

PRESS RELEASE
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Bradley Stoke to stage its first Triathlon

Swimmers, runners and cyclists are being invited to take part in the first community-based triathlon event to be staged in Bradley Stoke.

The Active Triathlon is taking place on Sunday 30th of August 2015 and is expected to attract participants from all over South Gloucestershire.

Held in partnership with South Gloucestershire Council and Triathlon England, the Sprint Triathlon event will cater for all abilities who want to be part of this fast growing sport.

It consists of a 400 metre pool swim at Bradley Stoke Leisure Centre, 18 km cycle and 5 km run. The cycle ride and run will be held on closed roads along Bradley Stoke Way to ensure the event is safe as well as fun.

The Triathlon is being organised by Active Leisure Centres and is the idea of triathlete Akhil Viz, who has been living and training in Bradley Stoke since October 2011. Akhil has competed in Sprint distance triathlon, Olympic distance triathlon, Ironmans and has represented Great Britain and Gibraltar at the European and World Long Distance Triathlon Championships.

He said: "Triathlon is an increasingly popular sport and the sprint distance makes it really accessible to anyone who wants to increase their fitness or improve in a new discipline. We are really pleased at the response we've had so far and are expecting it to be a 'sellout' event."

To help people get in shape for the challenge, Active Leisure is holding special training sessions at its leisure centres in the run up to the event.

The Triathlon is one of the highlights of Active Leisure's tenth anniversary celebrations this year. It is being organised purely on a voluntary basis and any profits earned as a result will be reinvested into future events and other sport development projects within the community.

The first wave of places has been taken up by existing Active Total members and the second wave is now open to other members of the public. There are 150 places in total open to over 18s.

There will be prizes for the 1st, 2nd and 3rd place male and female finishers and a free bike fit by Bike Science Bristol for the competitor with the fastest bike split.

ENDS

Notes to editors

To get involved or volunteer at the Triathlon please visit the Active website:
<http://theactivetriathlon.com/> or visit one of our Active centres.

In order to stage the event, Bradley Stoke Way will have a road closure in place between 0600 and 1400 on Sunday 30th August.

Sponsors are: Aftershokz, Skechers (Broadmead), OS1st, Lucozade, Atkins, Runderwear, Technogym, Phew, Bristol Sweetmart, Bike Science Bristol, Bradley Stoke Physio and Bristol Sport.

About Circadian Trust

- The Circadian Trust operates eight leisure centre sites across South Gloucestershire and is a company and charity. Working in partnership with South Gloucestershire Council, the community strategy and overall shared philosophy is to contribute to the improved health, cultural and social wellbeing of the local community improving quality of life.
- Circadian Trust is an award winning Trust with IIP Silver status, ISO 14001, ISO 9001 and ISP18001 accreditations. For more info please contact Ben Beasley (ben.beasley@circadiantrust.org)
- For more information, visit: www.circadiantrust.org

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