



PROMISING ATHLETES PROGRAMME

Isabella Thomas

Isabella's sport is triathlon and surf lifesaving. She has a strong passion for endurance sports and enjoys the challenge of competing across multiple disciplines, which continually pushes her both physically and mentally.

She regularly trains at Penarth Leisure Centre, using the gym and swimming pool, particularly during the winter months. These facilities are essential for maintaining consistent training, building strength and improving her swimming performance throughout the year.

Alongside her main sports, she also enjoys kayaking and strength training, which complements her endurance training by improving overall strength, stability and conditioning.



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Earlier this year, Isabella successfully completed the Junior Long Course Weekend at the earliest eligible age, achieving a top 8 finish in the U18 category. She also medalled at both the GB and Welsh Surf Lifesaving Championships in consecutive years, this year and last, demonstrating her continued development and commitment to high-level competition.

Her role models are the Brownlee brothers, she's inspired by their work ethic and the way they consistently push themselves to perform at the highest level of endurance sport.

Outside of training and school, she enjoys art and cooking, which help her maintain balance alongside her sporting commitments. Isabella has also been involved in the Cwtsh Appeal for several years, helping to raise money and deliver advent calendars, Christmas presents and food to homeless hostels in Cardiff, the foodbank and the Children's Hospital.

Being part of the Promising Athlete Programme with Legacy Leisure would provide her with the facilities, structure and support she needs to continue progressing. Isabella said it would play a vital role in preparing her for higher-level competitions as she moves into older age categories and takes on longer distances.

