

emily mcloughlin
age 17
east grinstead - west sussex
triathlon



athlete profile

Emily has used her award to pay towards a training camp in the Alps at the beginning of the summer with her new coach and some other triathletes. Emily said it was very useful training and they did some great mountain climbs.

Emily trains every day whilst also studying for her AS levels at Sackville School in East Grinstead. Her National Governing Body, British Triathlon, says "Emily has continued to compete and over the last couple of years has shown a good steady improvement. She has developed in all three disciplines and remained very competitive in a strong region."

Emily started triathlon when she was 9. She was already a member of East Grinstead swimming club and enjoyed running so went along to a local children's triathlon club, Triton. She really enjoyed it and has competed since.

Emily says that she always eats lasagne the night before a race and also has a lucky hair band and lucky running and cycling socks. A race number that can be turned upside down and still read as a number (e.g 61, 88, 101) is extra lucky.

She is at sixth form at Sackville school so from Monday to Friday she studies 4 As levels. Around school and school work she trains. This is roughly 2 times a day for around 2-3 hours a day but it varies every week depending on whether she is tapering for races or not.

Over the winter Emily is planning on some doing hard training periods and trying to improve her run mainly, trying to get in a good x-country season to help with this.

key achievements

- Member of the South East National Team (Inter Regional)
- 2009 National Duathlon Champs in Loughborough in April.
- 2009 European Qualifiers, Dorney Lake - 4th selected as reserve for European Relays
- 2009 London Triathlon - 9th in juniors
- 2009 nHyde Park Triathlon (Nationals) - 9th
- 2008 National Inter Regional Triathlon – 6th
- 2008 Blenheim National Youth Series - 3rd
- 2008 National BTA Series – 3rd
- 2008 Plumpton X Country, against Sussex league U17 - 4th place
- IRC 2008 – 6th
- 2008 Blenheim Triathlon – 4th

aims

- Improve her running leg times
- Race internationally
- Race for Great Britain

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