



Inter-Regional Championships ~ 28th August 2017 ~ Mallory Park
By Theo Treadwell

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 was going to happen on race day and also gave us our special London tops,



T2 girls and boys and their siblings

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!



The IRC Team modelling their new London T-shirts!



Team London with their Team Manager, Bea Downey

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!



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



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