

TORBAY

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PROMISING ATHLETES PROGRAMME

ATHLETE BIO

DAVID BROWN

39

Sport

Duathlon

Most notable achievement

Qualifying for the World and European championships having only been in the sport for 18 months.

Goals and future aspirations

To be competitive at the upcoming Duathlon European Championships.



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DAVID BROWN

TORBAY

David Brown, from Torbay, competes in Duathlons . You may not have heard of the event but it is similar to a Triathlon, except there are two runs and a cycle as opposed to a cycle, run and swim.

Standing at 39 years old, David still competes at an extremely high level of his chosen sport. Originally a semi-professional footballer for AFC Brixham, David suffered a knee injury which would force him to quit the game at that level. As part of his rehabilitation, David took up cycling and running which led him to joining Torbay Tri Club, eventually leading to him taking up the Duathlon.

David went from strength to strength since joining the club and it took him

just 18 months before he was selected to compete at the World Triathlon Duathlon Championships.

The facilities at Torbay are ideal for David as he uses the velodrome at the centre to practice his cycling and running. The gym then helps with David's core and strength training whilst the health suite aids his recovery.

A role model for David is his coach Phil Wylie. Phil is an elite athlete in Duathlon and Triathlon and has won international races and championships. Phil will be by David's side to motivate and inspire him when he takes to the stage at the European Championships in 2022. Good luck David.

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