In training for Triathlon challenge!

21 August, 2017

Clients from a local brain injury charity are in training for a unique triathlon challenge taking place next month.

The event, organised by Headway Birmingham & Solihull under its new Sports & Wellbeing programme, will take place at Tudor Grange Sports Centre in Solihull between 9.30am – 2.30pm on Monday 4 September.

Rather than completing a set distance in competition with other athletes like a regular triathlon, those taking part will complete a swim, cycle and walk/run based on their own ability and personal targets.

Sarah Wood, Sports Co-ordinator at Headway Birmingham & Solihull, explained: “We recently launched our new Sports & Wellbeing scheme to encourage clients at Headway to be more active. Due to the nature of brain injury, our clients often find it difficult to access community sports by themselves but with our support they can return to an activity they enjoyed prior to their brain injury or even try a new sport.”

“Headway now offers a weekly programme of sports activities, which includes archery, fishing, golf, climbing and more. Clients are really enjoying these and importantly, getter fitter and healthier by taking part.”

She explained that the idea behind the triathlon was to encourage those in the sports group to challenge themselves across a range of activities, namely swimming, cycling and either walking or running, depending on their individual ability.

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“It’s not a competition but a chance for each individual to shine!” she said. “Training is going well and we can’t wait to see how everyone performs on the day.”

Spectators are welcome to attend to watch both the triathlon challenge and the medal ceremony afterwards, and anyone wanting to sponsor those taking part can donate via [www.justgiving.com/HeadwayTriathlon17](http://www.justgiving.com/HeadwayTriathlon17) . All proceeds from the event will go towards the ongoing development of Headway’s Sports & Wellbeing programme.

Anyone wanting more information on the triathlon event or the specialist brain injury services offered by Headway Birmingham & Solihull can email the charity at info@headway-bs.org.uk .

**Ends**

**For more information**

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

**Photo Caption**

*Photo1: Client Faisal with Becky from Headway in training for the Triathlon Challenge!*

**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) .