

Some questions to:

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Can you introduce yourself? What did you do before quadrathlon, when did you started, ...

38 year old female, 1.65m, 65kg. Started kayaking age 18, competed internationally in marathon kayaking during 20's between having my 2 children. After I had my son (2nd child who is now 9 years old) I took up triathlon because I wanted a new challenge that I could do more training from home. I've done 2 quadrathlons when I've combined 'old' and 'new' sport. This year I've started kayaking again as my son and husband (Iain Robertson) have learnt. Norwich Canoe Club has a lovely family atmosphere so we can all go to the club to train together. I am a physio and have worked for GB canoeing and rowing on training camps and events and at the Commonwealth Games in Glasgow 2014.



Where do you live?

Norwich, UK

What's your favourite discipline?

Running because it's the purest and cheapest one of the 4. Expensive equipment does not enhance your performance or expensive like pool time. But causes more injuries so is the most challenging as a physio!

Rate the four disciplines on a scale of 5.

- Swim: 
- Bike: 
- Kayak: 
- Run: 

What are your favourite races?

Slateman triathlon, Deva triathlon

What's your favourite distance? Sprint/ middle/ long?

Sprint and middle. Not enough time to train for long distances races with 2 children and working full time running my own business (Physio Resolutions).

What was your best:

- Race: Winning Slateman Triathlon 2016
- Result: Winning British AG (overall) in Leeds 2018
- Performance: Deva triathlon 2014, I came a close 2nd but fantastic head to head race.
- Experience: European Triathlon Championships 2014 Kitzbuhel Austria. Amazing scenery, made a mistake during the swim and raced myself back to 3rd.

Have you ever won a European or World title? How many, and when?

- World Quadrathlon champs 2019
- European Quadrathlon Championships 2013
- European AG triathlon champs 2013

What are you best results in the world cup ranking?

Not done any world cup races so no ranking

What's your biggest tip for a beginner in quadrathlon?

Planning- quadrathlon is a logistics challenge, 4 sports, 3 transitions, physically practise and spend time visualising what you need to do before the race. When you come to the race you will move from one discipline to the next more easily.

How many hours do you train a week?

7-12

Do you like hilly courses?

Yes, 2018 I won the Triathlon Adventure Series (Slateman, Snowman and Sandman) which has very hilly bike and run courses. Although I live in Norfolk which is pretty flat!

Who is your idol?

Women who have come back to professional sport after having kids because its so hard juggling parenting with work and sport i.e. Jessica Ennis-Hill, Serena Williams, Nicola Spirig.

Describe yourself in one word:

Hardworking

If you are a fruit, what fruit would you be? Why?

Mango. I'm a bit different to main stream girls and mums but can be quite sweet

What's your favourite food/drink?

Roast dinner & cheesecake

What's your favourite pre-race track?

snack?? Oatcakes

What do you do before a quadrathlon race?

Study the course, try to rest

What do you want to get as a prize if you win a race?

Money to offset the cost of racing

Where's your favourite training place?

Whitlingham Country Park on the outskirts of Norwich

Do you avoid alcohol? If yes, only in the season, or always?

No, but I don't drink much. Glass or 2 of cider at the weekend if we aren't racing

Who do you think is the best quadrathlete in history? Man / woman

?

What's your favourite place?

Prettiest place I've visited is island of Hvar, Croatia

What's your nickname?

Becs