

# TRIATHLON

## DISCOVER BRILLIANCE

### HEAD OF TRIATHLON

**Christian Brown**

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In 2019, Millfield was the first school in the UK to appoint a full-time Triathlon Coach, Christian Brown. A British Triathlon Level 3 High Performance Coach and British Triathlon South West Academy Lead, Christian joined Millfield from the prestigious Leeds Triathlon Centre Programme. Christian has experience in National Series racing having raced the British Triathlon Super Series for four years, as well as being on the North East Regional Academy Squad. Then he progressed into the Prestigious Leeds Triathlon Centre working alongside the best triathletes and coaches in the world. Furthermore, he assisted with the coaching in the Yorkshire Academy Squad and set up the Yorkshire Talent Squad.

### HIGHLIGHTS

- Niall Caley competed in the 2022 Commonwealth Games
- Oscar Coggins raced in the Tokyo Olympic Triathlon
- Upper Sixth Juliette competed in the European Cups for Belgium in the 2022/23 season
- Several members of the Millfield squad selected for regional academy squads from all over the country
- Drew competed in the 2022 Canadian Summer Games
- Jasmine and Innes raced in the School Games 2021
- Niall Caley finished 2nd in the BUCS duathlon
- Ethan Bennett finished 12th in the BUCS duathlon
- Jasmine Caley, Macey Burge, Dexter Townsend, Rory Forbes, Tom Webb and Charlie Rule have all been selected and are racing in the British Super Series races.
- Macey Burge and Dexter Townsend regularly achieving top ten results
- Tom Webb set new school records for the 1500m (4.02.01) and the 3000m (8.43.73), which had previously been held for the last 38 years

### SUCCESS STORIES

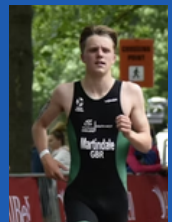
Niall Caley

Oscar Coggins

Juliette Janne D'Othee

Emily Crookes

Lawrence Martindale



Competed in the 2022 Commonwealth Games for the Isle of Man.

The youngest competitor to represent Hong Kong in the Tokyo Olympics.

Selected for Belgium Olympic pathway - selected for several European cups in the 2022-23 season.

Raced World Elite aquathlon champs, selected for several European cups, first place at Panevysys European cup.

Winning several British Super Series races as well as being selected for several World and European cups

BE AUTHENTIC BE BRILLIANT BE CURIOUS BE DISRUPTORS BE KIND



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### THE PROGRAMME

#### WHAT TO EXPECT?

The programme offers a bespoke schedule of training fitted around a wider squad culture. Technical excellence and fitness form help give all athletes the best chance at achieving their potential long term. This programme guides athletes towards the best training centres in the world and gives them all the skills to thrive in these environments. It supports all athletes to compete at a Super Series Race or build towards this level, as well as to make British Triathlon Academy selection. It supports international athletes to progress further within their own nation's top squads and race all over the world.

The students have 12 hours of swimming programmed weekly, in the state of the art 50m swimming pool and two squad track sessions on the newly refurbished running track. The squad ride out on the roads of Somerset on Wednesdays and Saturdays, or go to the cycle circuit in Bath for race specific sessions. As well as this, students can use rollers or watt-bikes in the gyms to enable the whole squad to ride together indoors for hard, training sessions when the UK weather doesn't allow outdoor sessions safely. The aim is to have all athletes achieve their full potential as a student and an athlete.

#### WHO CAN DO IT?

Academy athletes or students working towards academy selection and Super Series racing is the expected level for Sixth Form entrants. Whilst at Year 9, those passionate athletes who want to work hard across a swim, bike and run programme can join the weekly sessions to develop and achieve their best.



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