



Sophie Linn

2012 Patteson

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Athletics and Triathlon

INTERNATIONAL REPRESENTATION

Commonwealth Youth Games (Athletics) (2011)

World Triathlon Series (2018-2025)

Triathlon Superleague World Indoor Championship (2023)

Triathlon World Cup (2024)

Triathlon World Series (2022,2024,2025)

Triathlon World Championship (2018,2022,2023,2025)

Commonwealth Games (Triathlon) (2022)

Olympic Games (Triathlon) (2024)

World Triathlon Mixed Relay Championship (2025)

Where are they now?

After finishing at Saints Girls, Sophie went to the United States on a track scholarship and graduated from the University of Michigan with a sports business degree in 2017 and a masters in human-computer interaction in 2019. Her triathlon career was quite by chance. Sophie was injured at the time, and swimming for rehabilitation, when her college roommate suggested that she should take up triathlon. After her first triathlon Sophie began training with her roommate's coach and her triathlon career took off. Sophie retired from professional triathlon in 2025 following the 2025 World Triathlon Championships in Wollongong. Sophie currently lives in Boulder, USA, with her boyfriend Alexey (a professional cyclist) and dog Willie. Currently Sophie is a senior product designer for bike technology company SRAM, working primarily on the Karoo bike computer, having previously worked at Wahoo Fitness for 5 years as a product designer. Since retiring from triathlon, Sophie has been doing some ultra trail races and enjoys skiing.



STATE REPRESENTATION

Open Swimming Championships (2012)

Open and U20 Athletics Championships (2011,2012)

Junior Athletics Championships (2009, 2010, 2011, 2012)

Junior Swimming Championships (2007)

National All Schools Athletics Championships (2010)

Junior Cross Country Championships (2007)

Junior State Softball (2007)

STATE ACHIEVEMENTS

1st Open 3000m State Championships (2011)

2nd Open 1500 State Championships (2011)

NATIONAL REPRESENTATION

Olympic Swimming Trials (2012)

Olympic Athletic Trials (2012)

U23 Australian Triathlon Team (2018)

NATIONAL ACHIEVEMENTS

8th Open 1500 National Championships (2012)

5th U18 3000m National Championships (2012)

3rd U17 Women's 1500m National Championships (2011)

4th U17 Women's 800m National Championships (2011)

2nd U16 Women's 3000m National Championships (2010)

2nd U16 Women's 1500m National Championships (2010)

2nd U16 1500m All Schools National Championships (2010)

2nd U16 800m All Schools National Championships (2010)

4th U15 Women's 1500m National Championships (2009)

1st U13 National Cross Country Championships (2007)

With fellow Hall of Fame Inductees M Gayen (Patteson 2011) and R Copson (Kennion 2011)



INTERNATIONAL ACHIEVEMENTS

Commonwealth Youth Games (2011)

2nd Women's 1500m

7th Women's 3000m

Triathlon Asian Cup (2019)

1st Women's Individual Triathlon (Japan)

Oceania Triathlon Cup (2022)

1st Women's Individual Triathlon (Gold Coast)

World Triathlon Championship Series (2022)

2nd - Mixed Relay (Hamburg)

Commonwealth Games (2022)

3rd Mixed Relay Triathlon

5th Women's Individual Triathlon

Superleague World Indoor Championship (2023)

1st Women's Individual Triathlon

World Triathlon Cup

1st - Women's Individual Triathlon (Napier 2025)

World Mixed Team Relay Championship (2025)

1st Mixed Relay Triathlon



SCHOOL ACHIEVEMENTS

Sport Captain (2012)

Athletics Captain (2012)

Swimming Captain (2012 and 2011)

Asche Cup for Sports Captain (2012)

Ursula Lundberg Cup for Outstanding Sporting Achievement (2012)

Sports Mentoring (2011)

Prize for excellence in PE (Year 12) (2011)

Music Prize (2008)

Mandy Morgan Sports prize (2007)

SCHOOL CO-CURRICULAR

Cross Country (2004 – 2012)

Swimming (2004 – 2012)

Softball (2005 - 2012)

Hockey (2006 – 2012)

Athletics (2008 – 2012)

Triathlon (2010 - 2012)

Water Polo (2007 - 2009)

Basketball (2005, 2006)

Tennis (2005, 2006)

Orchestra (2011)

Jazz Band (2009)

Rock Band (2007)

Stage Band (2006, 2008, 2011)

Concert Band (2006, 2008)

Super Band (2006)

Junior Choir (2004)

T-Ball (2005)

Minkey (2004)

School Ski Team (2002, 2003)



MEDIA LINKS

https://en.wikipedia.org/wiki/Sophie_Linn

<https://www.olympics.com.au/olympians/sophie-linn/>

<https://commonwealthgames.com.au/athletes/sophie-linn/>

<https://www.triathlon.org.au/news/paris-2024-persistence-pays-in-linns-unlikely-journey-to-olympic-debut/>

<https://www.triathlon.org.au/news/i-couldnt-think-of-a-better-way-to-end-my-career-sophie-linn-calls-time-on-triathlon-after-a-home-world-championships-in-wollongong/>