian Williams
Tîm Tri Cymru



British Sprint Distance Championships, Cardiff 26th June 2022

Female

Club: Pembrokeshire Triathlon Club

First Triathlon / Multi-sport Memory:

1999 - North Devon Triathlon T

Favourite Event - Favourite Welsh Event:

Bala and Broad Haven

What positive influence / experience have you had in Triathlon? Why do you Tri?:

I have a busy job so I find training and competing a good mental release.

British Sprint Distance Championships, Cardiff June 26th 2022



Male: 50-54

***Club:* Individual.**

First Triathlon / Multi-sport Memory:
Outlaw X in Nottingham at 4°c.

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Favourite Event - Favourite Welsh Event:
Barry Sprint.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

I started tri last year as a result of constant nagging from my partner who competes. We train together which I enjoy for my physical and mental health.



Richard Leary
Tîm Tri Cymru



British Sprint Distance Championships, Cardiff 26th June 2022

Male: 50

Club: Celtic Tri

First Triathlon / Multi-sport Memory:

Eaton Dorney 2013 being almost last out of the swim!

Favourite Event - Favourite Welsh Event:

Ironman Wales

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Finding new limits.





Gareth Bowyer
Tîm Tri Cymru



British Sprint Distance Championships, Cardiff 26th June 2022



Male 50-54.

Club - GOG Triathlon Club.

First Triathlon / Multi-sport Memory:

Travelling all over the country to find races back in the 80's.

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Favourite Event - Favourite Welsh Event:

Snowman Tri.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Training and racing with my daughter Jasmine.



Mike Hayden
Tîm Tri Cymru



British Sprint Distance Championships, Cardiff 26th June 2022



Male: 60-64

Club: Celtic Tri

First Triathlon / Multi-sport Memory:
Mumbles triathlon 2014

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Favourite Event - Favourite Welsh Event:
Sandman Triathlon Anglesey

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Since my first entry to triathlon in 2014 the coaches and members at my club Celtic Tri have been brilliant. The club is very inclusive and everyone supports each other whether you are seasoned athlete or beginner to the sport. I cannot praise the club enough for their support and help.



Edward Morgan Tîm Tri Cymru



British Sprint Distance Championships, Cardiff 26th June 2022



Male: 65-69

Club: Taff Ely Triathlon Club.

First Triathlon / Multi-sport Memory:

Rhondda Cynon Taff Triathlon at Aberdare 2000

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Favourite Event - Favourite Welsh Event:

Pembrokeshire Triathlon 2021.

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Coaching and training with a fab bunch of like minded individuals at Taff Ely Tri has transformed my life, making friends and sharing incredible experiences that no other sport can give.



Rodney Savage
Tîm Tri Cymru



British Sprint Distance Championships, Cardiff 26th June 2022



Male: 55-59

Club: Cardiff Triathletes

First Triathlon / Multi-sport Memory:

First triathlon was in Bendigo, Australia. On holiday visiting my brother.

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Favourite Event - Favourite Welsh Event:

Easy Cardiff

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Its addictive. Great way to meet like minded people.



Tony Clements

Tîm Tri Cymru

British Sprint Distance Championships, Cardiff 26th June 2022



Male: 70-74

Club: Swansea TriSharks

First Triathlon / Multi-sport Memory:

Go Tri Cardiff October 2017

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Favourite Event - Favourite Welsh Event:

SWYD Barry Sprint Triathlon

What positive influence / experience have you had in Triathlon? Why do you Tri?:

Watching my daughter compete and then realising after a full hip replacement in 2016 (hip resurfaced in 2012) that I could again train and potentially compete again, with triathlon being an ideal way of doing this

