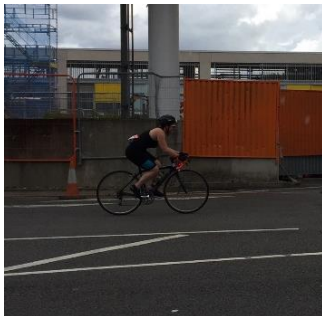


Naomi Cairns Triathlon Fundraising Event

Trustee of GDS and former volunteer Naomi Cairns took part in the AJ Bell Triathlon in London Docklands which is reputed to be the largest Triathlon in the world.

After lots of hard work training for the event over the last few months it was amazing to see the thousands of competitors take part in the event on 22nd July 2017 at the Excel Centre, which saw thousands of competitors swim, cycle and run their way to medals over a range of distances from Super Sprint to Olympic Plus.

Naomi, as first time entrant undertook the Sprint which entailed 750 metre swim in Victoria Docks



That bit over, it was into the transition stage - into cycle kit and ready for the 20 km cycle in circuits near the Excel Centre. This is where it turned from summer sunshine to windswept rain but head down and carry on.



The final change into running shoes and now ready for the 5 km run, up the red carpet and Naomi arrived at the finish still smiling ready for collecting her medal and meeting friends on the podium.



**A fantastic effort
raising over
£500 for GDS**