

London IRC Team in 2014

Here's the way it was for the London IRC team in 2014

The Team



This is who was selected:

TriStar2 Girls

Anna Smail (Thames Turbo)
Lottie Hull (Crystal Palace Triathletes)
Phoebe Fennell (Thames Turbo)

Reserve

Lola Rafferty (Crystal Palace Triathletes)

Tristar3 Girls

Alice Patterson (Thames Turbo)
Elle Horsman (Crystal Palace Triathletes)
Freya Thomson (Thames Turbo)

Reserve

Siana Dennis (London Fire Brigade)

Tristar2 Boys

Jacob Patterson (Thames Turbo)
Mack Downey (Comet Triathlon Club)
Louis Wright (Thames Turbo)

Reserve

Matthew O'Neil (Thames Turbo)

Tristar3 Boys

Zak Wort
Gregory Atkins (Optima Racing Team)
Reef Boericke (Crystal Palace Triathletes)

Reserve

Tom Simpson (Greenwich Tritons)

Reports on Event

Photos by [Ed Simpson](#) and [Ron Yee](#).

The London junior Triathlon team this year travelled to Nottingham for the National Championships, pitching the 12 regions in the UK against each other at Holme Pierpoint rowing complex.

The Inter Regional Championship (IRC) is a real team event, with each athlete scoring points for their finishing place within the field of 36 athletes in each Tristar category of

boys & girls. The London team finished in a very encouraging 7th place out of 12 regions, climbing two places from last year. Although we had no podium spots the strength and depth within the team was far greater than in previous years.

Our team, selected from the London Region series results, consisted of the best triathletes in London.

The team travelled up to Nottingham the day before to check out the venue, ride the race course & practice the pontoon dive starts in murky water of 16 degrees!

Team spirit was high & all the athletes knew they were well prepared from the sessions leading up to the competition which included the specific skills of open water swimming, group dives, drafting on the bike, brick sessions & speedy transitions.

The IRC was the opening event at the British Triathlon Under 20's festival with 3 male and 3 female athletes racing from Tristar 2. The T3's raced a couple of hours later after the Elite Junior female event.

The T2 boys kicked off the racing in the pouring rain! Jacob came out the water in 4th place and competed hard on the bike and run to finish in 15th place, followed by Mack only 4 seconds and one place behind. Mack had a good swim, lost a few places on the bike leg but regained them on the run. Louis competed well, finishing in 34th position and gaining valuable experience from racing at this level.

The rain was getting heavier when the girls dived in 5 minutes later with Anna leading by 50 meters coming out of the swim she held her position on the bike & finished in a very impressive 12th place. Lottie, after overcoming a problem with her wetsuit moved up the field with a solid bike and run leg to finish in 28th position. Phoebe who grew in confidence during the practice sessions leading up to the race finished in a very respectable 30th place.

None of our T2 athletes had raced at the IRC's before, but all performed to the best of their ability having a positive experience. Three of our T2 team were first year in the age category which should stand London in good stead for next year.

With each bike lap round the rowing lake making 5k, the T3 bike distance was 3k short of what's usual, which obviously was the same for everyone however really didn't play to our T3 team strength. That said the T3 athletes were a more experienced team with 5 of the 6 athletes having previously represented London in past competitions and they did not disappoint.



Greg had a storming swim exiting the water in 6th place, with a strong bike and run leg he lead the London boys home in 15th place followed closely by Zak 16th & Reef in 17th place, all within 17 seconds of each other and great points for the team. Zak and Reef both suffered difficult swims but pulled back places on the bike, with the 2nd and 9th fastest bike times respectively. Zak remains in this age group in 2015.

Alice had the fastest swim split with a 20 second gap over the chasing group. Braving the bike on her own, she came into T2 still in the lead. With the swim and bike her

strengths, she kept a good pace on the run and finished in a brilliant 14th place. Elle came out of the swim to join the 3rd group on the bike, quickly catching up the group ahead, however no further gains could be made on the narrow course. Elle did have a solid run having saved some energy on the bike and followed Alice in at 15th place, 7 seconds behind. Freya got bashed up in the swim and chased hard on the bike. Her strength being the run she made places and with the 14th fastest run time finished in a very respectable 24th spot in her first year in this age group.

The team spirit was fantastic with everyone supporting each other. All the parents were of great assistance during the lead up to it and on the day. This was backed up by Ed our Team manager, Sheila our chief organiser and the great hotel, smooth travel, kit and food.

The most pleasing aspect from my point of view was that every athlete & parent travelled back to London having had a positive experience from the Championships.

Jon Horsman Team Coach



Race Report by Team Coach Jon Horsman, photo of T3 boys start taken by John Patterson