

TORBAY

LEISURE CENTRE

PROMISING ATHLETE PROGRAMME MEMBERSHIP BIO

HOLLY JONES

24

Sport

Triathlon

Most notable achievement

2 x Ironman 70.3 age category wins

National middle distance
championships 2nd.

Goals and future aspirations

To compete at Ironman 70.3 world
champs and to gain a 10 finish
European championships.



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PROMISING ATHLETE PROGRAMME

HOLLY JONES

TORBAY

Introducing 24 old Holly Jones from Torbay. Holly is a graduate in Exercise and Sports Science from Exeter University and a very talented triathlete.

The thing that sets Holly apart from the crowd is that most accomplished athletes find their talent from a young age. But Holly only started competing in the triathlon after finishing her degree at 21 after her boyfriend encouraged her to find a hobby.

Having studied Exercise and Sports Science at university, already a strong runner and keen swimmer, the triathlon presented an opportunity for Holly to try something new. Using her knowledge of sports science, she trained intensely to get into a condition to compete.

Holly registered for the Ironman 70.3 ["70.3" refers to the total distance in miles covered in the race] UK regional in Dorset as her first competitive event - a long-distance triathlon race organised by the World Triathlon Corporation [WTC].

Holly went on to win the race in her age category twice which earned her national recognition. She has now been selected to represent Great Britain in the middle distance triathlon European Championships.

In preparation for the championships, Torbay Leisure Centre provides the ideal training facilities for a triathlete like Holly. Its 25m swimming pool and gym will allow Holly to swim, run and maintain her fitness. But the velopark is the facility that sets the centre apart from other providers in the area for Holly to practice her cycling on a dedicated track.

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