



TOWCESTER

LEISURE CENTRE

PROMISING ATHLETES PROGRAMME

Chris Beck

When I was younger I played a lot of football and team sports at school. When I went to high school my mum signed me up for cross training, which I hated at first but then I loved it.

My dad was doing triathlons at the time which I had a go at and enjoyed and did my first triathlon in 2011 on the course used the following year for the Olympics.

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I had a health scare in open water though and felt the safety measure were a bit questionable so I decided to change to duathlon. Primarily I use the gym for strength training such as weights and cable machines to get me ready for long distance training. That and cardio are all necessary for injury prevention.

I'm really getting into paddle, pickleball and badminton at the moment when I have any free time. A few of us from work at Silverstone play together, but I also like mountain biking.

My biggest achievement this year was winning a couple of races in my age group. My dad is my main role model, getting me into sport and encouraging me to enjoy the training. But overall it has to be the Browning brothers for their dedication and commitment.

I've done some events for charity in particular Help the Heroes through my dad. My main hobby is probably inflatable Kayak which I do near my home.



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