

Cambrian News



Yr wythnosolyn gwerthiant mwyaf yng Nghymru ■ Wales' biggest-selling weekly

Established 1860

Thursday 5 May 2011

70p

Triathletes gear up for 500-mile charity ride

A TEAM of Machynlleth triathletes are gearing up for a mammoth 500-mile, seven-day bike ride round Wales in aid of charity.

Kim Brett, Jeremy Brett, Andrew Ellis, and Garry Debell, individually signed up for Cycle Challenge Wales and only discovered the other had signed up afterwards.

The group, all members of Machynlleth's Cerist Tri Club, aim to raise over £2,000 for Wales Air Ambulance, Sparkle, Hospice of the Valleys, Apel Elain and Spring Valley Primary School in Naerobi.

Fitness instructor Kim, 45, said the group all loved cycling and had been particularly moved by the help the Air Ambulance gave to their club coach, Kev Hamilton.

"Kev was involved in a near fatal cycling accident while training two years ago and without their help he would not be here today," said Kim, a club member of five years.

"Kev has been an inspiration to so many people and despite being left with permanent injuries he has continued with his passion for triathlon.

An indoor cycle session to raise funds took place on 28 April and a

by James Nicholas
james@cambrian-news.co.uk

circuit training session will be held on 11 May at Bro Ddyfi Leisure Centre.

Dulas worker Jeremy, 44, postman Andrew, 43, and Travis Perkins worker Garry, 46, have been Cerist Tri club members for a number of years and will be putting in some intensive training over the coming weeks.

The challenge begins place on 5 June, in Llandrindod Wells and will see the team join up with 33 other cyclists from across Wales, including former Wales rugby star Colin Charvis and Newport Gwent Dragons winger Aled Brew.

"We're feeling nervous but excited at the same time," added Kim.

"No doubt it will be hard work and we're camping every night so the chance of a good night's sleep is pretty slim!"

It's hoped £50,000 can be raised between all competitors.

For more information on the challenge, visit www.cyclechallenge-wales.co.uk



Aled Davies Assistant Manager Bro Ddyfi Leisure Centre, Machynlleth cyclists Garry Debell, Kim Brett, Andrew Ellis, Jeremy Brett, who will take part in the seven-day 500-mile Cardiff to Cardiff return around Wales cycle marathon

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