

Promising Athletes Programme

Paul Whitehead

Paul's journey into triathlon began over a decade ago, during a period when he was trying to get his life back on track. He started with running, but the impact on his body pushed him to mix in cycling, and before long he decided he might as well take on the full challenge of triathlon. His naturally competitive mindset kept him motivated, and the sport quickly became a major part of his identity.

Since then, Paul has built an impressive record across long-distance events. His standout achievement to date is completing Ironman Estonia in 10:49, a performance that reflects both his resilience and his disciplined approach to training. He has also raced in Majorca, contributed to Torbay Tri Club's relay win, and recently qualified to represent Great Britain in the Age Group Middle Distance (Half Ironman) category — all after returning from two years out due to illness.

Inspired by Olympic triathlete Alistair Brownlee, Paul continues to push his limits while giving back to the sport. He has recently become a run lead for Torbay Tri Club, supporting others on their own athletic journeys. Outside of triathlon, he enjoys following Manchester United, keeping sport at the centre of his everyday life.



Paul's Future

Paul's goals moving forward are clear: to continue racing for GB, maintain consistency, and stay healthy enough to perform at his best. To support this, he relies heavily on the facilities available through the Promising Athletes Programme. He uses the gym for leg strength and conditioning, the pool for swim training, and the velopark for cycling and running work — all essential components of his triathlon preparation.

Having everything in one place is a major benefit for Paul. Previously, he trained at separate venues, which made it difficult to maintain a structured routine. The programme now gives him the convenience and continuity he needs, along with access to fitness instructors who can help him develop more advanced strength and conditioning knowledge for the gym.

For Paul, the leisure centre isn't just a training space; it's a practical foundation that allows him to balance work, life, and elite-level sport. With consistent support and the right environment, he is determined to keep progressing, stay competitive, and proudly represent Great Britain for years to come.

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