



ROB LEE

Professional Cycle Coach
RL Performance Coaching

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www.rlperformance.co.uk



QUALIFICATIONS/CPD

IRONMAN Certified Coach
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
Diploma in Sports Nutrition
Level 2 Child Protection in Sport
Coach Clean - UKAD

ATHLETE HIGHLIGHTS

YCC Club Time Trial Records: 12 Hour, 12 Hour Vets, 100 Mile Vets (2016)
Winner - Pivot Torchbearer 12 Hour Solo (2017)
Hells 500 #HRS Finisher (2015)
Hells 500 #Everesting Finisher (2014)
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

Aero Fit Consultant at Drag2Zero (current)
Team Manager/Sponsor - RLP Raching 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
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.