

Tri for Sean

When I first met Lynn Ferris and we were talking about Bob and triathlons she told me she would never do one because you would never get her on a bike – well never say never. Along with 54 other people on 31st May Lynn entered the Westonbirt Triathlon and completed in great style. She was with many other people who inspired by Sean's Doherty's story challenged themselves to do something they never thought they would. Those of us Tri-ing for Sean made up 1/5 of the total entries. For those of you who do not know Sean's story, last July he had a devastating accident on his mountain bike which left him paralysed from the chest down, he was in Stoke Mandeville for 6 months and has now returned home to Stroud. He is a great friend of my son Ben Cox who some of you will know from triathlons and other events.

We were extremely lucky with the weather, glorious sunshine, perhaps the wind was a little stronger than many would like but from 9am onwards a steady stream of tri-ers left the pool and took to the road for the 22km circular route, followed by a 5km run through country lanes. Many said the best thing was the atmosphere, it was fantastic to be at event with so many others we knew, in the sunshine and receiving cheers at every entry and exit point of the event. We were so delighted that Sean felt able to come along and watch the event, they managed to get him into the pool to watch Ben swim, and then back in time to see him leave on the bike and finally come in at the finish of the run. Several of Sean's friends came to help run the coffee cart and participate in relay teams.

Inspired by the event and the support Sean is now looking at getting a hand operated bike so that in the future he may be able to participate in the triathlon himself. This will be a tremendous achievement if he manages to do this.

Many thanks to all of you who participated, those of you who have put your hand in your pocket, if you haven't done either yet you can make a donation on the website www.friendsofsean.org.uk. I particularly want to acknowledge the following people. Emily Stevens for all the swim training you did for the event, Lynn Ferris for having a go, Bob Ferris for running a training day for first timers, Ben Cox for winning his class and coming 24th overall and also for his commitment to his friend Sean.

Coast to Coast

On 5th June, club members Diane Moore and Chloe Cox set out to ride from Whitehaven to Sunderland in 24 hours in support of Friends of Sean. It was, without doubt, the worse weather we have had this summer, the prevailing winds which should blow on your backs and ease the long steep up hills and send you flying back down without having to pedal reversed for the weekend. The north easterly winds brought gusts of 25 miles an hour and stinging rain. We did get to Sunderland we only just missed our 24 hour target – read our story (attached)

Chloe