

Simon Cartwright

Athletics Level 1 (Level 1 BTF trainee)



1. Why do you coach triathlon?

Because I have done triathlons for 10 years and learnt a lot from my mistakes. I have also had some great coaching and personal training and seen the benefits in quicker race times and a greater enjoyment of the sport. I want to pass these tips on to other triathletes.

2. Which is your strongest discipline?

Running - definitely. I run for Abingdon and really enjoy their track sessions on a Thursday night. The running part of triathlon can sometimes feel like the hardest part, as it is always at the end, when you're tired. Improving the running can make any triathlon seem easier.

3. ...and your worst?

Swimming. Even though I love swimming - especially in open water - I am pretty rubbish at it. I taught myself to swim and have an appalling style.

4. What is your number one tip for someone doing a triathlon?

Don't panic! It's easy to get nervous doing triathlon: the night before, at the start, in transition, if you're slowing down. Just tell yourself, "I can do this!" Give it plenty of positives as you're racing. Keep going, and always remember to congratulate yourself on finishing.

5. What is your worst triathlon moment?

Getting lost on the bike during the Big Sky Tri team handicap triathlon 2008. The wind had blown one of the direction arrows around and I ended up taking over 2 hours to do a 10 mile ride! By the time I had found my way back the race was over.

6. ...and your best?

Every triathlon is a great event, especially when all the competitors have given it their best. I love the feeling of exhilaration when I know I've tried my hardest and there's nothing left in the tank. My best time was in the Bournemouth Triathlon 2006 - 2 hours 21 mins 30 secs. Not bad for an old guy. That felt good!

