

Jem Lawson, BSc BPhil

- **PPI Representative: Research Strategy Board**

Jem started his professional life as a PE teacher in 1970 and has always enjoyed taking part in a wide variety of sport. He has competed at varying levels in football, rugby, hockey, cricket, tennis, squash, real tennis, volleyball, track & field, cycle racing, swimming and boxing. Jem has concentrated on triathlon since the mid-eighties and he has done most things within the sport. He's represented GB as an age-grouper at World and European Championships. He has coached individuals and been a club coach and he has been an official for many years, from local club events to National Championships and European and World Cup events in winter and summer; he is currently a National Technical Official. Jem has managed England teams in Home Nations' triathlon and duathlon championships. Throughout, Jem has remained a competitor. In 2016 he was British Open Water Swimming Champion in the 65 to 69 age-group. In 2019, having advanced into the 70 to 74 age-group, he was 6th in the European Age Group Sprint Triathlon Championships and 26th in the World Age Group Sprint Triathlon Championships.



Jem became involved in sports' administration and governance on leaving the teaching profession in 2000, and was Chair of the Triathlon England Management Board 2007 – 2014 and a director of the British Triathlon Federation also during that time. Between 2009 and 2011 Jem was Secretary General of the European Triathlon Union, and was Secretary General of the Association of Commonwealth Triathlon from 2014 to 2017. Having served the maximum two terms with Triathlon England/British Triathlon, Jem was appointed as Chair of British Wrestling in 2015. He relinquished this post in September 2020.

Jem became involved in the Centre for Sport, Exercise and Osteoarthritis and soon became involved with Patient and Public Involvement. He was appointed to the Research Strategy Board in 2013 and has played a full part in setting strategy and monitoring developments. He has contributed to a number of published research papers as co-author.