

## Lead Coach: Paul Jones



Professional Triathlon Coach, Paul Jones, has been coaching triathletes for over fifteen years. During that time he has coached athletes to international success.

Paul has coached and trained athletes who have qualified for the Hawaii IRONMAN, qualified for the 70.3 World Championships, and won World & European age-group medals. Let's not forget to mention the countless personal achievements by individuals who have got the best out of themselves.

Paul's commitment & dedication to his own coaching education & development over 15 years makes him an inspirational coach. It's not just the qualifications he has with British Triathlon, Triathlon Australia & IRONMAN, but the continual practical experiences he has gained through real coaching.

- British Triathlon Level 3 Coach
- Triathlon Australia Performance Coach
- IRONMAN Certified Coach
- Certified Biomechanics Coach (Level 2)
- Sports Coach UK – Equity in your coaching, Protecting Children, Mentoring Sports Coaches
- Running Sports – A club for all, Volunteer Management
- SAQ Qualified Instructor
- NVQ L2 in Exercise and Fitness
- Amateur Swimming Association Club Coach Award

## Assistant Coach: Sarah Levison



Qualified British Triathlon Coach & Swim England Teacher, my coaching objective is to always make sessions fun, engaging and challenging. Athlete progression is the reason I love to coach & flexibility in my coaching styles is well suited to mixed abilities.

A friendly communicator, I will always go above and beyond to help athletes reach their own individual goals. A keen triathlete myself, I have competed in multiple middle-distance events and uniquely only learnt how to swim as an adult.

## Assistant Coach: David Levison

A highly experienced coach, my whole career has centred around educating others which now transpires into the world of Triathlon. A British Triathlon Level 2 Diploma qualified coach, I have a passion for helping others maximise their own potential & reach heights they thought were not possible, as I did.

Personal achievements ranging from Sprint to IRONMAN distance events, I now take immense pride in helping others reach similar goals. Whether it is challenging bike rides, tough pool sessions or running up and down hills that is required, I always encourage, support and develop the many athletes I work with.

