

PRESS RELEASE
January 2018

Yate firefighter pedals her way through charity biking challenge

A local firefighter has raised over £1600 for two charities after completing a 12-hour indoor cycling challenge.

Di Clack, aged 41, lives in Chipping Sodbury and has worked for Avon Fire & Rescue Service for the past 13 years, tackled the challenge at Yate Active Lifestyle Centre on Saturday (January 6th).

While Di was the only one going the 12-hour distance, she was by no-means alone. Over 100 people turned up at the Centre's brand-new Group Cycle Studio to pedal alongside Di and support her throughout the day.

It's estimated that the group collectively cycled around 2500km in the 12-hour session, with Di pedalling up to 200km on her bike alone.

"The last hour was a real struggle as my legs completely seized up." said Di.

"One of the spin instructors at the centre, Anne, cycled with me for the last hour and that really helped me to push through it. When it was finally over, I felt very emotional and so very grateful to everyone who has played a part in making this event happen.

"I've never done anything like this before so it was rather overwhelming to be honest."

With the final total still rising, funds raised will be shared between the Firefighters Charity and Brain Tumour Research – which both hold sentimental value for Di.

"Brain Tumour Research is very close to my heart as my close friend – and godmother to my son - was diagnosed with a brain tumour back in 2015 and has faced a challenging couple of years since." said Di.

"The Fire Fighters Charity is also very special to me as they've supported both myself and my colleagues following injuries & illness. They provide prolonged support and rehabilitation to firefighters and their families so it's a worthy cause."

When Di first decided to take the challenge, she approached the staff at Yate Lifestyle Centre for their support organising the event and was thrilled when they offered to assist with the event.

She prepared for the challenge for about six months and trained up to five times a week across a range of equipment. Although a great deal of this time has been spent out on the road or in work PT sessions, she made great use of her centre membership in the spin studio and swimming pool too.

"I'm planning to break the Guinness World Record for the further distance travelled on a spin bike by a female in 60 minutes once I've recuperated from this challenge, so I'm sure the centre hasn't heard the last of me yet!"

Assistant Manager at Yate Lifestyle Centre, Andy Lathall, said: "We're always looking for ways to support the local community, so when Di asked for our support in organising this event we were delighted to help her out.

“A lot of hard work and dedication went into Di’s training so we’re thrilled that she’s managed to raise so much for two great causes. The community rallied around Di to help her with challenge and we were proud to be a part of it. We look forward to supporting her with any future challenges she pursues.”

For any donations, please contact Di at: Di.clack@yahoo.co.uk.

Yate Lifestyle Centre is one of five leisure sites and a dual-use sports centres operated across South Gloucestershire by the not for profit organisation Circadian Trust.

To find out more about the Yate Lifestyle Centre, please visit:
<https://www.activecentres.org/centres/yate/>

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Photo caption: Yate firefighter Di Clack raised over £1600 for Brain Tumour Research and the Firefighter Charity after tackling a 12-hour cycling challenge.

Notes to editor:

For further information contact liam.bettinson@jbp.co.uk or karen.white@jbp.co.uk

Alternatively, please call 0117 907 3400

About Circadian Trust

- Circadian Trust operates five leisure centre sites and a dual-use sports centre across South Gloucestershire in Bradley Stoke, Downend, Kingswood, Longwell Green, Thornbury and Yate 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.
- Any profit made by the Trust is reinvested to improve facilities, equipment and services for its customers.
- For more information, visit: www.circadiantrust.org