

Fiona Ford



Fiona Ford, founder of Triathlon Europe, is a former world class age-group triathlete with 2 times European and World Triathlon Championship titles and a number of international and UK race wins at the Olympic distance.

Fiona was twice voted 220Triathlon's female age group Athlete of the Year in 2005, 2006 in addition to being awarded British Triathlon's female age group Athlete of the Year in 2006. She now races competitively as a Pro triathlete at the Ironman distance with top ten finishes at IM France (2007), IM Western Australia (2008) and Challenge Roth (2010).

Her coaching philosophy is based on consistent results during a decade of triathlon racing, altitude training and understanding of time effective training methods whilst working full-time.

Fiona has been coaching and mentoring triathletes since 2005, is a qualified British Triathlon level 3 coach, with a degree in Education.

