Triple success at Triathlon!

7 September, 2017

A triathlon event organised by a local brain injury charity saw individual success for three of the clients taking part.

The triathlon was organised by Headway Birmingham & Solihull under its new Sports & Wellbeing programme, and involved clients from the charity swimming, cycling or walk/running to beat their own personal targets rather than competing with other athletes like in a conventional triathlon.

Due to the nature of brain injury, many of Headway’s clients have disabilities or other issues that makes it hard for them to access community sports by themselves, but under the new sports programme, they are enjoying a whole range of sporting activities in addition to some competitions like this triathlon at Tudor Grange Leisure Centre in Solihull. The charity also offers regular taster sessions in other sports to encourage wider participation and increased physical activity by its clients.

Sarah Wood, Sports Co-ordinator at Headway Birmingham & Solihull, said this first triathlon event achieved all it set out to do.

“We set a target for each client for each individual element of the triathlon, depending on their individual ability,” she explained. “And they all rose to the challenge. They trained hard before the event and their efforts paid off, with everyone beating their personal goals. We couldn’t be more proud of them!”

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A small presentation ceremony was held at the end of the triathlon with certificates and medals awarded to mark achievements. Sarah passed on her thanks to Derek Lill Trophies in Birmingham for donating these, and to Wheels for All for the loan of the wheelchair bikes.

The event was also an opportunity for the charity to raise much-needed funds towards the ongoing development of its Sports & Wellbeing programme, and anyone wishing to make a donation can still do so via [www.justgiving.com/HeadwayTriathlon17](http://www.justgiving.com/HeadwayTriathlon17) . Equally the charity would like to hear from anyone swimming, cycling or running this autumn and interested in raising money for Headway Birmingham & Solihull through sponsorship. Email [fundraising@headway-bs.org.uk](mailto:fundraising@headway-bs.org.uk) for more information, or visit [www.headway-bs.org.uk](http://www.headway-bs.org.uk) for full information on the charity’s specialist brain injury services.

**Ends**

**For more information**

Contact Julie Wedgbury in the Fundraising department at Headway Birmingham & Solihull at [fundraising@headway-bs.org.uk](mailto:fundraising@headway-bs.org.uk) or 0121 457 7541.

**Photo Caption**

*Photo1: Client Tim Marshall celebrates as he smashes his personal record!*

*Photo 2: On the start line for the cycling (L to R) Client Faisal with Sarah Wood, Sports Coordinator, on the wheelchair bike and clients Tim & Robert on individual bikes*

*Photo 3: Medals for clients (L to R) Robert, Faisal & Tim with Sarah Wood from Headway (L) and Cathy Fox from Wheels for All (R)*

**About Headway Birmingham & Solihull**

Headway Birmingham & Solihull is a registered charity helping to improve the lives of those affected by brain injury in the local area. Its aim is to promote greater understanding of all aspects of brain injury and provide information, support and services to the person with the acquired brain injury as well as their family and carers. For full information, visit [www.headway-bs.org.uk](http://www.headway-wm-org.uk) .