



# ROB LEE

Professional Cycle Coach  
RL Performance Coaching

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www.rlperformance.co.uk



## QUALIFICATIONS/CPD

SMBLA Trail Cycle Leader  
SMBLA Mountain Bike Leader  
British Cycling Level 2 Coach  
British Cycling Level 2 Road & TT Coach  
British Cycling Coaching with Power  
British Cycling Coaching with Rollers  
Training Peaks University  
Specialized Body Geometry Level 2 Bike Fit  
Retul Level 1 Bike Fit  
Remote Areas First Aid  
Emergency First Aid at Work  
Cytech Level 2 Mechanic

## ATHLETE HIGHLIGHTS

YCC Club Time Trial Records: 12 Hour, 12 Hour Vets, 100 Mile Vets (2016)  
YCC Club Record: Around Somerset Point-to-Point TT (2014)  
Masters 24 Hour Mountain Bike Solo World Champion (2005)  
South Downs Double Record Breaker (20:55:51 for 200 miles offroad)  
plus first ever unsupported record (2008)  
Winner - Bontrager 24 Hour Solo (2007)  
Winner - Spain 24 Hour Solo (2006)  
Winner - Bontrager Torchbearer 12 Hour Solo (2010)  
Winner - Nightrider 12 Hour Solo (2007)  
Winner - Dusk 'til Dawn 12 Hour Solo (2003)  
Winner - Kona Bikefest 6 Hour Solo (2010)  
London Singlespeed Mountainbike Champion (2009)  
Highest UK/UCI licence category held - Elite (1996 - 2001)  
Ranked UK No.10 in the British Cycling National Rankings (1998)  
Elite Level Ultra-Endurance Athlete for almost a decade  
20 years racing experience all over the world - UK, New Zealand, Canada,  
Australia, USA, and Europe

## INDUSTRY HIGHLIGHTS

Team Manager/Sponsor - RLP Racing Cycle Team (launch 2017)  
Powertap UK Power Ambassador (current)  
British Cycling South West MTB Inter-Regional Team Coach (2013)  
Induction to the UK mountain biking Hall of Fame (2013) [www.ukmtbhalloffame.com](http://www.ukmtbhalloffame.com)  
Founder of The Seven Deadly Spins (2009-2012)  
Team Manager/Owner - Extreme Endurance Race Team (2004 - 2010)  
Course Designer - Bontrager Twentyfour12 (2007)  
Guest Coach/Performance advisor - What MTB Magazine competition winners (2008)  
Bike Leg Marking and Sweeper Crew Manager - Xtri24, the first UK offroad Ironman  
distance Triathlon (2012)  
Guest Pro Skills Masterclass Tutor - What MTB Magazine (2008/09)  
Technical Editor - Cyclist No.1 website (2010)  
Coach/Mentor to: 1 European Championship Winner, 3 National Championships Winners  
(including 2 x student championships) Several National Points series race wins, 2  
International stage wins and 1 other podium placing, 3 solo 24 hour podiums, 2 solo 12  
hour victories, numerous age group and regional level victories, podiums, club records  
and athlete personal bests in road racing, time trial, cyclo-cross, xco mountain bike, solo  
endurance mountain bike, downhill mountain bike, triathlon and duathlon.  
Mechanic/Pit Support for: 3 solo 24 hour victories, 6 solo 24 hour podiums, 3 solo 12  
hour podiums, 1 long distance record attempt, numerous age group and regional level  
victories, podiums, club records and athlete personal bests in road racing, time trial, cross  
country mountain bike, solo endurance mountain bike, team endurance mountain bike,  
triathlon and duathlon.  
Crowd Funded Author - Endurance Within by Rob Lee (2011)  
Section Contributor - The Mountain Bike Skills Manual by Clive Forth. A&C Black (2011)  
Guest Contributor to several magazines including: What MTB, The Ride Journal, MBUK,  
Singletrack, Boneshaker.  
Guest Contributor to several websites including: Bike Radar, Bike Magic, Cyclist No.1,  
British Cycling, Singletrack World.