



ACCENTURE BRITISH TRIATHLON MIXED RELAY

VIDEO TRANSCRIPT

(emotive music)

Olympic swimmer, Becky Adlington:

I love the format of a mixed relay triathlon. Especially with triathlon, it's so accessible for everyone to do. You can just have a lot of fun.

Participant one:

You never really get to race as a team in triathlon, it's usually quite individual, so working together is just really great.

Participant two:

Yeah I loved it. I think it would be more nerve wracking on your own, but when you add everyone else and everyone was cheering you.

Participant three:

I think we all supported each other. We did it and none of us had done it before.

Participant one:

It was really cool to have a balance of male and female competing together.

British Triathlete, Ben Djisktra;

The team spirit really helps bring out your best performance as well.

British Triathlete, India Lee:

And there's always a great atmosphere.

(emotive music crescendoes)

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