

Sport Scholarship programme Triathlon at Birmingham



University of Birmingham Sport (UBSport) Triathlon club is one of the strongest university triathlon clubs in the UK and offers great opportunities for aspiring young triathletes. Expert coaching and a great training atmosphere are just a few of the reasons why this is the club of choice for up and coming student-athletes as well as many non-student elite athletes.



Famous Alumni



Dr Chrissie Wellington MBE graduated with first-class honours in geography in 1998 and turned professional after winning the world age groups triathlon championships in 2006. Her coach suggested that she was ready for an Ironman in mid 2007 where Chrissie stormed to victory at her first event in Korea. Only six weeks later she became the first British athlete to win a World Ironman Championship – at only her second Ironman contest. She repeated the feat in 2008 and

2009 and is currently undefeated at Ironman distance. Chrissie has now been awarded an MBE and honorary doctorate from the University of Birmingham.



Non Stanford – previous recipient of the Paul Weston Scholarship, is now a UBSport graduate scholar and part-time member of staff. She was 2nd in British Triathlon super series 2010 and is looking to make London 2012.

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Facilities

UBSport has its own 6 lane, 25m pool on campus located in the Munrow Sports Centre – open for all club members to use. In addition, the performance squad have access to a range of support services provided by the UBSport Hi Performance Centre including sports science and sports medicine support. All swimming club members have access to free physiotherapy triage sessions and discounted treatments.

Competition

Club members compete in the British Universities and Colleges Sport (BUCS) competitions in a number of disciplines including Duathlon, Biathlon, Sprint and Olympic distance Triathlon and Modern Pentathlon. In addition, the athletes also have the opportunity to represent the university in national competitions across the country.

Results

The 2008–09 BUCS season was the most successful to date, winning the individual women's Duathlon and Modern Biathlon championship as well as men's Olympic distance Triathlon. In team competitions, the women's won gold in the Duathlon, bronze in the Sprint Triathlon while the men won team silver in the Duathlon and Olympic distance Triathlon. This success continued into the 2009–10 with the women's team winning medals at all BUCS events as well as success for many athletes internationally.

Paul Weston Scholarship

In memory Paul Weston (Sport and Exercise Sciences, 2002) additional funding is available for one outstanding individual. This is available in addition to any UBSport or TASS scholarship. The recipient should be achieving national recognition in Triathlon at least at U18 level.

Sport scholarships

The University currently fund up to 40 scholarships each year for talented young sports people who have represented their country at International level.

There are different level packages (Gold, Silver, and Bronze) and can be worth between £4,000 and £6,000.

Scholarship benefits include:

- Free Gym and Swim membership at the Munrow Sports Centre and use of training facilities for additional practice
- Weekly strength and conditioning training sessions with our fully qualified staff, regular functional strength assessment and a personalised strength and conditioning programme
- Sports medicine support including musculoskeletal screening, physiotherapy and massage treatments
- Sports Science support including psychology, nutrition, fitness testing and monitoring
- Mentoring and lifestyle support by a member of University sports staff to help combine sporting and academic demands
- Access to a series of lifestyle workshops and scholar resource library
- Funding of between £750 and £1500 towards competition, training and equipment costs
- Funding available for international competitions and/or specialist coaching

Talented Athlete Scholarship Scheme (TASS)

Birmingham is a TASS hub – one of only 13 in the country and is well respected for it's good practise in student- athlete support.



Coaching

Coaching is led by Steve Lumley; Steve has been a triathlete since 1989, an 'Ironman' since 1991 and coach since 1994. Steve has coached national youth, junior, student, elite and age group medal winners and is British Triathlon's longest serving coach educator and assessor.

He was appointed head coach to the university in 2000 and in 2001 set up a regional 'World Class' programme, based at UBSport. Steve currently runs the world class 'satellite centre' and Talented Athlete Scholarship Scheme (TASS) triathlon programme - also based at UBSport. e: steve.lumley@btinternet.com

TASS athletes receive sporting support and services to the value of £3,500, TASS provides athletes with a tailored package comprising of services such as elite level coaching, strength and conditioning; lifestyle support; physiotherapy; access to a medical scheme; support with competition and training expenses; access to additional high quality training facilities. National governing bodies regularly monitor and assess the performance of TASS athletes to ensure that they make full use of the services and facilities provided for them in order to fully develop as an athlete.

Eligible individuals can apply for both UBSport and TASS scholarships, but can only receive one. Individuals studying a Physics or Astronomy related course will also be eligible to apply for a Physics Sports Bursary.

Scholarships are open to individuals of any nationality, and the closing date is early July each year. For further details please contact the Scholarships Manager, Luke Gunn on 0121 414 4519 or l.s.gunn@bham.ac.uk

Studying at Birmingham

The University of Birmingham was established in 1900 and has long been one of the premier academic institutes in the UK. As a top three university for sport it is an ideal place to combine sport with a well respected programme of study. For more information on undergraduate courses visit www.birmingham.ac.uk/students

www.sport.bham.ac.uk/scholarships

Current students



Current students include up and coming talent and GB youth Ryan Ordidge who received the Paul Weston Scholarship for 2010–11.

'This award has already benefitted me in so many ways, helping me with the cost of training, equipment, nutritional advice/supplements and entry fees. This year I am planning to attend a Majorca training camp and hoping to race in some of the French Grand Prix races. Without the Paul Weston Triathlon Scholarship award, this would not be possible.'