

bradley hales  
age 19  
staines - middlesex  
triathlon



# athlete profile

Bradley is a member of the London Triathlon Academy and competes for the Optima Racing Team. He is going off to study at Loughborough University which is a British Triathlon High Performance Centre.

He has competed regularly over the last season with strong results in local and regional races. He finished in third place at the Academy trials in March and was the first junior at the Thames Turbo Triathlon in April. More recently Bradley won a Bronze medal at the F3 Evening Triathlon with times of 750m Swim (8.14), 20k Bike (35.14) and 5k Run (18.15). In May he finished 14<sup>th</sup> in the British Triathlon Super Series (doubles as the British Elite Championships). He was leading after the swim against 36 other elite athletes, including 2006 world champion Tim Don and fellow Olympian Will Clarke.

He is coached by James Beckinsale who is his main Triathlon coach, Lawrence Northover who helps with his swimming technique and running coach Chris Duke. He trains for more than 18 hours a week and is looking forward to his next warm weather training camp in Lanzarote.

Bradley's short term goals are to qualify for the Corus Elite Series, achieve a sub-hour half full distance triathlon (sprint) and develop a name for himself within triathlon. His longer term aims are to develop his running skills to a competitive standard with elite triathletes, possibly become a professional/full time triathlete and compete abroad representing the GB team.

He will spend the award on the replacement of damaged equipment, travelling to and from events, costs of entering major events, treatment and possibly invest in a new bike frame or wheels.

## key achievements

- Member of the London Triathlon Academy
- Competes for Optima Racing Team
- March 09 London Academy Time Trials – 3<sup>rd</sup> 750m swim (8.18) – 3000m run (10.05)
- May 09 British Triathlon Super Series - 14<sup>th</sup>, 1:57
- May 09 Morden 6 n 6 Aquathlon –3<sup>rd</sup>
- April 09 Hillingdon Duathlon Sprint -3<sup>rd</sup>
- June & August 09 - F3 Evening Triathlon – 3<sup>rd</sup>
- September 08 Orca Sprint Triathlon - 1<sup>st</sup>
- March 09 - Merrell MTB Duathlon - 4<sup>th</sup>
- April 09 - Thames Turbo Tri1 - 3<sup>rd</sup> & 1<sup>st</sup> Junior
- April 09 - DragonSlayer Duathlon -5<sup>th</sup>
- National junior Team Relay Championships - Gold

## aims

- To qualify for the Corus Elite Series
- Achieve a sub-hour half full distance triathlon (sprint)
- To develop running skills to a competitive standard with elite triathletes
- Possibly become a professional/full time triathlete
- Compete abroad representing GB team

### Did you know?

SportsAid is the only UK charity working with 48 National Governing Bodies of Sport. We help an average of 1,500 athletes every year, both disabled and able bodied.