

## GB Representation at the Half Ironman Triathlon World Championship, Florida



Dear Mark,

I am writing to highlight my recent achievements in the sport of Triathlon, which I believe will contribute to raising the profile of the sport, the school and community.

I have always enjoyed a wide range of sports and in the last two years have focused mainly on duathlon and triathlon. I especially enjoy the longer distance races and recently competed in an half Ironman event (2km swim, 90km bike, 21km run).

As one would expect, the training requirements to compete in such races are considerable and a typical week involves 10-15 hours of training, no matter what the weather! As well as building strength and endurance, my mental toughness is what I truly rely on to keep myself going. The support of a coach (who is currently ranked 6th female triathlete in the World), my dedication & commitment to the sport has produced some pleasing results in the second year in the sport. The highlights to date are:



2008 results

- End of season – Ranked 3rd Welsh female

2009 results:

- Pembrokeshire Duathlon 2nd lady
- Newport Duathlon 1st lady
- Llandovery Triathlon 2nd lady
- Blaenavon Triathlon 1st lady
- 70.3 UK Half Ironman 4th lady (international competition)

As a result of the latter event I qualified to compete for GB in my age group (30-34) in the 'Foster Grant' Ironman World Championship 70.3 in Clearwater Florida, November 2009. I am extremely happy with my season and recent result at Florida. I knocked 1hour 10 minutes off my PB and came 27th

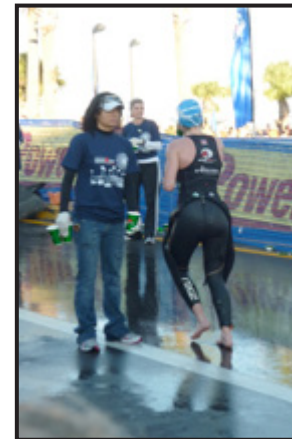
in my age group, the 1st female Brit home in my age group and 5th female Brit including Pros!! I believe I could have gone harder on the run but I was constantly on the fringe of cramp.....there's more in this tank!

GBR.

22 females competed (3 Pro & 19 Age Groupers)  
Bethan came 5th (beaten by 2 Pro & 2 AGs), 3rd out of all GBR AGs, 1st out of all GBR AGs (30-34)

WORLD 511 females competed (42 Pro & 469 AGs)  
Bethan came 134th out of entire 511 entry, 109th out of all 469 AGs, Bethan split the Pro contingent 25 faster & 17 slower

I continue to receive coaching from Andrea Whitcombe, as such there have been vast improvements in one year. I sincerely believe that I am able to reach higher levels of fitness and greater achievements at a local and GB age group level. This belief, determination and commitment to both training and competing is forever growing. The provisional plan is to focus more on Olympic Distance and one 70.3 abroad.



As a P.E. Teacher I acknowledge the importance that sport plays in life, contributing to fitness, teamwork, leadership, self-discipline, determination, courage and a competitive spirit. In addition sport contributes to balance and well being. These are qualities I promote when delivering the P.E. Curriculum and I foster when training and racing.

Thank you for your sponsorship, time and consideration in supporting a wonderful opportunity and experience.

Yours sincerely  
Bethan Fowler