

## **PRESS RELEASE:**

### **GB success for Bristol family at European Duathlon Championships**

Bristol-based Mum, Dad and son trio, who form part of Team GB, are celebrating their recent success at the European Age Group Duathlon Championships which took place in Soria, Spain.

Neil, Michelle and Tom Kerfoot competed in three different age groups; with Neil coming 17<sup>th</sup> in the 50-54 age group, Michelle coming 10<sup>th</sup> in the 45-49 group and Tom coming 10<sup>th</sup> in the 16-19 category.

They took part in the Sprint Duathlon which consists of a 20km cycle sandwiched between a 5km and 2.5km run. A strict training regime is required to prepare the athletes for the event. Luckily, as part of Team GB, the trio had been granted a year's free membership at local Active Leisure Centres at Kingswood and Longwell Green. Here they use the gym and swimming pools to undertake their training as well as attending the triathlon club training session once a week.

Martyn Hinam, Manager at Kingswood Leisure Centre, which is run by the Circadian Trust, said:

"We are really proud of the team for their brilliant achievements at the European Championships. It's been great to be able to support them and see their hard work and dedication come to fruition. We provide for people of all levels here at the centre, from complete beginners to GB athletes - I would encourage anyone with an interest in any sport to come and give it a go. You never know what you could be capable of."

Neil said:

"We had a fantastic experience in Soria. As a family, we have trained for triathlon and duathlon for the last seven years so we are really proud to have placed in the European Championships. A big thanks to Circadian Trust and staff at Active Centres for their support."

The team will be continuing their training and hope to qualify again next year.

### **About Circadian Trust**

- Circadian Trust operates five leisure centre sites and two dual-use sports centres across South Gloucestershire in Bradley Stoke, Downend, Kingswood, Longwell Green, Patchway, 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.
- Working in partnership with South Gloucestershire Council, any profit made by the Trust is reinvested to improve facilities, equipment and services for its customers.

- Circadian Trust is celebrating its tenth anniversary as a trust.
- Circadian Trust is award winning with IIP Silver status, ISO 14001, ISO 9001 and ISP18001 accreditations. For more info please contact Ben Beasley ([ben.beasley@circadiantrust.org](mailto:ben.beasley@circadiantrust.org))
- For more information, visit: [www.circadiantrust.org](http://www.circadiantrust.org)