

# Tîm Tri Cymru

British Standard Championships, Windsor 9th June 2024

## Gill Hopkins

**Age category:** 45-49

**Club:** Les Croupiers RC

**Which event(s) are you representing Wales:**

- Royal Windsor Tri (British Standard Champs)

**When did you first start triathlon and why?**

Cardiff Try a Tri in 2013; I just fancied having a go at triathlon - I loved every minute.

**What is your best memory of a triathlon in Wales?**

Ironman Wales in 2017. The atmosphere was amazing and the support fantastic - it made all the training worthwhile; and topped off by making it onto the podium.

**What is your favourite motivational saying?**

It doesn't get easier, you just get faster.

**What does joining this team and representing Wales mean to you?**

It's nice to be part of a team and it sounds impressive when you say you're representing Wales!

**Do you have any top tips to share with other triathletes?**

Get triathlon advice from lots of different sources and then decide what works for you.



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## Steve Allport

**Age category:** 50-54

**Club:** GOG Triathlon Club

**Which event(s) are you representing Wales:**

- Royal Windsor Tri (British Standard Champs)
- Mallory Park (British Sprint Champs)

**When did you first start triathlon and why?**

Blenheim Triathlon 2008. I watched the 2007 Blenheim Tri on C4 early Sunday morning telly, whilst I was lazing in bed, and thought it looked like good fun and a motivation start getting fit again.

**What is your best memory of a triathlon in Wales?**

Completing Ironman Wales 2023. An event and goal that I had been training towards for 2 years. The weather and atmosphere in Tenby was amazing. With my family there to see me finish and my result far surpassing my expectations.

**What does joining this team and representing Wales mean to you?**

I'd never conceived that I could achieve such a goal. It was a very proud moment, wearing Tim Tri Cymru kit and representing Wales in National championship events. I'm usually quite modest, but this is one achievement I do tell people about.

**Do you have any top tips to share with other triathletes?**

Be consistent in your training and train with purpose.



### Emma Wheeler

Age category: 55-59

Club: ATAC

#### Which event(s) are you representing Wales:

- Royal Windsor Tri (British Standard Champs)
- Barry Aquathlon (British Aquathlon Champs)
- Mallory Park (British Sprint Champs)

#### When did you first start triathlon and why?

Started tri-ing 9 years ago (2015) aged 47, always enjoyed sport but had not been participating for many years and a work colleague did local sprint triathlons and I decided to 'have a go' and get a bike for the first time since being a youngster!!

#### What is your best memory of a triathlon in Wales?

It has to be the first time I completed Ironman Wales (2017) It was the year of the storm and the Welsh weather threw everything at us that day. I was desperately hanging on to my bike, just trying to get round the course attached and upright!! I not only finished my first long distance triathlon but podiumed and qualified for Kona.

#### What does joining this team and representing Wales mean to you?

It is an absolute honour and privilege to selected to be part of Tim Tri Cymru and race for Wales. I will wear the dragon with pride.

#### Do you have any top tips to share with other triathletes?

Listen to your body. If you learn to do that and you respond accordingly, it can tell you as much as data. Talc - sprinkled on a small towel in transition, folded and ready to open and stamp on during change over, takes no time yet you have dry feet! Also toe covers, I suffer from cold feet so I use them on any training ride or race where weather is questionable and my feet have never been too warm!



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## Andy Bostock

**Age category:** 60-64

**Club:** Heathwood Triathlon

**Which event(s) are you representing Wales:**

- Royal Windsor Tri (British Standard Champs)
- Barry Aquathlon (British Aquathlon Champs)

**When did you first start triathlon and why?**

In 2018 when, after quite a few years of watching my wife and daughter compete, I thought I'd give it a go myself. It wasn't pretty.

**What is your best memory of a triathlon in Wales?**

Winning my age-group at the Welsh Standard Triathlon Championships in Margam in 2023.

**What is your favourite Triathlon to race in Wales?**

The Pembrokeshire Coast Triathlon (with calm sea conditions).

**What is your favourite motivational saying?**

The hardest step is the one out the front door.

**What does joining this team and representing Wales mean to you?**

It's a mark of how far I've come in the last five years.

**What do you listen to when training?**

My body

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## John Brown

**Age category:** 60-64

**Club:** PDQ Cycle Coaching Member of BTF technical team at RTO level

### **Which event(s) are you representing Wales:**

- Royal Windsor Tri (British Standard Champs)
- Barry Aquathlon (British Aquathlon Champs)
- Mallory Park (British Sprint Champs)

### **When did you first start triathlon and why?**

Went along to first meeting and swim session of the first Bridgend tri club (Mid Glam Tri club) This was due to injury has at that time Athletics sprinting was my main event I also run 1982 London marathon just because (If you never try you never know)

### **What is your best memory of a triathlon in Wales?**

That's a long time ago Porthcawl Lifeguards event 1980's

### **What is your favourite Triathlon to race in Wales?**

Tuska after all was 1 of 5 founder members of Pencoed Tri Club

### **What does joining this team and representing Wales mean to you?**

It's an honour to be invited to wear the Welsh green/white team kit it is very special as it carries the red dragon. Amazing thing can happen when you tri and NEVER give up on your dreams To inspire others to be the best they can be with the ability to strive for success

### **Do you have any top tips to share with other triathletes?**

Balance and follow your own path open your eyes and look around. Control what you can control no matter what happens Anything is possible you just got to give it a Tri, amazing things can happen when you tri and NEVER give up on your dreams

### Carolyn Hayden

**Age category:** 60-64

**Club:** Port Talbot Harriers

**Which event(s) are you representing Wales:**

- Royal Windsor Tri (British Standard Champs)
- Mallory Park (British Sprint Champs)

