

CRUFTS AGILITY CHAMPION 2011

Meet Helen “Spinning Queen” & Demon “Crufts Agility Champion 2011”



You may well ask what dog agility has got to do with health and fitness but if you've ever seen the speed of the dogs around an agility course you soon realise the handlers have to be fit and agile too!

Helen got her dog Demon from Battersea, he was a stray found in London at just 7 months old. He loves his agility and won his way up to top level (Grade 7) fairly quickly. Last July Helen and Demon went on to win a championship class which qualified them for Crufts this year.

With Crufts on the horizon Helen decided she had to work on her own fitness and came along to our Indoor Cycling (Spinning) classes in Coltishall.

“I started Spinning around October time in order to try and keep up with Demon around the courses and it has helped a massive amount. I was totally unfit before I started the classes and I'm now so glad I did. I managed to keep up with Demon at Crufts no problem and wasn't even out of breath after our winning run!”

We had to go through two rounds at Crufts and the top 8 were taken through to the final. It was a shock to get through to the final 8 on the day so to go on to win was amazing! This also now makes him an Agility Champion which is always the aim. We automatically qualify for next year so I hope we can perform as well as we did this year!” Helen

Congratulations Helen & Demon a fantastic achievement and best of luck for 2012!

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March 2011