

# Triathlon & Road Cycling

## 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 2019-20

- Nine Millfield athletes went to British Triathlon regional academy trials
- Recent leaver Lauren Dolan represented Team GB in the World Team Time Trial at the UCI Cycling World Championships and finished with a team bronze medal
- OMs Milly Tanner and Lauren Bell took part in the UK Track Cycling Championships. Milly came home with a gold and silver medal whilst Lauren came home with two golds and two bronze medals
- Appointment of a full-time triathlon coach for the squads
- Largest number of athletes competed in cycling and triathlon races for the first time

**Master-in-charge:** Peter Guthrie  
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Coach: Christian Brown



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## Success stories and future stars

- Niall Caley raced for Great Britain in the SuperLeague Jersey Enduro Triathlon race in his first international start
- Jen Sykes selected by British Cycling for the regional development squad in sprint cycling



*"I think the best thing about the triathlon programme is the coaches we have. They have really helped me to identify what I need to work on to make myself a better athlete not just at Millfield but also in my career."* Jess Hudson, Lower Sixth

*"We got the opportunity to get V02 Max tested earlier this year which was really insightful into adapting my training to better suit me as an athlete."* Lottie Hull, Lower Sixth