



Triumph Junior Duathlon



A fabulous day of racing was enjoyed by 120 athletes aged between 8 and 19 at the Triumph Junior Duathlon on Sunday 16 July at Minet Park, Hayes. Keeping the second run on the trail path as last year meant once again it was a great spectator event with added support for the athletes from friends and family. The cycle track looked well established after the building work and definitely had a country park feel to it.

This was the penultimate event of the 2017 [London Junior Series](#) and Triumph Sports Events were proud and honoured to host this event on behalf of the region.

It was warm overcast day with a few blasts of sunshine along the way, but the weather made very decent conditions for racing.

The racing through-out the day went from oldest to youngest, so started with the Youth and Junior categories, undertaking a 1.7k run, 10.5k bike and finishing with a 1.1k run.



The Tristar3 and Tristar2 categories had some competitive racing and amazing sprints for the finish.



The Tristar1 athletes completed a 700m run, a 3k bike and to complete the race, a 650m run.

Then, after a small down pour of rain to freshen us up, last but not least were the 8 year old Tristarts, who had a dash to transition, cycled a lap and sprinted to the finish line, our stars of the future.



All athletes were presented with Triumph 'fidget spinner' medal. Presentations for the first 3 finishers in each age group and gender followed quickly after each race with some unique trophies and a [Yellow Jersey](#) goodie bag along with generous vouchers donated by [Zone 3](#)

It was great to see all London clubs, plus others outside of London represented at the event, with athletes from 16 different Triathlon clubs across the South East of England.

Spot prizes were donated by the Triathlon London [Skills School](#) which delivers athlete and coach development in our region and were awarded to randomly generated athletes from the timing teams 'computer'.



Race commentary was given Jon and 'helpers'. During the day athletes and parents took part in the entertaining [Cadence Performance](#) Watt Bike Challenge and 10 watt bike class vouchers were awarded for the 5 second power effort. We hope everyone had their taste buds tantalised by the yummy food & cakes in the Pop-Up Café.

We were blessed with many willing and enthusiastic volunteers offering their time to help put on this event at Minet Park, including the athletes helping before and after racing and we voted them all Team Triumph!



All in all, it was a competitive but inclusive event, just what we were aiming for and we really hope all the competitors and spectators enjoyed the day as much as we did!

Jim & Sheila

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Photos by Martin & Emma McGuigan, Zac Purnell & James Mayer

