

London Team Report by Jon Horsman (Head Coach)

The London junior Triathlon team this year travelled to Mallory Park racing circuit in the East Midlands for the National Championships, involving the 12 UK regions & forming part of the Under 20's festival including Junior & youth elite racing.

The IRC is a draft legal team event with Podium spots awarded for the first 3 athletes in each race, points are scored for each individual place in boys & girls Tristar 2 & 3 categories, with the London team selected from our Regional series results.

Unlike previous years there was no course practice the day before due to the facility being booked for another event, so none of the athletes had a chance to ride the technical bike course, Bea Downey the Team Manager briefed all the athletes & parents at dinner the night before.

The U20'S Festival was kicked off in warm sunshine by some exciting racing in the Junior & Youth Categories in the final event of the National Super Series.

Next was the start of the IRC event with the Tristar 3 girls up first, this was to be a non-wetsuit race due to the warm lake temperatures with a deep water start with Ella, Jessica & Poppy finding themselves exiting the water a bit further down the pack than they would have hoped for. All 3 recovered & had strong bike legs on the technical course & were in much better positions entering T2 & starting the tough 2.5km run, with Jessica finishing in 18th, Poppy in 30th & Ella in 31st place.

The T3 boys were led out by Mack in the front group followed a bit further back by Eddie & Luca who both got a "bit bashed up" in the frenetic swim! All 3 athletes had solid bike rides but found the run tough with Mack finishing in 15th, Eddie in 29th & Luca in 36th place.

The Tristar2 girls race was next with Cerys entering T1 in the top 5 with Maisie & Lorna also having good swims, unfortunately Lorna fell off her bike exiting T1 & although remounting missed the bike draft packs. Maisie & Cerys worked well on the bike & were in good positions entering T2, but again found the run tough, Maisie finishing in 19th, Cerys in 30th & Lorna in 36th place.

The Tristar 2 boy's race was definitely the highlight of the day from a London point of view with Christo & Dan exiting the swim in strong positions with Theo just a bit further back in the pack.

All 3 managed to find good draft packs on the bike with Dan unfortunately falling on one of the many technical corners of the track but managing to remount. Christo entered T2 just behind the leader & had a superb run to finish in 2nd place just a handful of seconds behind the winner from Eastern Region, the first podium for London in 2 years a brilliant performance.

Theo had a solid race to finish in a respectable 29th place as a first year athlete in the Tristar 2 category, Dan recovered from his fall to finish the run in 38th place.

London finished overall in 11th place with South Central taking the title followed by South West & East Midlands. The standard of racing was very high as per usual & Team London found the racing & the enormity of the Competition challenging, all will be stronger for their experiences demonstrating great team spirit.

A big thank you to all the parents who were of great assistance during the weekend, Bea a fantastic Team Manager & Michelle Treadwell for all her hard work during the training sessions & on race day. Also a big thank you to Martin for his hard work as London's Junior Co-ordinator and with the London series.

Jon Horsman *Team Coach*

South Central

South West

East Midlands

North East

Scotland

South East

Yorkshire

Eastern

North West

Wales

London

West Midlands

(Final points have not been published yet)



Athlete reports

Poppy

It was my last year to be able to compete in the IRCs and I was very happy to be given this opportunity to be able to be part of the 2017 T3 girls team. I always enjoy training with the squad and it was great to meet up and train with the team prior to the IRCs. I really enjoyed the experience of being with the team, staying in the hotel and the race itself - it was very exciting. I enjoyed cheering on my other team mates.

Maisie

Doing the IRCs this year was a great opportunity to see what its like to compete against some of the best of the junior triathletes from across the country. The IRCs was also a great team event. I enjoyed the evening before the race getting to know the rest of the team better. It was a really hot day and I would have benefitted from drinking more water and have learnt from this. There was a really good team spirit and team support.

Christo

Racing in the British National Triathlon Championships (the Inter-Regional Championships) was amazing - fast, exciting and exhilarating. Our team had to compete against all the other regions in Britain and we definitely held our own.

Getting on to the London Regional Training Squad from whom the IRC Team is selected (not quite right Christo its about performance in the Series - see above) was the result of a fun and hard season of racing - you have to complete the Triathlon England London Junior Series which is a mix of different events - duathlons, triathlons and aquathlons to be considered for selection. Then the Team had some really interesting and tough training during the triathlon season, including lots of open water swimming, plenty of transition practice and run/bike sessions. You start to get to know the other athletes from different Clubs and areas of London, which is really nice.

