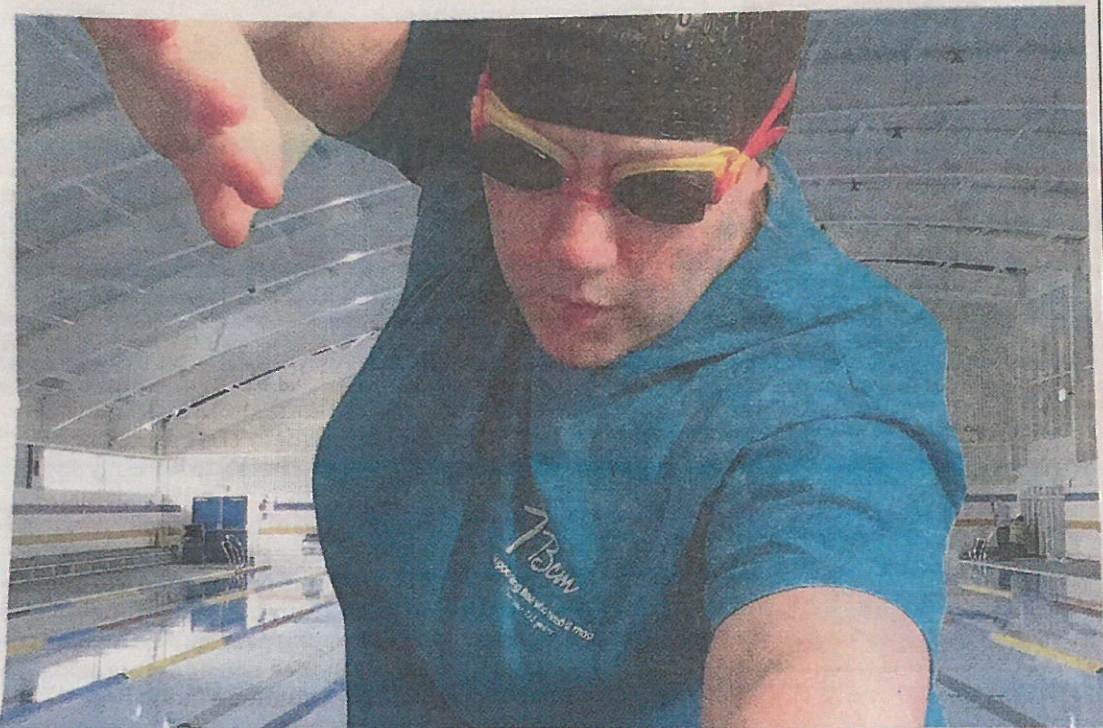


Mums conquer all-day triathlon for charity



Maria Killen preparing at the Leisure Centre in Dungannon

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Three hardworking mums have come together to really challenge themselves and do something a little bit different in aid of a local charity by taking part in a triathlon with a difference in aid of a project supporting parents in Dungannon and Armagh.

On Thursday, Dungannon woman Maria Killen joined her sister Claire Killen and friend Caroline Wilson to take the day off work and swap it for a day of fundraising at Dungannon Leisure Centre in aid of BCM Parent Support

Project.

They split the triathlon, with Maria swimming for the whole day, while Claire and Caroline spent the whole day running and cycling.

They kept going all day, only taking the normal lunch and coffee breaks of an average 9-5 day in the office.

As if all that wasn't difficult enough, Maria and her family were moving house on the same day when she was completing the 9-5 challenge for BCM, so she had been juggling her training with packing and preparing to move.

Belfast Central Mission (BCM) set up in 2014 Parent Support in Dungannon and Armagh to help parents with bringing up their children.

Importance of help for parents

Maria works at BCM Parent Support and knows first-hand just how important the project is to parents who need a bit of extra help and support. Speaking ahead of the event Maria said: "Being a parent is one of the hardest and most important jobs there is and we want to help parents who are finding it hard to cope. We are very excited and think this is something no one has ever done before! This will be no easy task, but of course it's all for a good cause so it will make it all worthwhile." To sponsor Maria in the 9-5 Challenge please visit her Just Giving page: <https://www.justgiving.com/Maria-Killen>