

Why try Triathlon and Road Cycling?



If you want structured training to be a part of your daily rhythm, then working within our cheerful group of dedicated riders and triathletes may be the thing for you, especially if you have enjoyed a good track record in swimming, running and cycling.

Who can do it?

The main 'entry requirement' for triathletes is that you can swim fairly well.

Although all sessions are different, it is essential that athletes in all disciplines have a base endurance fitness of being able to run 5km in around 20 minutes. A programme of sessions will be built around an assessment of the athlete's baseline ability, which is reviewed as they develop. The other requirement is that you come to school equipped for your discipline(s). For cyclists, this means having a training road bike (not a TT bike), a turbo or set of rollers, full winter kit, SPDs and road spares. Additionally for triathletes, this means having a good wetsuit.



Highlights from 2018-19

- Niall Caley had multiple top 10 BTF Super Series finishes and was selected for GB in Elite European Racing
- Alex Pilgrim and Guy Tucker both qualified for Cat 3 cycling
- Largest number of athletes competed in a range of events, from beginner to elite

Looking forward to 2019-20

- We have appointed a full-time coach for the squads
- A trip to Manchester Velodrome to incorporate mountain bike and BMX with some of Britain's best cycling coaches
- Multiple training camps to Lanzarote and Portugal and mountain biking in the Pyrenees



Success stories and future stars

- Niall Caley placed sixth at the BTF Super Series Performance Assessment Weekend
- Alex Pilgrim won multiple races in Odd Down Winter Series cycling races
- Largest number of athletes competed in cycling and triathlon races for the first time

