



VICKERS

This Triathlete and Swim Coach is an awe-inspiring influence on the girls at St Catherine's School, Surrey

I have always been super-energetic and enthusiastic about sport and music, and very disciplined to be the best that I can.

When I was at school I loved being part of all of the sports teams – my spare time was either spent on sports fields or in swimming pools. Otherwise, I was practising my trumpet, or playing in a band. I always knew I would have a career in sport or music.

I didn't go straight to university like my friends, I went to work at a small private school in Grafton, Australia.

While there, I was a teacher's assistant, PE coach and taught music. It was here that I found my love for teaching.

When back to the UK, I went to Warwick University, studying primary education and music. And since graduating, I have had many jobs. One of my most memorable was as a teacher and swim coach in an Aboriginal school in Alice Springs.

I am now incredibly proud to be the swimming coach at St Catherine's School, Surrey – where I work within the Prep and Senior PE departments.

I am also a member of the England Lacrosse team. I have represented England U18, U21, and at senior level in Lacrosse



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for over 12 years, receiving a junior and full cap.

At this time, feeling that my fitness was at its peak, I applied to be a contestant on TV programme, *Gladiators*. I was picked from over 80,000 applicants and I managed to reach the semi-final.

In 2008, I took up triathlon in the off-season of lacrosse. Having always been a swimmer and done lots of running, I felt I had a good basis for a career in triathlon. The cycling was difficult

but exciting! Little did I know that this would lead me to my biggest charity challenge in 2016.

In triathlon, I have represented GB at the European and World Championships and in the 70.3 IronMan World Championships – and have competed in New Zealand, Australia, Nevada, Austria, Budapest and Mont-Tremblant, Québec.

In 2014 I became British Champion in the sprint distance – and I was fifth in the European World Championships in Austria and then Geneva in 2015.

In the World Championships in New Zealand and London I gained

a top 10 placing. At St Catherine's, as well as aiming to inspire the girls, I feel that sport can be a positive influence in supporting those less privileged or able.

While coaching swimming, I met a five-year-old girl who had been diagnosed with Ataxia-Telangiectasia (A-T). Since then I have focused my fundraising on Action for A-T, a charity raising money for medical research.

Each year at St Catherine's, I organise an annual charity triathlon for the children, alongside an aquathlon for adults. There have been over 90 participants, some as young as five. So far we have raised over £5,000!

In the summer to raise more funds I cycled 1,067 miles in 10 days from Land's End to John O'Groats – what a journey!

And in September, I competed in IronMan Wales – this meant a 2.4-mile ocean swim, a 112-mile bike ride and a 26.2-mile run. The last charity event this year, was the annual Action for A-T kids triathlon at St Catherine's in the same month.

This included swimming in the school pool, cycling around the extensive grounds and running around the race track.

If I can inspire one young girl to overcome personal setbacks in life, then I will have succeeded. If she can enjoy taking part in sport, especially to help others, then my time at St Catherine's will have achieved its goal.♥



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