

London IRC Team in 2013

Here's the way it was for the London IRC team in 2013

The Team

This is who was selected:

T2 Girls Freya Thomson (Thames Turbo) Laura Howley (Thames Turbo) Ruby Penney (Thames Turbo)	T2 Boys Zak Wort Tom Simpson (Greenwich Tritons) Kieran Desmond (Thames Turbo)
T3 Girls Melanie Hall (Hillingdon Triathletes) Elle Horsman (Crystal Palace) Siana Dennis (Thames Turbo)	T3 Boys Michael Eagling (Crystal Palace) Reef Boericke (Optima Racing Team) Cameron Chisholm (Thames Turbo)

Reports on Event

- Reports by [Freya Thomson](#) (Thames Turbo) and [Michael Eagling](#) (Crystal Palace) and Sheila below:

Our London junior Triathlon team once again stepped into the high performance arena of the National Championships where 11 regions spanning Great Britain came together to compete in an open water triathlon, held this year at Eton, Dorney. The Inter Regional Championships (IRC) was the opening event at the British Triathlon Under 20's festival on 31 August. This year there was a change to the age groups with 3 female and 3 male athletes racing from Tristar 2 and Tristar 3 categories. All the races overlapped which made the action fast and furious! Our team, selected from the London Region series results, consisted of the best triathletes in our region. To enhance the teams experience further, preparation sessions were held leading up to the competition, along with a reccy of the course the day before. All this helped to generate and build team spirit, aiming for a positive race experience for everyone. At these sessions the athletes worked on slick transitions, group riding, drafting tactics, pontoon dive starts, running off the bike and preparing mentally for major competitions.

Tristar2

The day started with the T2 boys and a flying start for London! Zak and Tom both brought home podium places coming 2nd and 3rd and Kieran, even having to stop during the bike-leg to put back on his chain finished in a respectable 21st place. The T2 boys were barely out of the swim when the T2 girls dived in. Freya did a great job and with a strong run finished 13th. Laura whom had ranked for the first time ever in the London series this year, raced in to 21st place and Ruby battled it out for 33rd.

Tristar3

As the T2 girls were coming in from the bike the T3 boys began their swim. Michael came out of the swim in the first pack, Reef around half way in the field with Cameron shortly after. Michael and Reef traded places on the bike, with Reef going out onto the run in front, but then traded again on the run! Michael made up some places, finishing 20th, Reef 26th and Cameron 28th. The last group racing were the T3

girls. Melanie, a fantastic swimmer, was first athlete out of the water, after struggling to get off a new wetsuit she joined the second drafting pack on the bike, with a solid run she finished 16th place. Siana and Elle exited the swim together towards the back of the pack. With Elle slow out of transition after slipping on a wetsuit and falling, they both battled it out on the bike and run, with Siana finishing 26th and Elle 29th.

Overall

The London team finished in 9th place overall, climbing one place from last year and all showing great maturity well beyond their years. Thank you to the coaches and parents for their support of everyone in the team.

It should be mentioned that 4 out of our 6 London athletes in the Tristar 3 category were first years in this age group with two of them, Michael and Elle still only 12 on the day, racing against athletes 12-18 months older. This bodes well for coming years, in which the London region wants to continue to build on initiatives and plans to keep youngsters in the sport from Tristar 2 into Tristar 3 and beyond!

2013 IRC Race Report by Sheila Horsman

