

# London IRC Team in 2015

Here's the way it was for the London IRC team in 2015

## The Team and Event Reports

The 2015 IRCs took place at Mallory Park in Leicester on Saturday 5<sup>th</sup> and Sunday 6<sup>th</sup> September 2015. There are boys and girls events in both T2 and T3 categories, with 3 representatives from each region in each event, and the London Team finished 8th out of the 12 Regions.

- Photos by Ed Simpson [here](#)
- Athlete Race Reports by [Ella Peters](#) and [Abel Sinko-Uribe](#)
- Coach report by Jon Horsman below.

<p><i>The London 2015 IRC team was:</i> <i>T2 Girls</i> Ella Peters (Jetstream) Lottie Hull (Crystal Palace) Jessica Mayer <b>Reserve</b> Poppy Jensen (Comet)</p>	<p><i>T2 Boys</i> Mack Downey (Comet) Oskar Murmann (Crystal Palace) Matthew O'Neil <b>Reserve</b> Alan Klejn (Crystal Palace)</p>
<p><i>T3 Girls</i> Isabel Atkins (Optima) Millie Smith (Greenwich Tritons) Freya Thomson <b>Reserve</b> Laura Howley</p>	<p><i>T3 Boys</i> Zak Wort Tom Simpson (Greenwich Tritons) Abel Sinko-Uribe <b>Reserve</b> Zachary Purnell (Crystal Palace)</p>



## *Race Report by Jon Horsman - London Region Head Coach*

The London Junior Triathlon team this year travelled to Mallory Park Leicestershire for the National Championships, involving the 12 regions in the UK.

The IRC is a draft legal team event & part of the Under 20's festival with Junior & youth elites racing.

Podium spots are awarded for the first 3 athletes in each race, with points scored for each individual place in boys & girls T2 & T3 categories.

Our team selected from our Regional series results, consisted of the best triathletes in London. Five race preparation sessions were held in the lead up to the competition, with focus on drafting on the bike, open water swimming, tactics & transitional skills.

The team arrived on the Saturday to register, bike check, view the course & have a quick dip in the lake.

Mallory Park is a motor racing circuit with a lake in the centre of the track, so ideal for triathlon and great for spectator viewing. The bike course was different from the test event race with dead turns, lots of chicanes and a small climb which demanded greater bike skills than previous IRC Competitions.

The water was 16 degrees and very shallow which meant it was a water start for all athletes and a mass sprint to the first buoy situated only 100m from the start, which then dictated the pattern of the racing throughout the day.

The faster and more skilled open water swimmers managed to find clearer water with everyone else caught in the crowds that developed behind.



### Tristar2 Boys

The **Tristar2 boys** (aged 11/12) kicked off the racing in sunny conditions with Mack first swimmer out of the water with Oskar and Mathew further back but still in respectable positions. All 3 boys were able to get into drafting groups & finish with strong runs with Mack (pictured below) finishing in a superb 8<sup>th</sup> with Oskar 23<sup>rd</sup> & Matthew 26<sup>th</sup> scoring valuable points for the team.

### Tristar2 Girls

The **Tristar2 girls** race followed the same format with Ella, Jessica & Lottie all exiting the water very close together in the middle of the swim pack. Lottie & Ella worked well together on the bike (as seen in the photo below) with Jessica very close

behind.

All 3 girls ran well with Ella 20<sup>th</sup> just pipping Lottie & Jessica in 23<sup>rd</sup> & 24<sup>th</sup> spots, again very solid performances for the team. The standard of racing in the T2 category was very high and the running speed of the top 10 finishers in both genders a step up from previous years.

### Tristar3 Boys

The **Tristar3 boys** (aged 13/14) race was very exciting for London with Abel (pictured above) out of the water in 2<sup>nd</sup> place followed closely by Zak who helped form a second draft pack with 2 athletes up the road slightly ahead. Tom got a bit roughed up in the swim & was pulled back & dunked by a fellow competitor. All 3 had strong bike rides with Zak riding very sensibly to have a storming run & finish in 2<sup>nd</sup> place (see photo below) followed by Abel pulling all sorts of faces of pain to finish a fantastic 6<sup>th</sup> & Tom battling through his swim disappointment to finish 26<sup>th</sup>.

## Tristar3 Girls

There was drama before the **Tristar3 girls** race with the athletes entering the water for 5 minutes before being told to exit the water due to a serious injury to a spectator, resulting in a 20 min delay, not ideal for the already wet athletes.

Once the race went ahead Freya exited the water mid pack with Millie & Izzy having a tough



time at the back of the swim pack, unfortunately the bad swim experience forced Millie to pull out of the race during the bike leg.

Freya (pictured below) finishing 20<sup>th</sup> & Izzy 27<sup>th</sup> both battled on the bike finding good draft packs & finished with solid runs.

London finished in a respectable 8<sup>th</sup> place with 3 top 10 finishes with East Midlands once again taking the title.

The standard of racing was super high and this is where London has a bit of catching up to do in the next few years.

The team was a credit to the region, they all raced superbly, conducted themselves brilliantly & were a pleasure to coach with team spirit hitting a new high.

A big thank you to all the parents who were of great assistance during the weekend, Ed our Team manager who left no stone unturned, Sheila, Alison

& Julie for the organising and also a big thank you to Bea for her great support coaching on the lead up to race day.

Time for a lay down now!

*Jon Horsman Team Coach*



