

STC Transition Talk with Paul (dad), Grace & Seth Charlesworth

Do you need a dose of enthusiasm? Look no further: Our latest transition talk brings you three for the price of one! Yes, three Charlesworths all in one talk! Meet, Paul (dad), Grace and Seth who are all active members of the club.

STC: Thanks for meeting up guys! I know it was a bit touch & go, what with football practice (Seth) and a sleep-over (Grace), but we made it. Please could you introduce yourselves?

Seth: Hi, I'm Seth. I'm seven years old and have been training with Sheffield Triathlon Club since last year. I'm too young to compete outside of STC events yet, but it won't be long.

Grace: Hi, I'm ten years old and I did my first aquathlon with STC last year.

Paul: Hi! I did my first triathlon in 2014 - Derby sprint distance – and was hooked. I joined STC three years ago, motivated by wanting to improve my swim.

STC: Why did you do a triathlon in the first place Paul? Were you always an active kind of person?

Paul: I'd been in to mountain biking in the past and did a duathlon about ten years ago, but exercise had slipped off the agenda. Then a colleague at work started talking about doing a triathlon after she had her baby, and persuaded me to do one too. That was when I did Derby sprint distance, which led to more sprint distances in the following seasons! I did my first standard distance last year (Birmingham) and this year I'm taking on my first middle distance at the Yorkshireman Half. I haven't tried this before as fitting in the extra training required is difficult with family life but Dawn my wife is very understanding and together we make it work...just ?.

STC: I'm sure you can do it Paul, as long as you don't throw in any extra bike laps or wrong turns like you did at Birmingham & Maltby! How is the swimming going now?

Paul: I try to make the Saturday night session at Graves and the open water sessions at Rother Valley when these start in Spring. I really benefit from swimming as part of a coached group; my effort is much more focussed. The coaches at STC are great, the sessions are tough, but I feel so much better for it (honestly). I can sometimes swim with STC on a Wednesday night too, while Seth and Grace are training at Ponds Forge.

STC: Wow, training at Ponds Forge! That sounds serious! So you're real swimmers then, Seth and Grace?

Seth: I swim three times a week and Grace swims four times a week both with City of Sheffield Swim Squad. Thursdays and weekends are when I get homework done. We've both been swimming since we were very little.

Paul: Yes, they both swim a lot. None of this would be possible though without massive support from Mum who helps organise and coordinate swimming as I work away quite a lot during the week. A year and a half ago I persuaded Grace to start coming to the Junior sessionthankfully it's on Saturdays so fits around her swim training! I thought it would broaden her routine and add to her strengths. She took a bit of persuading – despite having an inner steel, she's not always sure of herself – but now the Saturday sessions of swimming and running are something both she and Seth really enjoy. The coaches (Carl, Craig, Matt and Natalie) are fantastic. There's also monthly Junior cycling sessions at Forge Valley.



STC: And what do your friends think of you doing triathlons in your spare time?

Grace: I've got a couple of friends at school who do sport. No one else pays much attention.

Seth: When I did my first aquathon last year, I showed everyone at school the number written on my arm!

Paul: My friends know I do triathlons but we've known each other years (I'm from Barnsley). They pretty much ignore it.

STC: Yep, those are good friends Paul ? Finally, what's the best experience you've had through getting involved with triathlon?

Grace: The best thing for me about getting involved with STC was doing my first aquathon last year. I wasn't sure about doing it, but it was great and it's got me in to running too. I took part in the STC get your kit on junior parkrun earlier this year at Staveley and I've started doing this regularly on Sunday morning now. Mum normally takes me.

Seth: I really enjoy the swimming on Saturdays, and I've made good friends here.

Paul: Yes, I've made some great friends too at STC, there's some good banter at Swimming on Saturdays and Wednesdays. I really enjoy doing the coached training sessions and triathlon events with these guys. I've even done the cross-country events over the last two years and TT bike events, there is so much to get involved in. Lastly doing my first standard distance last year was a big issue at the time. It felt like I was taking on a lot, but I did it!

STC: Thank you all for talking with us. Your enthusiasm is infectious, Grace and Seth, and Paul your commitment to getting yourself + two small people to STC sessions is amazing! Good luck at Yorkshireman Half too!

