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Crosby Sponsors Sefton Triathlon

Crosby Communications has sponsored the Sefton Triathlon, operated by a local charity in Crosby, Liverpool. Crosby have provided a website design and hosting as part of the sponsorship.

Matthew Wilson Managing Director of Crosby, who is also a marshall in the Triathlon said, "its great to get involved with charities locally and help put something back into the community". I hope that all the athletes who take part in this years event will enjoy that wonderful feeling you get when you take part in a sport you enjoy with like minded people. I would like to wish all the competitors the best of luck with their training in the run up to the event".

Triathlon is a modern 'life style' sport, which you can start at almost any age. The basic requirements are that you are able to swim, ride a bike and run. Triathlon events give you the opportunity to race side by side with athletes of all abilities, with the benefit of seeing results, which show your placings against competitors of your own age and sex. The age group system 'divides' competitors into categories based on five-year age bands (e.g. 20-24; 25-29; 30-34 and so on right through to 70 years plus).

All competitors will receive a T-shirt, drink, wristband and medal and will be encouraged to help raise money for the nominated charities. The highest fundraiser will receive a signed England shirt personally presented by Liverpool Captain Steve Gerrard. For more information contact St Mary's College Sports Centre 0151 924 3700. Entry forms are also available on this number or go to www.seftontriathlon.ik.org

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