

matthew myers  
age 16  
chiswick - london  
triathlon



# athlete profile

Matt was introduced to triathlon by his dad and he now trains for around 15-20 hours a week. He has two sessions a day before and after school and will enter a bike event on the weekend for race practice.

He says that the feeling of being incredibly fit is the best part of being a sportsman along with the feeling when he crosses the line after a performance where everything has gone well.

Matt's sporting hero is Lance Armstrong and said that he read his books and was inspired. He was the real reason he got on his bike which ultimately led him into triathlon. He tries to find time to read and go out with his mates when not at Latymer Upper School or training.

The award has enabled him to afford new equipment, race entries, travel, training camps and massage which he wouldn't have been able to pay for himself.

Matt has made the step up from U16 to U20 level this year whilst juggling his GCSE studies and exams. He didn't quite manage to achieve his main aim of qualifying for the European Championships in 2010 because of his school work. "I know I have learnt a lot this year, with everything going on in my life (all seemingly at once!) it was great to know that I had support behind me in the grant."

## key achievements

- April 2009 National Duathlon U20 Championships - 16th
- May 2009 Middlesex Junior 3000m Champion (1st) 9:39
- 2009 London Youth Games Cycling (U18) - 4th
- 2009 London Triathlon Junior Elite - 22nd
- 2009 National Junior Relay Triathlon Championships - Gold
- Represented London at the IRC's – finishing 3rd
- European qualifying race Dorney Lake – 9th
- Windsor Junior Sprint Triathlon – 1st

## aims

- World Ironman Championships

"I am so grateful for the grant which has enabled me to compete at the big races and get quality help I wouldn't have otherwise got." – Matthew Myers

### Did you know?

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