



VICKERS

This Triathlete and Swim Coach is an awe-inspiring influence on the girls at St Catherine's School, Surrey

I am incredibly proud to be the swimming coach at St Catherine's School, Surrey – where I work within the Prep and Senior PE departments.

I have always been energetic and enthusiastic about sport and music, and very disciplined to be the best that I can.

When I was at school I loved being part of all of the sports teams – my spare time was either spent on sports fields or in swimming pools. Otherwise, I was practising my trumpet, or playing in a band. I always knew I would have a career in sport or music.

I didn't go straight to university like my friends – I went to work at a small private school in Grafton, Australia. While there, I was a teacher's assistant, PE coach and taught music. It was here that I found my love for teaching.

When back in the UK, I went to Warwick University, studying primary education and music. Since graduating, I have had many jobs. One of my most memorable was as a teacher and swim coach in an Aboriginal school in Alice Springs.

I am also a member of the England Lacrosse team. I have represented England U18s,



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U21s, and at Senior level in Lacrosse for over 12 years, receiving a junior and full cap.

At this time, feeling that my fitness was at its peak, I applied to be a contestant on the TV programme, *Gladiators*. I was picked from over 80,000 applicants and I managed to reach the semi-final.

In 2008, I took up triathlon in the off-season of Lacrosse.

Having always been a swimmer and done lots of running, I felt I had a



good basis for a career in triathlon. The cycling was difficult, but exciting! Little did I know that this would eventually lead me to my biggest charity challenge in 2016.

In triathlon, I have represented GB at the European and World Championships and in the 70.3 IronMan World Championships – and have competed in New Zealand, Australia, Nevada, Austria, Budapest and Mont-Tremblant, Québec.

In 2014, I became British Champion in the sprint distance – and I was fifth in the European World Championships in Austria and then Geneva in 2015.

In the World Championships in New Zealand and London, I

gained a top-10 placing. At St Catherine's, as well as aiming to inspire the girls, I feel that sport can be a positive influence in supporting those less privileged or able.

I met a five-year-old girl who had been diagnosed with Ataxia-Telangiectasia (A-T) while coaching swimming. Since then I have focused my fundraising on Action for A-T, a charity raising money for medical research.

Each year at St Catherine's, I organise an annual charity triathlon for the children, alongside an aquathlon for adults. There has been over 90 participants, some of whom are as young as five. So far we have raised over £5,000!

Last summer I cycled 1,067 miles in 10 days from Land's End to John O'Groats to raise more funds – what a journey!

I also competed in IronMan Wales last September – this meant a 2.4-mile ocean swim, a 112-mile bike ride and a 26.2-mile run. And at the end of last year, I was the annual Action for A-T kids triathlon at St Catherine's. This included swimming in the school pool, cycling around the extensive grounds and running around the race track.

If I can inspire one young girl to overcome personal setbacks in life, then I will have succeeded. If she can enjoy taking part in sport, especially to help others, then my time at St Catherine's will have achieved its goal. ♥

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