

Sarah Meaden

ASA Level 1 Swimming
National Lifeguard Qualification
Level 1 BTF



Birthday: February 21st.

Education: Studying Adult Nursing at University of the West of England.

Sports & Hobbies: Swimming, Church bell ringing and Hand bell ringing.

Favourite sport: Swimming.

Why coach Triathlon? I started training in 2002, when I was 12, with the "Swindon Tridents" as I thought Triathlons sounded interesting and fun.

I competed in Triathlons until 2005 but had to stop due to health reasons. I continued to train in Swindon until I was 18 because I enjoyed the training and being with the friends I had there. I really enjoy coaching the Vale Tridents now. It is my way to stay involved in the sport and I love to see the progress that everyone is making.

