

Team ACCELERATE – Experienced and Novice Racers Sign

One thing is for certain that Team Accelerate intends to compete with the very best in 2006 and their recent signings' clearly demonstrates this determination. Yet it would appear that the Team is not just looking to encourage new members that are experienced but has also taken to the challenge of developing those who are new to the sport.

Caroline Bullard is one such athlete. Caroline has a background in multi sport events and has represented Great Britain for Modern Pentathlon. Caroline has already demonstrated her endurance, run speed and cycling ability at the Teams last training weekend in the Peak District. Running for the first time with her new team mates she kicked so hard at the end of a time trial that she left all in her wake and recorded one of the fastest times of the day. Caroline is looking forward to her first adventure race later this year and as I for Powell pointed out, "Nothing seems to phase Caroline and she is as determined as the rest of us".

Mark Chryssanthou has also joined the Team and brings plenty of experience. It was Team Assistant Manager Gill Watson who first voiced her opinion that Mark would be an idle competitor for the Team. With a place available for the ARC, Mark was contacted to see if he would like to race and subsequent successful outings with Gill saw Mark decide to join the Team. Mark, said, "I have been looking to build on my success of last year and it is clear that Team Accelerate has a strong squad committed to the idea of going forward and being the best that they can through hard work and commitment".

Two Welsh international athletes have also joined the squad. The vastly experienced Adam Haynes is no stranger to success and has previously raced with some of the top Teams in the UK. Top fell runner Tim Higginbottom also joins the Team and is considered one of the best fell runners in the UK. Tim like Adam has already tasted success, knows his way around a bike and has both paddling and climbing experience. Both athletes are looking forward to aiding the Teams drive for success and are also keen to offer coaching support at Team Training. Tim, was also keen to point out that the thing that appealed about Team Accelerate was not just their "Professional approach to racing but also the fact that they know how to enjoy themselves – can't wait to have a go at the Team cream-bun eating competition".

Further detail on Team Accelerate can be found by visiting www.accelerateuk.com and visitors will have the opportunity of winning a lightweight Mountain Hardwear Epic Jacket. Anyone who is interested in joining or who would like further information should contact the Team via their web site.

END.

Release Date: Tuesday, April 18, 2006

Embargo: None

Pictures: Tim Higginbottom and Caroline Bullard

Contact for Questions: Stuart Hale (stuart@accelerateuk.com)

Online: www.accelerateuk.com

Telephone: 01780 755027

