

**Junior Report 2022**

It has been another highly successful year for South East Tristars. The region has delivered a full **Junior Race Series** offering a full range of multi sport experiences and including sea and lake open water swimming, tarmac and grass, drafting and non- drafting bike experiences. Our Inter Regional Championship team won joint Gold at the Grand Final in Sunderland. Our Junior offering in the region also included a Skills School event.

**Junior Race Series Report 2022**

In 2022, TESE delivered a full Junior Race Series of 8 events with points from the best 5 events counting towards the series. Many thanks to our Junior Race Series race organisers.

The following events were included:

1st May Medway Duathlon – draft legal gear restricted

5th June Ashburnham Aquathlon

11th June Eastbourne Aquathlon

19th June White Cliffs Aquathlon

9th July Chichester Triathlon

17th July Bridge Triathlon

4th September Ashburnham Aquathlon

18th September Brighton Triathlon

In 2022, 54 athletes competed in 3 or more events - very similar numbers to 2021 when 56 athletes competed in 3 or more events.

Congratulations to our Junior Race Series winners 2022!

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| **Category** | **Girls** | **Boys** |
| Tristar 1 | 1st | Connie Ash | Team Bodyworks | 1st | Jago Dinnage | Weald Tri Club |
|   | 2nd | Caroline Jobke | 7Oaks Tri Club | 2nd | William Guy | Team Bodyworks |
|   | 3rd | Lana Povey | Team Bodyworks | 3rd | Eli Clayton | Worthing Otters |
| Tristar 2 | 1st | Katherine Haslip | Team Bodyworks | 1st | Oliver Goodman | Weald Tri Club |
|   | 2nd | Kitty Scott |   | =2nd | Oliver Brophy | Team Bodyworks |
|   | 3rd | Sophie Richmond | Weald Tri Club | =2nd | James Scholes  | Chichester Tri Club |
| Tristar 3 | 1st | Hannah Painter | Medway Tri | 1st | Finlay Goodman | Weald Tri Club |
|   | 2nd | Rosie Delgado-Howell | Team Bodyworks | 2nd | Luke Draper | Weald Tri Club |
|   | 3rd | Ella Baker | Team Bodyworks | 3rd | Oliver Darcy | Medway Tri Club |
| Youth | 1st | Katie Allen | Weald Tri Club | 1st | Harrison Martin | Medway Tri Club |
|   | 2nd | Lucy Rowse | Medway Tri | 2nd | Jude Clayton | Worthing Otters |
|   | 3rd | Millie Dack | Deal Tri | 3rd | Alastair Rhodes-Doyle | Brighton Tri (Sussex Tristars) |

**IRC 2022 – South East athletes win joint Gold!**

The IRC team of 16 athletes plus 4 reserves was selected from 3 events, Eastbourne Aquathlon, Bewl Aquathlon and Medway Duathlon. The Grand Final, held in Sunderland August 20/21 repeated the heats and finals format of 2021. The top athletes from each heat went forward into the A final and the rest of the field competed in the B final for each age category so that every athlete had the opportunity to race twice.

There were some outstanding individual performances. In the Tristar 2 girls age group, all of our athletes reached the A final with Katherine Haslip (Team Bodyworks) taking 2nd place, followed by Kitty Scott in 7th, Naomi Walmsley (South London Harriers) in 11th and Sophie Richmond (Weald Tri Club) in 13th.

Thomas Crewe (Team Bodyworks) and Oliver Goodman (Weald Tri Club) got through their heats to compete in the Tristar 2 boys A final finishing 20th and 24th respectively while in the B final Ewan Delgado-Howell (Team Bodyworks) was 4th and Oliver Brophy 11th (Team Bodyworks).

All the Tristar 3 boys sailed through into the A final which brought another stand out and podium performance from Finlay Goodman (Weald Tri Club) who was 2nd. Not far behind were Luke Draper (Weald Tri Club) in 11th, Oliver Darcy (Medway Tri Club) 18th and Ben Hutton (Team Bodyworks) 19th.

And in the girls Tristar 3 girls age group it was Hannah Painter (Medway Tri Club) that led the South East girls in the A final finishing 7th with Rosie Delgado-Howell (Team Bodyworks) close behind in 10th and Ella Baker (Team Bodyworks) in 17th. In the Tristar 3 girls, B final, Katie Ealden finished 4th with an exciting sprint finish.

These performances helped the South East team to an overall joint Gold Medal alongside the team from the South Central region. Everyone gave their very best all the way to the line and it was this attitude from each and every team member that led to the South East taking the win. Brilliant racing, and well done to all the South East athletes!

**South East win the Mixed Team Relay event**

Day 2 of the British Triathlon Grand Final, on Roker Beach, Sunderland saw the South East IRC team preparing for the mixed relay team event. The South East entered five teams of four athletes, which allowed our travelling reserves a chance to show their talent.

And despite giving their all on the Saturday (winning the team competition), the South East athletes once again showed their racing skills with an exciting overall win for the South East A team of Oliver Goodman (Weald Tri Club), Katherine Haslip (Team Bodyworks), Finlay Goodman (Weald Tri Club) and Hannah Painter (Medway Tri Club).

**Skills School 2022**

In August the region delivered a Skills School for TS2-Youth athletes. The event was held at Leybourne Lakes and at Cyclopark in Kent. This was very well received with 25 athletes attending. More Skills Schools are planned to be delivered in 2023.

**IRD 2022**

The annual Inter Regional Duathlon between South East, East and London regions will be held at London Velopark on Sunday 6th November 2022. 60 athletes from the South East will be selected to take part. In 2022 the event is being hosted by London region.

**Elizabeth Scott**

**Junior Race Series Co-Ordinator**

**3rd October 2022**