

Debra Rayment

CV

I have been a keen cyclist for last 15 years , starting with mountain biking (DH, XC) and wild riding , I did participate in mtb events, I have consistently mountain bikes over the years , including bike touring around Ireland , Scotland and England

I also road ride , I have ridden in a number of sportives but main purpose was to compete in middle distance/ long distance triathlons having completed a number of 70.3 races and two Ironman events (IM UK and IM Austria)

I have completed two multi day adventure races where Mtb has been an element too (Rat Race - Scotland and Croatia) and am scheduled to do Outer Hebrides 2026

I also ride a gravel bike , for bike touring and gravel events and have been to taster events at the velodrome.

I have been a member of smaller mtb groups and a member of St Helens triathlon club and am a current BC member.

I am passionate about cycling especially making it more accessible enjoyable and less intimidating for people (especially women) to get involved and ride !