

athlete profile

Name: Titus Morley

Age: 18

From: Edlesborough - Bedfordshire

Sport: Rowing



How did you first get involved in your sport?

I started rowing for my school when I first came to St Edwards, when I was 13. I hadn't tried rowing before I came to St Edwards.

What does a typical week look like for you?

Monday - session in morning (1 hour), session in afternoon 4pm-6pm. Tuesday - session 2pm-5pm. Wednesday - session 4pm-6pm. Thursday - session 2pm-5pm. Friday - session in morning (1 hour), session in afternoon 4pm-6pm. Saturday - session 2pm-5pm. Sunday - day off.

What do you enjoy the most about being a sports person?

The atmosphere there is with everyone else who rows with me, all working together as a team to achieve the same goal.

What are your targets for the next 12 months?

For the rest of this term our main aim is Henley Royal Regatta, we are all striving to win the Princess Elizabeth Cup. After which I will do final trials again with the aim of making it back into the Junior Worlds team. If I do get back in then that will take up the majority of my summer.

What are your long term aims?

Go on to row at U23 level and professional. Have a chance at going to the Olympics.

What motivates you to continue in your sport?

The idea of representing my country and school and to bring back medals for them. Also the idea of one day being world champion.

Who is your sporting hero?

Greg Searle - got an Olympic gold medal when he was younger, then retired and returned to international rowing at the age of 38 with the aspiration of winning a gold in London 2012. Rowing at the age of 40 for GB requires a

lot of dedication which I think very few people have and a skill which I think is very rare and I respect him for that.

What do you do in your free time?

Work, see friends, eat and sleep.

How will your SportsAid award help you?

This SportsAid will help me because it will pay for various rowing camps/trials/races. It will help pay towards my trip to Munich in May with the GB team, my final trials at the beginning of the summer and if I were to get back into the junior team then my training camp this summer.

Key achievements

- May 2013 Munich International Regatta (GB) Eight - Gold, Coxless Four - Gold
- May 2013 National Schools Regatta Championship Eight - Silver, Coxed Four - Silver
- March 2013 Schools Head of the River - 4th
- August 2012 selected to row at the Junior World Championships in Bulgaria - Bronze
- June 2012 selected to row for the GB under 16's vs France match - Gold
- May 2012 selected to row for GB Juniors at the Munich International Regatta - Bronze
- January 2012 selected to row for school 1st VIII as a J16
- 2010 National Schools' J15 Eights - Bronze

Aims

- Win gold at the Junior World Championships
- Win the Princess Elizabeth Cup