Then to race in the IRCs you are selected by your best 3 triathlon results, so 3 of us in the T2 age-group (11/12) got to go to Nottingham on Bank Holiday Monday for the big race. We stayed over in a hotel, had a team dinner and preparation session. Up early, off to the venue. It was a scorching hot day and we raced in the heat of the afternoon. It was an open water swim, technical bike and a run loop of the swimming lake at the end.

I won the individual silver and it felt amazing to stand on the podium! I was really proud to be part of the London Team and really hope that I qualify again next year if I can.

Theo



When I found out I had been selected to represent London in the IRCs I was really happy and excited as I didn't expect to qualify in my first year as a T2.

My brother Luca had qualified as well and he was also very pleased as this was his final chance to get into the team.

We went to all the training sessions at Herne Hill Velodrome and Shepperton Lakes. I particularly liked the first session at Shepperton as I was given my London Trisuit, which had my name on it!

It was also pouring with rain, which just made it even more fun. Jonny's dad came with this amazing gazebo which not only kept the parents dry but also all us athletes whilst Jon and Bea explained the session to us.



On Sunday 27th August I travelled up to Leicestershire with my parents and Luca. This year's IRC race was being held at Mallory Park.

We met the rest of the team at the hotel. It was great to spend time having dinner together and getting to know everyone better.



All the T3 girls and boys squashed on one table!

After dinner Bea, our team manager, held a team briefing. She explained what



T2 girls and boys and their siblings

was going to happen on race day and also gave us our special London tops, which made us, look more like a team! Bea explained the importance of setting up our transition and looking at the 'in and outs' of transition. After our team photos I went to bed to get a good night's sleep!



Team London with their Team Manager, Bea Downey



The IRC Team modelling their new London T-shirts!

On the morning of race day I had a full English breakfast as I wanted to make sure I had enough energy to complete the race well.

At the race venue we had to get our bikes rolled out to check our gears were all restricted, I then went to set up my transition. In transition you had to set up where your race number was shown on the racking. I set my transition up next to Christo and made sure I knew where the mount and dismount lines were! I practised my run in from the swim along the blue carpet! It was just like the Triathlons I had watched on the TV with the blue carpet in transition!!



Christo and Theo

I was starting to feel more excited but I knew I still had a few hours until my race as the T2 boys were the last race of the day within the IRCs. I went back to our London gazebo, had something to eat, rested and made sure I drank lots of water as it was so hot!



T3 Boys, Eddie, Mack and Luca

Throughout the afternoon I cheered on the other members of the team, especially my brother Luca in the T3s and at 1.50pm I went to assemble for my swim. We were called into a pen and told what order we had to go into the water in. Unfortunately I had to go at the end of the line which meant I would have to swim further than others, although it did mean I didn't get kicked or punched by others swimmers!!

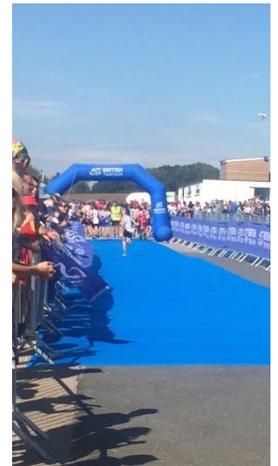
In my opinion my 200m swim went quite badly as I would have preferred to have been further up the group but my transition into the bike went well. As this was a draft legal race, I cycled with a group of boys and we worked together to get round the course as quickly as possible. It was a technical course with lots of 'dead turns', these we had practised in training, so I felt comfortable doing them. The bike (5.9km) went well but I felt it was very short. Onto the 1.3km run, it was very hot and I gave it everything I had!



Christo running to the finish line for 2nd place!



This is me, Theo, running along the blue carpet to the finish! I came 29th out of 39 boys



Christo had a brilliant race for the T2 boys and came 2nd!! Overall I think I performed well, but it made me realise how many amazing junior triathletes there are. Both my brother and I had a fantastic time, are proud to have been part of the London team and to have made so many new friends!



Poppy, the person in the team who smiled the most, with Luca!!



Josh, our amazing T2 reserve and I were excited with our new trisuits! We had the best time training together at the sessions



My new friend Mack, who happened to be the tallest member of the team!!