

Date for Release	From	Contact Tel	Email
For Immediate Release	Fiona West	01454 867062	fiona.west@southglos.gov.uk

Title:

Fiona Fly's to Fitness

Body:

Fiona Macaskill, from Olveston near Bristol has been selected to represent the United Kingdom in the 10th FAI European Paragliding Championships in Serbia. The event which takes place from 30th June – 12th July comes around just once every four years and is an amazing opportunity for the 54 year old pilot and mother of 4.

Following her UK selection, Bridges Health and Fitness Club in Thornbury have been supporting Fiona's fitness requirements by providing her with a full Gold membership. It's currently all go for Fiona, "I am currently flying in the UK as much as I can. I did an incredible flight from the Malverns to past Brecon in Wales on the 12th May: over 90 km (60 miles) which took me 3 ½ hours. If not flying I'm swimming twice a week, working out in the gym twice a week & spinning once a week. My fitness is definitely improving and I think a bit of weight is dropping off too!"

Fiona who is also about to compete in the first leg of the British Open on 8th May in Spain also currently holds the women's paragliding speed record (25km triangle) and also holds the female UK record for distance to declared goal and height. When she's not competing Fiona can be found flying from her favourite site, Selsley Common which over looks Stroud with the Avon Hang Gliding and Paragliding Club.

Ends

South Gloucestershire Leisure

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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.
- **Fiona Macaskill** – UK Paraglider pilot, 54yrs old, world record holder
- **Paragliding** - is a motor-less sport where the pilot straps a wedge-shaped wing made of rip-stop nylon to their harness. They then launch themselves into the air by foot running off mountains or hills.
- **Press releases** - All press releases can be found online at: www.sgleisure.org/press_releases

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