

28 January 2003

To whom it may concern

Ms Kim Isherwood

I am please to write this letter of recommendation for Ms Kim Isherwood.

I have known Ms Isherwood since the early 1980s when she was a professional triathlete and I was a full-time track and field coach at the Hong Kong Sports Institute. Later, in my capacity as Director of the Institute (1994-98), I came to know her very well as one of our top Scholarship Athletes. Triathlon at that time was one of 12 sports that were supported by the Institute. At the time, Ms Isherwood was a full-time triathlete with the national squad.

Ms Isherwood has achieved considerable success during the last 20 years as a student and practioner of sports science, a competitor and a coach. In 1979, she graduated from the Derby Lonsdale College of Higher Education in the UK, receiving a BSc in Human Movement Studies and Social Science from the University of Nottingham. In 2001, she received an MSc degree in Exercise and Nutrition Science from University College, Chester, a college of Liverpool University. Having had links with this programme since its introduction as a distance teaching course to Hong Kong in the early 1990s, I am able to vouch for its quality. Since receiving her MSc degree, Ms Isherwood has published papers and presented at international conferences.

As a triathlete, Ms Isherwood showed rare levels of commitment and passion. She represented the Hong Kong national team from 1984 until 2000, completing more than 40 long distance triathlons and duathlons during this time. On a number of occasions she placed in the top ten in major Ironman competitions around the world and trained under some of the top specialist and triathlon coaches.

Ms Isherwood has acquired experience in coaching that would serve her well in a national coaching position. While in Hong Kong, she worked as a part-time coach at the elite level and with a number of junior and senior national team athletes. She also worked as a senior coach with Hong Kong regional squads. Towards the end of her competitive career, Ms Isherwood also gained valuable hands-on experience in sports science, serving as a Research Assistant in the HKSI Sports Science Department, as a Sports Science and Sports Medicine Research Assistant for the Hong Kong Triathlon Association, and as an intern in the HKSI Triathlon and Sports Science Departments.

Ms Isherwood is passionate about her sport. She is intelligent, perceptive and thoroughly dependable and I have no doubt that she would do an excellent job in a coaching position.. I am pleased to recommend her to you.

Please contact me if you need any additional information.

Yours sincerely,

Dennis Whitby, PhD
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Institute of Human Performance
The University of Hong Kong;
World Class Advisor, Sport England