**London Junior Coordinator**

The London Junior Series enjoyed a successful 2023 season and continues to build back up to pre-pandemic levels. The league consisted of 8 events (1 duathlon, 4 aquathlons and 3 triathlons) and introduced two new races into the series. Eton Dorney Family Triathlon event was added to the calendar to replace the cancelled Trinity Triathlon and it was great to introduce another open water triathlon to the series. Merchant Taylors' Open Water Aquathlon replaced one of the four pool based aquathlons in the series which many felt was needed to give the children much needed and invaluable experience in open water conditions. These acted as the main qualification criteria for the IRC event in very similar conditions to what they would expect to come across at the event.

At its core, The London Junior Series League still caters very well for athletes looking to get involved in triathlon for the first time and experience an event. That won't and shouldn't change. However, it is hoped that with the introduction of these two events it also gives athletes the opportunity to get more experience in realistic, race-like conditions and help bridge that gap to Super Series racing and the London Academy.

This culminated in an excellent finishing position of 6th (out of 13) at the recent Inter Regional Championships (IRCs) where we also walked away with two national champions in the T2 category - Summer Smith and William Lambert - and two top 10 finishes. The future does look bright for the London region.

The London Region also hosted a successful (if very wet) Inter Regional Duathlon in October 2022 and came away in second place, behind the East region but ahead of the South East.

The engagement to race and represent the region seems to be stronger than ever and so it is with optimism we move into 2024 and beyond. Many thanks to those clubs doing wonderful work with juniors and for those that don't or are struggling a bit more please reach out to other clubs/coaches. We are all there for one another. Thanks must also go to parents and family members supporting the athletes for which very little would happen without you.

Although I am stepping down in this role after the AGM, I hope to still be involved in some capacity, trying to inspire the future generation.