

# MEET TEAM DILLON

## *Michelle Dillon*

### **Founder of Team Dillon coaching.**

I am from an international running background where I found success at a young age running for Australia at the world cross country champs as a junior and Commonwealth Games 10,000m final at 21 years of age. I suffered many injuries so moved to triathlon in the hope that the cross training effect would eventually help me come back to my running career. Once I competed in my first triathlon which I won I was addicted and never looked back. Learning to swim was tough but worth every stroke. Becoming a two-time Olympian and European champion I realized maybe this was meant to be my path in life. So now after a career of success, sweat & tears here I am doing what I love which is helping others achieve their goals. This is my now my passion.



### **Some of Michelle's Results include:**

#### **220 Triathlon Coach of the Year 2009**

- 1994 Commonwealth Games 10,000m ( P.B is 31.40 10K)
- 1997, 2001, & 2007 Silver Medal World Duathlon Championships
- 1999 1st place Noosa World Cup Triathlon
- 2000 Olympic Games Sydney
- 2001 Gold Medal European Triathlon Champs
- 2002 Bronze Medal World Triathlon Championships
- 2002 1st place The London Triathlon
- 2003 1st British Triathlon Championships
- 2004 1st place Salford World Cup triathlon
- 2004 6th place Olympic Games Athens, The best British finisher ever at an Olympic Games man or woman.
- 2005 1st Place British Duathlon championships
- 2005 Gold Medal World Duathlon Championships
- 2007 1st place The London Triathlon

**Retired from International racing in 2008 due to major back surgery**

