

Richard Laidlow

Professional Triathlon Coach

A Highly Experienced and Professional full time Triathlon Coach since 2002, proficient at building and maintaining professional relationships with athletes of all levels, ages and abilities. In addition to the breadth of Professional Qualifications, have vast knowledge and expertise gained as an Elite Athlete (swimming and triathlon), initially beginning as a Royal Air Force (RAF) Physical Training Instructor. Whilst in the RAF was part of the relay team who broke the World Record for the Belgium to England Channel Crossing and completed numerous other English Channel Swims.

Additional experiences as a Lecturer and Course Leader in Sports Science and as a YMCA L3 qualified (D32/D33) Personal Trainer give exceptional practical and theoretical knowledge. Sharing this Expertise and Knowledge with athletes and younger coaches is fundamental.

Experience

2004 - present **HEAD Triathlon Coach**

www.sancture-sportifs.com

Co Founder of this Successful Triathlon Coaching business with his wife Michelle, for the last 15 years have provided expert coaching to visiting and online athletes from around the globe helping them to improve both technically and physically across all three disciplines (swim, bike and run).

Athletes include many National Title holders, all age groups and distances.

2002 - **Head Coach**

2018 *Triathlon Catalan*

2000 - **Fitness Instructor and Teacher**

2001 *L.A. Fitness Bedford*

1998 - **Personal Fitness Instructor**

2002 *Private clients*

1996 - **HEAD Triathlon Coach**

2000 *Bedford Traktors Triathlon Club UK*

1996 - **Course Leader and Lecturer Sports Science**

2000 *Bedford College UK*

Responsible for the planning and delivery of all Sport Science course content. Instructing Instructors to become qualified Personal Trainers and Sports Coaches.

1997 - **Manager**

1997 *Fitz Health and Beauty Centre Beadlow Manor Shefford, Bedfordshire UK*

1991 - **Physical Fitness Instructor**

1996 *Royal Airforce UK*

Gained promotion by virtue of experience, attaining and maintaining high personal and professional standards, and by passing additional trade examinations qualified to advise on purchase of new equipment and sports clothing, sports travel and finance.

-Advise on personal Fitness Programmes, circuit training and lifting techniques.

-Recreational facilities Controller and Swimming pool Lifeguard.

-Health and Safety Fitness Advisor and Administrator of First Aid.



Personal Info

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E-mail

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Date of birth

1973-02-23

Website

www.sancture-sportifs.com

Citizenship

French and British (Dual Citizenship)

Facebook

@triathlon.training.camps.coaching.plans

Instagram

sancturesportifs

Major Sporting Achievements

1994 - 1996 Great British Triathlon Team Member

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advanced

1994 - 1996 RAF Triathlon Team Manager, Coach and Competitor

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Education

2014	IRONMAN UNIVERSITY - World Triathlon Corporation IRONMAN Certified Coach 1 - IRONMAN HISTORY AND COACHING PHILOSOPHY 2 - PRINCIPLES OF EXERCISE SCIENCE 3 - THE SCIENCE OF SWIMMING 4 - THE SCIENCE OF CYCLING 5 - THE SCIENCE OF RUNNING 6 - SPORTS NUTRITION 7 - STRENGTH AND CONDITIONING 8 - DEVELOPING TRAINING PLANS 9 - THE ART OF COACHING 10 - EVENT PREPARATION & EXECUTION 11 - COACHING BUSINESS
2008	Training Peaks UNIVERSITY Training Peaks Certified Coach The Worlds Leading Interactive Training and Coaching Platform
2001	1.British Triathlon Association (BTA) 2.British Cycling Federation (BCF) 3.Sports Coach Uk 4.Appointed Persons UK 1.BTA Level 2 Club Coach Award 2.BCF Level 2 Club Coach Award 3.Good Practice and Child Protection 4.Emergency Aid in the Workplace
1999	YMCA (The National Council of YMCA England and Wales) Level 3 Assessors Award (D32/33) - Qualifies to teach and assess students wanting to become Gym Instructors, Circuit Training Instructors and Exercise to Music Instructors
1994 - 1995	YMCA (The National Council of YMCA England and Wales) Personal Trainer Award Fitness Instructor
1991	Royal Air Force (RAF) Physical Training instructor GCSE passes Maths, English Language, English Literature, Biology, Chemistry, Physics, Design and Technology, Geography. Full Clean Drivers Licence Motorbike Car Minibus Reference: TOM KAY Head Sports Science Director - BEDFORD COLLEGE tkay@bedford.ac.uk (incl. in email)

1994 Inter Services
Triathlon Champion ●●●●●

1993 32 World Junior
Triathlon championships ●●●●●

1992 - 1994 Great British Triathlon
Junior Team Member ●●●●●

SWIMMING 1995 - New world
record Belgium to England Cross
Channel Relay Swim (RAF
27H37MINS) ●●●●●

SWIMMING 1994 - France to
England Cross Channel Relay Swim
(RAF 8H33MINS) ●●●●●

SWIMMING 1993 - England to
France to England Cross Channel
Relay Swim (RAF 20H51MINS) ●●●●●

SWIMMING 1992 - England to
France Cross Channel Relay
SWIMMING 1992 -
England to France Cross Channel
SOLO (9H37MINS) ●●●●●

SWIMMING 1991 - 1996 RAF
Swimming Champion (5 Events)
Inter Services Swimming Champion
and Record Holder. ●●●●●

SWIMMING 1990 - Kelly College
Swim School Captain
SWIMMING 1983
- 1988 Northern Counties and
Cumbria County Swimming
Champion ●●●●●

Languages

English ●●●●●

French ●●●●●