



LEXLEISURE

# Promising Athletes Programme

## Debbie Burman

Debbie's athletic journey began with long-distance running, a passion she has carried since her teenage years on the school running team. Over the years she progressed from local races to ultras, eventually becoming a member of the **100 Marathon Club** and even winning a **100-mile race** — all while balancing life as a full-time teacher and mother.

Just over a year ago, Debbie decided she needed a new challenge. Despite not being a strong swimmer or cyclist at the time, she joined Torbay Tri Club and began learning the additional disciplines from scratch. Her first event was a **swim-bike-run on the Velopark in 2024**, and since then her progress has been remarkable. She has now qualified for the **GB Sprint Triathlon Squad**, earning places at the **European Championships** for both triathlon and aquathlon, as well as the **World Championships** for triathlon.

Debbie's achievements extend beyond triathlon. She has won a **10k in Spain**, placed **3rd in the Castille Marathon**, and loves the opportunity to compete abroad. Her role models aren't famous athletes but the friends she has met along her running journey — people who have balanced training with busy lives and inspired her to do the same. Outside of training, she enjoys triathlon coaching, family time, and horse riding with her school.



# Debbie's Future

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Debbie's upcoming season includes her **European and World Championship races**, and she hopes to qualify again next year. Long-term, she would love to podium, explore **longer triathlon distances**, and perhaps even take on an **Ironman**. She is also passionate about inspiring others, especially younger athletes, and has started a **triathlon club at Stover School** to introduce the next generation to the sport.

The Promising Athletes Programme plays a key role in helping her reach her potential. Debbie uses the pool to continue improving her swim technique, the gym for essential strength training, and the Velopark and spin facilities to build cycling confidence and endurance. Having access to everything in one place allows her to train consistently around her demanding work and family schedule.

For Debbie, the programme represents opportunity — the chance to train properly, push her limits, and see how far she can go in a sport she only took up a year ago. She hopes her journey shows that you're never too old to start something new, and she aims to inspire others, just as her running community inspired her.

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