



ABOUT PIPPA

I like cake and so I need to ride my bike, run and swim otherwise I'd be fat!

**No, I really do love doing all those things!
If I was to describe myself then I'd say I'm a bit of "jack of all trades, but master of none" with a variety of bikes in my shed, a menagerie for running shoes and ridiculous amounts of swimming caps. The outdoors is where it's at!**

I was born and bred in Kenya but moved over to the UK in 2005 with the view of moving to Australia, but as you've guessed - I'm still here! My childhood background is littered with a variety of sports - as you can imagine growing up in a warm country, but my passion until I was 28 was horse riding. I was lucky enough to compete for Kenya but left that all behind when I moved to the UK.

Before I'd left Kenya, I'd got involved in mountain biking, and that was cemented when I moved and bought a Specialised Rockhopper. I have always loved competition and it wasn't long until I was taking part in local mountain bike races. It wasn't until I met my husband and thought about joining the local triathlon team that I got my first road bike. I did not initially enjoy that so much, but I loved the triathlon environment and it brought together my swimming, biking and running.

From that moment I've swum, run and biked through the most amazing places, met incredible and inspiring people and had some great successes of my own. I've qualified and competed at World Standard Distance Triathlon for GB, I've qualified and competed at the World Cross Triathlon Championships for Kenya, I've qualified for the Road Racing Championships, I've qualified for Xterra World Championships - but moved to Australia for a year instead - and had many more wonderful event successes.

Seeing every type of person on the start line is amazing and to top it all off, I've just competed in a triathlon where there was an equal ratio of women to men on the start line! Come on you girls!

My love of all this madness has driven me to want to encourage others to do the same and to put something back into the sports that I love, so I went off and did my Level 2 Triathlon coaching (thinking of my level 3) and my Level 2 British Cycling Coach. With this I've helped all the local triathlon clubs I've been part of, set up women's only cycling sessions and groups and just found the most amazing people through this journey.

So get on that bike, put on those trainers and get in that water - it's all freedom!