



RACHEL ON COURSE FOR SUCCESS IN THE U.S

After great success at the full Ironman UK last month, a Trowbridge teacher is heading to Florida to compete against some of the world's leading triathletes, at the Half Ironman World Championships.

Rachel Bown, a PE teacher at Larkrise Special School, completed the gruelling 120 mile full Ironman in 12 hours and six minutes, finishing 7th in her age range.

Rachel said: "I am surprised but delighted to have done so well. Now I have completed double the distance that I am expected to cover in Florida, I am feeling quietly confident.

"The terrain will also be a lot easier: totally flat rather than the Dorset hills and the weather should be a lot better. I am feeling excited about the challenge."

Sports Solutions GB has donated money to help fund Rachel's trip to Florida in November which will enable her to hire a car for the week.

Rachel continued: "Entering the competition is also challenging financially so I am very grateful to Sports Solutions GB for their donation, which will allow me some flexibility when I am in Florida."

The competition will take place on November 10th and consists of a 1.2 mile swim, 56 mile bike ride and 13.1 mile run. Rachel is hoping to complete the course in five hours and 45 minutes.

-MORE-

/2...

Chris Bevan, managing director of Sports Solutions GB said: "Rachel is an inspiration to us all; she shows us what determination and hard work can achieve. We are proud to be supporting her and we wish her all the best for the World Championships."

ENDS

Issued on behalf of Sports Solutions GB by Ontrac Public Relations

MEDIA ENQUIRIES CONTACT: RUTH JONES OR CHARLI PALMER ON 0117 920 0155 OR EMAIL ruth.jonesc@ontracpr.co.uk

Notes to editors

Sports Solutions GB can provide a total turnkey solution to clubs, delivering relocation, redevelopment and new investment on a one-stop-shop basis, providing proven models and an experienced team.

Alternatively, the company offers access to a comprehensive range of specialist services, ranging from feasibility studies, land searches and site acquisition to design, costing, procurement and construction of buildings.

Sports Solutions GB was responsible for the highly successful redevelopment and relocation of Cirencester Town FC.