



# Newsletter

Winter 2022

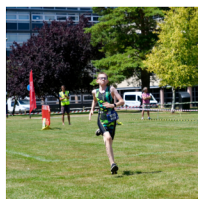
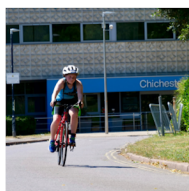
[www.isleofwighttriathlonclub.co.uk](http://www.isleofwighttriathlonclub.co.uk)



Welcome to the latest edition of the Isle of Wight Triathlon Club Newsletter. Our aim is to provide you with an insight into what we have been up to during 2022. As always, we are immensely proud of the commitment the athletes show to their sport, the friendships they develop at training sessions and the camaraderie they demonstrate for each other at competitions. We look forward to a happy and successful 2023 for all of our members.

## First Events!

We are especially proud of those members who took part in their very first multi sport event this year. Well done to Freddie, Megan, Rosie, Zara and Ollie.



## South Central Junior Race Series

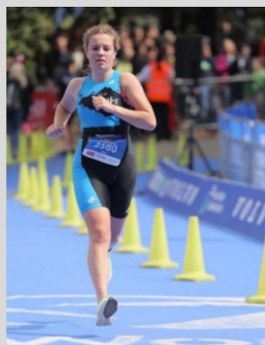
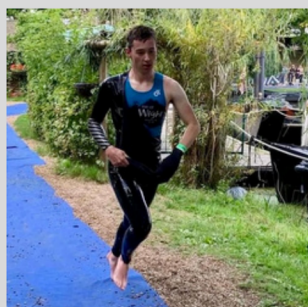
Four of our athletes committed to the British Triathlon Regional Junior series (Isle of Wight, Hampshire, Berkshire, Buckinghamshire and Oxfordshire). Katie performed brilliantly in her first year as a Tristar 3 athlete (ages 13-14) and we can't wait to see what next year has in store for her.

Jasper competed in the Tristar 2 age category (ages 11-12) and achieved a qualifying place on the South Central team at the Inter Regional Championships. In the Tristar 1 category (ages 9-10), Emily achieved an amazing two 1st places and three 2nd places and Elsie was not too far behind with one 2nd place and two 3rd places. Overall Emily finished 1st in the series and Elsie finished 2nd! They move up an age group next year and we look forward to seeing their progress.

## Stepping up the Distance

Two of our members (who have been with the club since its inception) completed their first standard distance triathlons this year (1500m swim, 40km cycle, 10km run). 17 year old Lottie-Rose came away with 2nd place in the U20 category at the British Standard Distance Championships in Leeds and qualified for the 2023 European Standard Distance Triathlon.

Also age 17, Gethin completed his event at Hever Castle Triathlon which has a chilly lake swim, a hilly cycle and a challenging run. Not an easy one to choose for your big step up Gethin!



## Our Training

### Swimming

Medina Leisure Centre on Sunday mornings 8am-9am

### Cycling/Running

Wednesday evenings 6pm-7pm

Sessions take place all over the island and vary from cycling techniques, transition training, social runs, timed runs, hill repeats, indoor strength and conditioning.



## Cross Country

Well done to Gethin, Ben, Martin, Katie, Annabelle, Phoebe, Jasper, Elsie and Emily who took part in the Hampshire Cross Country League and Hampshire Championships.

Particular congratulations to Katie who came an incredible 3rd place at the Hampshire Champs. She then went on to represent Hampshire at the English National Cross Country Championships. Amazing achievement!



## European Qualification!

Ben and Lottie competed in the Eton Sprints Triathlon in May and not only did they both achieve fantastic PBs, they also qualified for the 2023 U20 European Championships!



## British Triathlon Inter Regional Championships

Jasper travelled to Sunderland in August to take part in the IRCs. He was very proud to be one of only four boys in his age group to represent South Central Region (IOW, Hampshire, Berkshire, Bucks and Oxfordshire) in this national event. He raced two aquathlons and one team relay triathlon over the course of the weekend. Such a great experience for him for him to race at event of this level.



## British Aquathlon Championships



Ben took part in the British Aquathlon Championships at Dorney Lake. After an amazing swim and an impressive run he finished a brilliant 2nd in the U20 category.

## Cycling Time Trial Events

This summer Henry, Kaitlin, Lottie, Martin and Annabelle took part in the Wightlink Wightmountain TT races along with Jasper, Phoebe and Ben who competed in the hill climb champs. These events are a great opportunity for our older athletes to compete against the best cyclists on the island so thank you to the organisers for all the hard work that goes into these events.



## Events 2022

Check out this list of events that our members attended over the course of this year. They work so hard in their training and it's amazing to see them put it all into practice.

- Portsmouth Duathlon Series
- Goodwood Spring Duathlon
- Bath Duathlon
- Milton Keynes Duathlon
- Southampton Fast Twitch Triathlon, New Forest
- Oldbury White Horse Triathlon, Wiltshire
- Eton Sprints Triathlon, Windsor
- Chapel Aquathlon, Hamble
- Billingshurst Duathlon
- Eastbourne Aquathlon
- Bowood House Triathlon, Wiltshire
- Chichester Triathlon
- Eton Dorney Triathlon, Windsor
- Bournemouth Triathlon
- Hever Castle Triathlon, Kent
- Torbay Triathlon

We have been very lucky this year to receive discounted travel as part of the Wightlink in the Community scheme. All of the multi sport events take place on the mainland and this support has been invaluable. Thank you Wightlink!