



Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy



Triathlon Academy

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Working in partnership with  Simon Langton Boys to provide a
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Triathlon Academy

Why be good at one sport when you can excel in three?

Triathlon is one of the fastest growing sports in the world. This unique sport offers the chance to combine swimming, cycling and running together in a test of human physical and mental ability. Great Britain has produced some of the best competitive athletes on the circuit.

Academy triathlon athletes receive a modern and scientifically based individual training plan, which will develop techniques in all three disciplines. By training within the school day, evenings are free to complete studies without the pressure of having to train.

The academy has an elite sports physiotherapist and sports masseuse on site. It also has a professional fitness coach. A full time sports scientist conducts scientific testing throughout the year and offers opportunities to go to the University of Kent's Sports Science lab. Workshops on nutrition, lifestyle management, psychology and personality profiling are included in the programme.

Who We Are Looking For?

Triathletes traditionally start as specialists in one discipline and then transfer their talent and dedication to the other two elements of the sport. If you are training regularly with a swimming, athletics or cycling club, you will be at an advantage. Alternatively, triathletes already fully involved within a local club or coaching scheme, wanting to make the next step in their sporting lives, would be ideal candidates.

How Far Can We Go?

Triathletes on this programme could realistically attempt to represent the South East region in the National Elite Youth Series, or possibly the European or World Championships in the respective age groups. Triathlon England South East Region has an active and successful academy which meets once a month and from there, athletes are recommended towards the British Triathlon elite training programmes.

Coaching Staff

Matt Tithecott, a Level 2 BTF Coach, part of the Triathlon England South East committee is the academy and Coaching Coordinator for the Kent, Sussex and Surrey area. Matt, a Sports Science graduate, teaches at Simon Langton Grammar School for Boys, where he has created a successful triathlon programme. He is currently coaching a group of three aspiring youth athletes, who are realistically aiming for qualification to the European Championships in Geneva as well as National Championship honours. Last year one of the group participated in the London World Championships.

Craig Meredith, BSc (Hons) Sports Therapy has an extensive knowledge base in triathlon and elite sports specialising in functional biomechanics and its application to developing optimal performance. He has also competed for Great Britain at two World Championships and two European Championships. Craig is on the management team for the Jersey Commonwealth Games Team heading to Glasgow this year.

Daniel Halksworth, professional Triathlete, specialising in Ironman racing has also qualified for the Olympic Distance event at the Commonwealth Games. Daniel has a wealth of experience as a professional athlete starting out as a swimmer and achieving 9th place in the 2006 Commonwealth Games. He decided to move across to Olympic distance triathlon in his late teens and achieved much success immediately, regularly finishing in the top 10 and also placing second in the World Aquathlon Championships.



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