



Sean Petty Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022



Male: Junior.

Club - Dragon Triathlon Club.

***First Triathlon / Multi-sport Memory:
Gower Triathlon.***

T

***Favourite Event - Favourite Welsh Event:
Pothcawl - Really good local support.***

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

Because I love the sport and the thrill of training and then showing your ability in races excites me.



Iwan Jones Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022



Male: 20-24.

Club - Total Tri Training.

First Triathlon / Multi-sport Memory:

Running up the steps to Harlech castle, and telling myself I'd never do a triathlon again! ^T

Favourite Event - Favourite Welsh Event:
Ironman Wales.

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

It's given me the self confidence to believe that I'm able to achieve any goals that I want to, if I'm willing to put the work in.



George Comins Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022



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.

British Standard Distance Championships, Leeds 12th June 2022



Female: 20-24.

Club - NTPCW.

First Triathlon / Multi-sport Memory:

Winning the Welsh Champs at Porthcawl in my first triathlon.

T

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.



Matt Grantham

Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022



Male: 25-29.

Club: Tri Monkey.

First Triathlon / Multi-sport Memory:
Derby Junior Triathlon 2012.

Favourite Event - Favourite Welsh Event:

Favourite event: 70.3 world championships in Nice Favourite Welsh Event: Bala standard distance triathlon.

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

My main reason for doing triathlon is simply because I enjoy it and the opportunities it had given me. My P.E teachers at school were always a positive influence for sport in general, and provided the initial spark for enjoying all kinds of sport.

British Standard Distance Championships, Leeds 12th 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.



Jonathan Phillips Tîm Tri Cymru

British Standard Distance Championships, Leeds 12th June 2022



Male: 40-44.

Club: Dragon Tri.

First Triathlon / Multi-sport Memory:

Mold Sprint Tri, getting changed in T1 - disaster!.

T

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!.



Richard Dando
Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022



Male: 40-44.

Club: Dragon Tri.

First Triathlon / Multi-sport Memory:
Droitwich Sprint Tri circa 2004.

T

Favourite Event - Favourite Welsh Event:
Bala Standard.

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

I It's good for wellbeing and helps encourage the kids to be active.

British Standard Distance Championships, Leeds 12th June 2022



Female: 45-49

Club: Taff Ely Triathlon Club

***First Triathlon / Multi-sport Memory:
Ammanford sprint.***

T

***Favourite Event - Favourite Welsh Event:
Ironman Wales.***

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

My club coaches Edward Morgan and Tony Dally also watching my husband Simon Morgan complete IMW. I love the challenge and variety of triathlon. Also love the triathlon life of training - open water adventures, running for miles, long cycling days and of course a cafe stop .



Caryl Williams Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022

Female: 45-49

Club: Bynea.

First Triathlon / Multi-sport Memory:

World championships Sprint distance in Lausanne 2019.

T

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!

.





Justin Bailey Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022



Male: 50-54.

Club: Team Watt.

***First Triathlon / Multi-sport Memory:
Llanelli sprint tri.***

T

***Favourite Event - Favourite Welsh Event:
Tenby Ironman .***

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

How friendly and supportive everyone is. To keep fit.

British Standard Distance Championships, Leeds 12th June 2022



Male: 50-54

***Club:* Individual.**

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

T

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.



Gareth Bowyer Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th 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.

T

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.



Jen Aylward
Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022



Female: 50-54

Club: Celtic Tri Club

First Triathlon / Multi-sport Memory:
Llandovery Sprint Triathlon 2014.

T

Favourite Event - Favourite Welsh Event:
Pembrokeshire Triathlon in Broad Haven.

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

I love the all-inclusive atmosphere of triathlon, and the travelling to new places and meeting new people. I have made many new, lifelong friends through triathlon.

British Standard Distance Championships, Leeds 12th June 2022

Female: 50-54

Club - Celtic Tri

First Triathlon / Multi-sport Memory:

My first triathlon was Pencoed Novice Triathlon in 2017. I loved the experience and haven't looked back!

Favourite Event - Favourite Welsh Event:

My favourite event has to be the Castles series Gauntlet 70.3 I completed last year at Cholmondeley Castle. It was a distance i never thought I'd achieve and I did it in my 50th year with an amazing bunch of friends which made it all the more special. My favourite Welsh events have to be those put on by Healthy Life Activities, so friendly and welcoming. But I also really enjoyed Bala Tri.

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

The camaraderie and support from team mates, fellow competitors and coaches within triathlon is amazing. Triathlon allows me to push myself and continually make improvements in my own performance and achieve things I never thought possible like being part of this team!





Rebecca Comins Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022



Female: 50-54

Club: Dragon Tri.

First Triathlon / Multi-sport Memory:

Caldicot Sprint Tri ... a few pool lengths too many, done on a mountain bike & very wobbly legs for the run!.

Favourite Event - Favourite Welsh Event:

Snowman Triathlon - amazing event ... what a challenge especially done as part of the Welsh Super Series!.

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

IFriendly, welcoming, all inclusive - I have made some fantastic long term friends through triathlon.

Simon Osborne

Tîm Tri Cymru

British Standard Distance Championships, Leeds 12th June 2022

Male: 60-64

Club: Dragon Tri.

First Triathlon / Multi-sport Memory:

Fontygary sprint triathlon 2004, hideous !!! had to swim 4 lengths breast stoke, borrowed my dads 30yr old Raleigh bike. Addicted ever since.

T

Favourite Event - Favourite Welsh Event:

Gower Tri.

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

I love Triathlon, its such a leveler, having to do all three disciplines, most people i know have come from other sports and may be good at one discipline, some two but hardly any all three. It`s taken me years of training at swimming and cycling while keeping my running going to be competitive at national, European and world level and it certainly is getting any easier with age !! It has however helped me to stay nearly injury free since 2004, I played squash in the winter and competed in surf lifesaving in the summer for 28 years previously and was always injured ! I do triathlon because I am competition obsessed, mainly with myself, wanting always to be the best I can.





Edward Morgan Tîm Tri Cymru



British Standard Distance Championships, Leeds 12th June 2022



Male: 65-69

Club: Taff Ely Triathlon Club.

First Triathlon / Multi-sport Memory:

Rhondda Cynon Taff Triathlon at Aberdare 2000

T

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.

British Standard Distance Championships, Leeds 12th June 2022

Male: 70+

Club: Pen-y-bont tri.

First Triathlon / Multi-sport Memory:
Cardiff Triathlon.

Favourite Event - Favourite Welsh Event:
Blaenavon Triathlon.

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

The varied training.

