



PROFILE

HOMETOWN	BRISTOL	RESTR	43BPM
AGE	23	MAXHR	184BPM
HEIGHT	184CM	FTP	390W
WEIGHT	65-70KG	STRENGTH	CLIMBING

FURTHER TRAINING DETAILS AT:
JOHN-WHITTINGTON.CO.UK/TRAINING.HTML

RACING

BC	706751	RANKING	4TH
UCI	GBR19880409	JOB	STUDENT
MTB	ELITE (SENIOR)	COACH	ANDY WADSWORTH
ROAD	2ND		

RESULTS

CROSS-COUNTRY OLYMPIC (RACED AT WORLD CUP LEVEL):

4TH ELITE NATIONAL RANKINGS, 2011
 8TH NATIONAL CHAMPIONSHIPS (SENIOR), 2011
 SOUTH-WEST CHAMPION, 2011
 SOUTH-WEST SERIES - RD1 1ST, RD2 1ST, RD4 1ST, RD5 1ST, SERIES WINNER, 2011
 4TH NATIONAL CHAMPIONSHIPS (U23), 2009
 INDIVIDUAL SILVER, STUDENT CHAMPIONSHIPS - 2011, 2008

FULL PROFILE ON JOHN-WHITTINGTON.CO.UK

OTHER

AWARDED FULL BLUE - UNIVERSITY OF BATH, 2011

FREQUENTY MODELS FOR CYCLING PLUS - BRITAIN'S BEST SELLING CYCLE PUBLICATION - SEE JOHN-WHITTINGTON.CO.UK FOR PORTFOLIO.

CONTRIBUTOR FOR 'CYCLING WEBSITE OF THE YEAR' - WWW.ROAD.CC

TWITTER AND FACEBOOK PRESENCE: [@J_WHITTINGTON](https://twitter.com/J_WHITTINGTON), [FACEBOOK.COM/JOHN.WHITTINGTON](https://www.facebook.com/JOHN.WHITTINGTON)

PERSONAL WEBSITE: [HTTP://WWW.JOHN-WHITTINGTON.CO.UK](http://WWW.JOHN-WHITTINGTON.CO.UK)

AFTER A LATE ENTRY TO CYCLING, I DEVELOPED TO ELITE MOUNTAIN BIKE QUICKLY, GAINING 2ND CATEGORY ROAD ON THE WAY (POTENTIAL TO BE ELITE AS TOP 10 MTB). DESPITE A STRONG CAREER, MOUNTAIN BIKE DOES NOT SUIT MY LIGHT BUILD AND IS PROGRESSING FURTHER TOWARDS TECHNICAL STRENGTH. I HAVE THE TALENT TO RACE ON THE ROAD BUT REQUIRE A TEAM TO GAIN THE EXPERIENCE AND WHILST DOING SO, CAN PROVIDE A STRONG SUPPORT ROLE, ESPECIALLY IN THE HILLS.
 GRADUATING THIS YEAR, I AM PURSUING A CAREER AS A PROFESSIONAL ROAD RACER AND AM FULLY COMMITTED TO THIS GOAL.

CONTACT

E : JOHN@JOHN-WHITTINGTON.CO.UK
T : 07789893346