

BRACKLEY

LEISURE CENTRE

PROMISING ATHLETES PROGRAMME

ATHLETE BIO

MATTHEW CHRONICLE

20

Sport

Biathlon

Most notable achievement

- Came in the top 5 in the British Development squad for long distance running time. Selected through Talent ID programme.

Goals and future aspirations

- To complete a Biathlon in first place



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PROMISING ATHLETES PROGRAMME

MATTHEW CHRONICLE

BRACKLEY

Meet Matthew from Brackley. Unlike many other athletes to have joined the Promising Athletes Programme, Matthew did not find the sport he excelled at until being spotted through a talent programme at university. Furthermore it was his talent for long distance running that was picked up, however running doesn't necessarily have direct involvement in the sport he now participates in, the Biathlon.

The Biathlon is a winter sport that combines cross-country skiing and rifle shooting. It is treated as a race, with contestants skiing through a cross-country trail whose distance is divided into shooting rounds.

Matthew's running talent was spotted by the talent programme at Bath University after coming in the top five in the British Development squad for long distance running. Add his

personal love of skiing to that and the talent programme saw his potential in the Biathlon.

The acceptance onto the Promising Athletes Programme greatly benefits Matthew with winter sports considered underfunded in the UK in comparison to other sports.

Even though Matthew has not trained competitively in the Biathlon up until recently, at just 20 years old, time is on his side to progress in the sport to a high level. His natural stamina from running combined with the hard work put in using the facilities at Brackley Leisure Centre, finished off with the coaching and guidance he will receive from the Talent ID Programme at his university will give him all of the tools he needs to succeed.

Matthew will use the ski erg at the centre to strengthen his quads, glutes, hamstrings and back which are all important part of the body when skiing. The deadlift platform, bar and free weights will also be vital pieces of equipment used to strengthen the necessary body parts to compete in the Biathlon.



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