

PRESS RELEASE
November 2019

Thornbury's Taryn smashes Ironman World Championships

A local fitness instructor has successfully completed the hardest one-day endurance event in the world, the IRONMAN World Championships, after travelling to compete in Hawaii.

Avid triathlete Taryn Roberts, who works at Thornbury Active Lifestyle Centre, successfully secured her place in the Kailua-Kona IRONMAN back in September 2018, after winning the 25-29 age group category at the IRONMAN Wales event. She completed the race in an incredible 11 hours 36 minutes - beating fellow competitors by almost an hour.

Having attempted to qualify for the event twice before, finishing 9th at the Bolton IRONMAN in 2016 and 3rd at the Wales event in 2018, Taryn was overjoyed when she discovered that all of her hard work had paid off and she would be setting off to Hawaii to compete in the 2019 World Championships.

This year's IRONMAN World Championships saw around 2,500 of the world's top athletes compete to win the world's hardest one-day endurance event. Participants first completed a 2.4-mile swim, then a 122-mile bike ride, and finally a 26.2-mile marathon run.

The course itself took place along the spectacular Konu Coast, which is dominated by black lava rock. However, there was little time to admire the views given that Taryn and her fellow competitors had to overcome additional natural obstacles, including battling the 45 mph 'ho'omumuku' crosswinds, and the 35°C heat of the scorching Hawaiian sun.

Taryn managed to complete the course in an impressive 12 hours and 1 minute, which saw her swim 2.4 miles in 1 hour 9 minutes, ride 122 miles in 6 hours and 31 minutes, and run a marathon in 4 hours 9 minutes. She finished 38th in her division, 332nd in the women's field, and 1597th overall.

Of her achievement, Taryn said: "The entire experience was incredible. As a fitness instructor, I've always loved sport and pushing myself to achieve new goals – so taking part in the IRONMAN challenge felt like a natural step to make. Having the opportunity to compete alongside such determined and strong athletes from all over the world inspired me to do my best, and I'm now focused on improving my results at the next IRONMAN World Championships.

"In the lead up to the race, I was training for up to 15 hours a week, so I had to be extremely committed. Luckily, I have a brilliant support base, including the amazing team at the Centre, which definitely helped keep me motivated."

Frances Snell, Centre Manager at Thornbury Active Lifestyle Centre, said: "We are extremely proud of Taryn for her recent success in the IRONMAN World Championships. As a company, we aspire to make exercise rewarding, fun, and accessible to everyone.

We already support our local GB athletes by providing free access to our facilities to help them realise their full potential, so it's brilliant that one of our own instructors is also embarking on such incredible challenges. She is an inspiration to us all!"

Thornbury Active Lifestyle Centre is one of five lifestyle Centres operated across South Gloucestershire by the not for profit organisation Circadian Trust.

To find out more about the Thornbury Lifestyle Centre, please visit:

<https://activecentres.org/centres/thornbury/>

ENDS

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 across South Gloucestershire in Bradley Stoke, 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.activecentres.org/about-us/