

Race Reports

Foremarke Junior Triathlon 2nd July 2016. Race report by Imogen Burrows, Age 8, Tristar 1.

I felt very excited and nervous when I arrived at the triathlon and saw all the people and bikes everywhere. Daddy put my number on my belt and attached my timing chip on my ankle, then he explained what to do and where to run in and out of transition. I racked my bike and set up my stuff just like I'd practised. Soon it was time to get to the swim start, this is when I got really nervous. Before I knew it the whistle had blown and I was swimming, my nerves had gone. I had to overtake another girl because she was holding me up. I was soon out of the pool and running to transition, I could hear my family cheering me on.

After I found my stuff and as I was putting on my number, I ripped it off the belt by accident. I didn't know what to do, so I just shoved it down the back of my shorts and carried on. I forgot whether I needed to get on my bike before or after the mount line and I had to ask the marshal.

Out on the bike I managed to overtake a few people. This was one of my first rides on my cyclocross bike because I only got it a couple of weeks ago. I need to practise using the gears because I got a bit muddled up.

No problems in T2, I just had to take the number from the back of my shorts and stuff it down the front. A couple of weeks ago at Ironkids I started too fast and got really tired at the end, so I started the run slowly this time. I did get a stitch, but when I saw the finish line I started legging it.

As I ran down the finishing chute I couldn't stop smiling and I could hear my family cheering me on. I felt really happy to have finished my first triathlon and I can't wait until next time.

I started 2 minutes before my twin sister Ayla. When mummy read out the results at the end I was really happy because I had beaten her by one whole second!!!

Foremarke Junior Triathlon 2nd July 2016. Race report by Ayla Burrows, Age 8, Tristar 1.

This was my first Triathlon and when I arrived I was very nervous because I wasn't sure what to do or where I needed to go. My daddy sorted out my numbers and then told me about transition and what I needed to do, but I didn't get it. He told me not to worry and just follow the person in front. I had practised transition in the garden with daddy and my sister, so I knew how to set up my stuff. We were short on time so I had to rush to the swim start. My twin sister Imogen was off 2 minutes before me. Watching her made me worried, but I was also quite excited. Soon it was my turn, I took the swim a bit too easy and I think I could have gone quicker but I was worried about counting the number of lengths right. As I was running out of the swim I heard my granny shouting 'come on Ayla'.

I found my bike okay, but got muddled up with which way to go out. I started running in the wrong direction until I heard daddy shout 'the other way Ayla'.

The first bit of the bike was hard because it was a bit muddy and my brother had changed the gear to hard one, but I soon got going and overtook about 7 people. One boy nearly knocked me off as I went past and I had to put my foot down to stop myself falling off completely.

When I finally finished the bike I ran into T2 and apart from having to move Imogen's bike out of the way I had no problems and was quickly out on the run.

The run was really hard and my legs were aching. I kept overtaking a girl and then she kept overtaking me back. I was really pleased to see the finish line, but a boy was right behind me so I had to leg it to the line, so I had no time to enjoy the finish chute.

After I finished I was so pleased with myself and I really want to do another one because it was awesome. The only problem was that Imogen beat me by one single second. I knew if I had had a better T2 I would have easily beaten her. So watch out Imogen I'm coming for you next time!!

Race report (Foremarke Junior Triathlon) – Catherine Mason

Foremarke was my first try at a triathlon, I felt nervous and excited before the start. The swim passed quickly, it was strange swimming over the really deep bit in the pool that makes it feel like you're slowing right down. In T1 there were lots of friendly marshalls that helped us unrack our bikes. I learned that its harder than it looks to do simple things when you're under time pressure. The bike distance was 4000m – it felt a long way because it was muddy, hilly and tough (well for me any way) but I kept going. Off the bike and my legs felt like jelly and at the first drink station I managed to pour water down myself instead of into my mouth (oops). After getting stitch on the run, I kept moving forward (thanks for the advice Dad) and had enough energy to do a sprint finish for the photographer. It felt really good to be cheered on by lots of people during the bike and the run, especially at the finish. I enjoyed the experience so much that I would definitely do another one.