

Date for Release	From	Contact Tel	Email
For Immediate Release	James Clifford	01454 867065	james.clifford@southglos.gov.uk

Title:

“Eric is Tri-umphant in Lisbon”

Body:

Eric 'the eel' Downey from Fishponds has recently returned from competing for Great Britain in the European Age Group Triathlon Championships in Lisbon Portugal. The event which took place on 11th May 2008 consisted of a 1.5km open water swim, followed by a 40km bike and a 10km run. Eric was selected to represent his country along with 19 others in his age category.

The conditions on the day were not ideal and competitors were faced with wet and windy conditions. This however did not stop Eric achieving 4th Brit back across the line in his age category, in a time of 2 hours 19 minutes. Eric was delighted with his achievement and very proud to have represented Great Britain in this gruelling event.

Eric has been supported by South Gloucestershire Leisure Trust training with Kingswood Tri Club and using Bridges Gym at Kingswood Leisure Centre. These events are not for the faint hearted and take a great deal of training and dedication to get to this level; up to 14 hours a week. Eric has managed to fit his training around his busy work life using his commute as an essential part of his training.

Eric is also sponsored by www.BlackSheepSports.co.uk, coached by Rich James (Slow Coaching) and his body parts are kept in top form by Ian Reinge (www.reingephysio.co.uk).

Following his taste of success and after a well deserved rest Eric plans to return to training and put himself forward to compete in the World Triathlon Championships in 2009. His experience in the European Championships is sure to stand him in good stead for pre selection races around the country in the coming year.

Photo of Eric below:

South Gloucestershire Leisure

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Ends

Notes for Editors:

- **South Gloucestershire Leisure Ltd** - South Gloucestershire Leisure Ltd is a charitable trust established in November 2005. Thornbury is one of five leisure centres it operates in South Gloucestershire on behalf of South Gloucestershire Council. The Trust is overseen by a board of voluntary trustees.
- **Press releases** - All press releases can be found online at: www.sgleisure.org/press_releases

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