**When did you first start triathlon and why?**

2016. I have always enjoyed sport and especially running. However was looking for a new challenge and a friend suggested I try a triathlon. I entered a womens only sprint event in Llanelli

**What is your best memory of a triathlon in Wales?**

Crossing the finish line in Ironman Wales in 2019

**What is your favourite motivational saying?**

Never underestimate what you can achieve when you set yourself a goal

**What does joining this team and representing Wales mean to you?**

Very proud to be able to represent my country as an age group athlete. To be part of Tim Tri Cymru provides an opportunity to be an ambassador for triathlon in Wales and to encourage and support club athletes who are starting their triathlon journey through active engagement and explanation

**Do you have any top tips to share with other triathletes?**

The most important tip form me is to enjoy the journey and the wonderful inclusivity of the triathlon community  
To be consistent in your training and to not be hard on yourself when things don't turn out as you'd hoped

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## Des Astley

Age category: 60-64

Club: Merthyr Triathlon Club

**Which event(s) are you representing Wales:**

- Royal Windsor Tri (British Standard Champs)

**When did you first start triathlon and why?**

I started doing triathlons in 1993 when I gave up playing rugby and football.

**What is your best memory of a triathlon in Wales?**

Finishing IMW in 2015

**What is your favourite Triathlon to race in Wales?**

Broad Haven

**What is your favourite motivational saying?**

Never give up

**What does joining this team and representing Wales mean to you?**

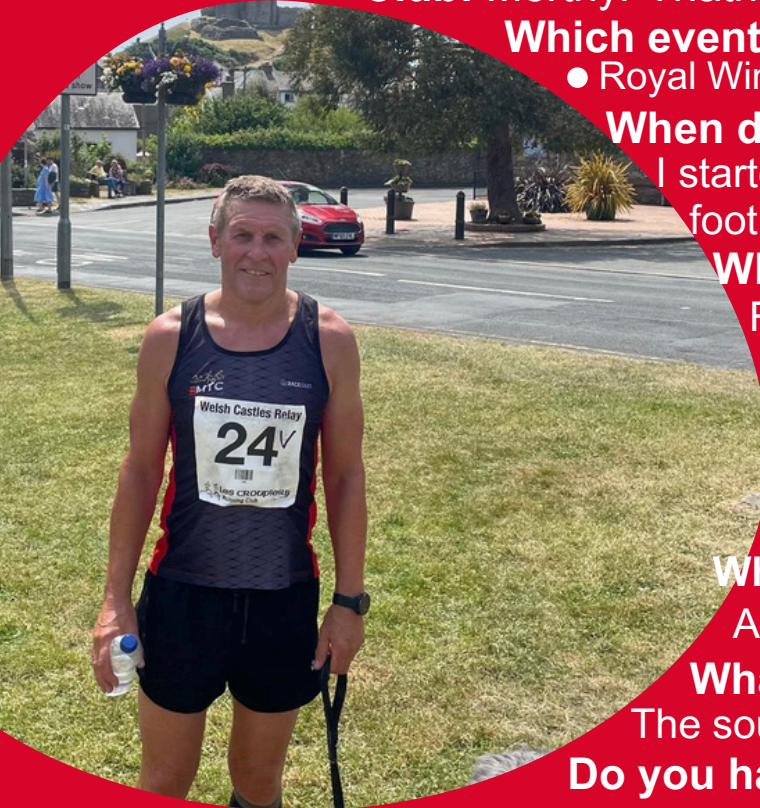
A great reward for the efforts I've put in to training over the years.

**What do you listen to when training?**

The sounds around me as I tend to train in the countryside

**Do you have any top tips to share with other triathletes?**

Don't put pressure on yourself and enjoy what you are doing.



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## Rhian Astley

**Age category:** 60-64

**Club:** Merthyr Triathlon Club

**Which event(s) are you representing Wales:**

- Royal Windsor Tri (British Standard Champs)

**When did you first start triathlon and why?**

I did my first triathlon at 40 to mark this age milestone and then didn't compete again until I was 50. This time I used the training to improve my work-life balance.

**What is your best memory of a triathlon in Wales?**

Finishing 1st in my age category at Cardiff last year. It was a beautiful day, there were lots of club mates competing and we celebrated in style after.

**What is your favourite Triathlon to race in Wales?**

I really like Broad Haven and Saundersfoot.

**What is your favourite motivational saying?**

Even if I'm last I'm beating all those at home on the sofa.

**What does joining this team and representing Wales mean to you?**

It is an honour to represent my country even though I don't feel worthy of it.

**Do you have any top tips to share with other triathletes?**

Enjoy what you're doing.





# Tîm Tri Cymru

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## Keith Tannetta

**Age category:** 60-64

**Club:** Cardiff Triathletes

### **Which event(s) are you representing Wales:**

- Royal Windsor Tri (British Standard Champs)
- Barry Aquathlon (British Aquathlon Champs)
- Mallory Park (British Sprint Champs)

### **When did you first start triathlon and why?**

1983, Competed in the 1st ever Iron Man in UK , Tallington Lakes, Also was part of the Team that formed Cardiff Triatheletes Club , In early 80's

### **What is your best memory of a triathlon in Wales?**

Iron Man Wales on the start line , Hearing the Welsh National Anthem

### **What is your favourite Triathlon to race in Wales?**

Cardiff

### **What does joining this team and representing Wales mean to you?**

So Proud to be wearing Welsh Kit,

### **What do you listen to when training?**

My Breathing LOL

### **Do you have any top tips to share with other triathletes?**

Do your best to your ability, and enjoy