

PRESS RELEASE

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Kingswood's Kelly marks milestone birthday with Ironman challenge

Kelly Davies didn't opt for a regular 40th birthday celebration: instead she challenged herself to complete her first ever Ironman - a swimming, cycling and running challenge lasting over 130 miles – and she managed to raise over £1,000 for charity in the process.

Despite being able to barely swim a length of the pool when she started, Kelly completed the Ironman Austria challenge earlier this month, finishing a 2.4-mile swim, 112-mile bike ride and a 26-mile run in just over 13 hours.

She also smashed her charity goal for Lagan's Foundation, who provide home respite and support services across the UK for young children with complex needs, specialising in heart defects or feeding issues.

Kelly had always been a keen runner but was a very poor swimmer and didn't have a road bike. She signed up for swimming instructor Kate Sheppard's lessons at Kingswood Active Lifestyle Centre and within a few months she was swimming 400m non-stop and entering her first practice triathlon.

The inspiration for the challenge came from her husband, who took part in Ironman UK in 2015.

"When I say couldn't swim, I mean I could only do a bit of breast stroke to stop myself from drowning and that was it" adds Kelly.

"I didn't just struggle with swimming either. I didn't have a road bike and hadn't used clip-in pedals before, so that was another learning curve! I've now had my fair share of falls off the bike - with a visit to A&E included!"

Before she took part in the Ironman, Kelly, who is now a keen member of Kingswood Tri Club, competed in a number of triathlons of various distances, giving her the triathlon bug.

She added: "I am now comfortably swimming between 2,000-3,000 metres at every swim session and have most definitely mastered the art of riding a road bike.

"Not only did I complete the challenge for my love of triathlons but to support Lagan's Foundation, through which I supported a child living in Fishponds, so it's really special to me."

Kingswood Active Lifestyle Centre manager Martyn Hinam, said: "As Active Lifestyle Centres, we're dedicated to helping our customers and staff lead active, happy and healthy lives. We're just pleased that we played a small part in helping Kelly realise her ambition and meet her charity goal. It's a very impressive achievement."

For more information about the challenge or to donate towards Kelly's fundraiser, please visit:

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=Smudge40&isTeam=true>

Kingswood Active Lifestyle Centre is one of five lifestyle Centres and a dual-use Sports Centres operated across South Gloucestershire by the not for profit organisation Circadian Trust.

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

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Photo caption: Kingswood resident Kelly Davies has marked a milestone birthday by completing an Ironman challenge for charity

Notes to editor:

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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