**London Regional Academy Report July**

James Beckinsale Academy Head Coach

30/03/14

Elite Duathlon Champs, no outstanding results from London at this event outside of young Alex Yee getting on the podium. But in my opinion this is to be expected in a run/ bike event so early in the year, especially when the junior athletes are up against senior athletes/ U23 athletes.

So good lessons learnt from most.

02/04/14

TE Coaches meeting

13/04/14

Quarteria junior European Cup race

London had three juniors racing in Portugal (Luke Penney, Anthony Haynes & Hollie Hindly) we also had U23 athlete Rory Atkins racing in the senior race. All athletes had solid race and a great early season race against some of the best athletes in Europe.

26/04/14

Profiling day St Mary’s Uni

The academy athletes were taken through physiological, strength & conditioning, physio screening and some great work with the psychologist on race specific work in the run in to the season.

11/05/14

Verizon Junior European cup

London had Luke Penney & Anthony Haynes competing in France. Anthony was under instructions not to do the run and gain experience in the swim/ bike. Luke had a solid race and both athletes gain great experience.

24/05/14

Hetton Lyons

A number of London youth athletes competed up at Hetton, with young Alex Yee coming down with some hyperthermia post race but all athletes raced well.

31/05/14

London aquathlons

Some great swim/ run competition on the same course as they elite athletes raced on and London had some great results with Jack Ryan/ Alex Yee both getting on the podium in the youth race and then Luke Penney getting on the podium in the junior race.

07/06/14

Blenheim tri

Again some solid race from both the youth and the juniors over at Blenheim Palace. Jack Ryan managed a top 10 in the youth race & Luke Penney managed the overall junior win for the second time. This race was a qualifying event for the GB European team and so Luke is our first junior athlete to pick up a full GB vest.

15/06/14

Windsor tri

Rory Atkins at 19 managed to pick up 5th place in the senior race.

21/06/14

Kitzbuhel European Championships

Luke Penney competed at the championships gained some fantastic experience at the highest level, but got a little beaten up in the swim! All in all, fantastic for Luke to gain qualification for GB team & great race experience gained.

05/07/14

Holten junior European Cup

Archie St Auburn, ventured over to the Netherlands to dip his toe in international racing along with Anthony Haynes & Eliza Cottington. Anthony had a great race with limited running in his legs (due to injury) & managed 14th Eliza came home in 18th and Archie finished 34th out of 67.

This week (14/07/14) we have Archie up in Loughborough on a GB talent camp, Luke & Anthony is over in Geneva at a Junior European cup race & Rory Atkins is also in Geneva competing in the senior race.

Thus far I think the academy are just under the allotted £6k mark for the years spending. However, as you can see as we develop young athletes, who then require European experience, we need to be able to fund some of their trips. I can see this expense pushing up the finance needed by the academy next year.

The remainder of the summer will be taken up attending races and organizing the London selection day on the 13/ 14th of September to fall inline with the national selection the following weekend.