



Roll of Honour

JUNIORS/ YOUTHS

Notes: 1. Covers mega-achievements by Cambridge Triathletes age 19 and under.

2. For over 20's refer to our "Roll of Honour - Seniors".



2019

In the Cambridgeshire County Cross Country Championships the following achieved top ten age group placings: **Emma Lewis** and **Leila Querns** (8th and 9th U15), **Callum Malloy** (7th U15), **Isabelle Mansley** (5th U13), **Ryan Howe** (8th U13), **Caitlin McCluskey** and **Paloma Gordon** (U11) and **Adam Johnson** (9th U11). With **Ruby O'Dell**, Caitlin and Paloma were second U11 girls' team

In the Cambridgeshire Schools Cross Country Championships the following gained top ten finishes: **Josh Borrett** (9th Senior Boy), **Leila Querns** (9th Inter Girl), **Jake Borrett** (9th Junior Boy) and **Isabelle Mansley** (5th Junior Girl)

The following represented Cambridgeshire in the Anglian Schools Cross Country: **Josh Borrett**, **Emma Lewis**, **Leila Querns**, **Lilly O'Dell**, **Tom Blake**, **Liam Bell**, **Isabel Mansley**, **Tom Bullock** and **Max Webb**

Leila Querns and **Callum Malloy** represented our region in the National Schools Cross Country Championships in Loughborough

Emma Lewis, **Josh Vail**, **Ollie Mills**, **Charlie Barnes**, **Joslin Carter**, **Lotti Knights** and **Liam Bell** attended the British Triathlon Performance Assessment weekend. Our magnificent seven all achieved the rolldown standard for GB representation and went on to race in the Junior and Youth Super Series

Ollie Mills raced in his first national championships, the British Elite Youths (15-19) Duathlon Championships at Bedford Autodrome

Maxwell Buchanan was second in the Independent Schools National Triathlon

Lily O'Dell was 7th U19 in the Duathlon and **Niamh Perry** was 4th in the Aquathlon at the World Championships in Pontevedra, Spain

Lily O'Dell was 2nd lady in the Tour of Cambridgeshire 67 mile road race

Lily O'Dell and **Sasha Vail** finished 2nd and 4th in the European Sprint Duathlon Championships in Targu Mures, Romania

The following were age group winners in our club time trials:
Swim: **Annabelle Scarlata**, **Paloma Gordon**, **Arthur Sallows**, **Isabelle**



Harrop, Evie Mills, Leo Moore, Adam Johnson, Orla Kenna, Elizabeth McCluskey, Ryan Howe, Kirsty Stone, Diego Modolell, Isabel Mansley, Callum Malloy, Ollie Mills

Bike: Freddy King, Zoe Kenna, Annabelle Scarlata, Lily Goodbrand, Leo Webster, Isla King, Arthur Sallows, Kalle van Paridon, Orla Kenna, Tom Cox, Elizabeth McCluskey, Holly Webb, Nathaniel Scarlata, Callum Malloy, Charlie Barnes

Run: Annabelle Scarlata, Freddie King, Paloma Gordon, Leo Webster, Isabelle Harrop, Caitlin McCluskey, Emily Gilbert-Wooldridge, Ollie Mills, Isabel Mansley, Ryan Howe, Kirsty Stone, Nathaniel Scarlata, Callum Molloy, Ollie Mills

In our club duathlon, the following were age group winners: **Freddie King, Annabelle Scarlata, Jacob Flood, Paloma Gordon, Ollie Mills, Orla Kenna, Nathaniel Scarlata, Holly Webb, Callum Malloy, Indigo Cope**

In the Ipswich Aquathlon, **Ruby O'Dell** finished 2nd TS1, **Joshua Brown** 2nd Youth and **Maxwell Buchanan** 3rd Youth

Callum Malloy finished 2nd Youth in the East Essex Triathlon

Annabelle Scarlata and **Freddie King** finished 2nd and 3rd TS respectively in our Rob Mclean Youth Triathlon

At the Ipswich Junior Triathlon in Framlington, the following were on the podium: **Annabelle Scarlata** (3rd TS), **Elizabeth McCluskey** (2nd TS3) and **Ollie Mills** (3rd Youth). **Ollie Mills, Callum Malloy and Josh Brown** were Youth Team winners

Annabelle Scarlata was 3rd TS, **Nathaniel Scarlata** 3rd T3 and **Maxwell Buchanan** 1st Youth in the Sudbury Junior Triathlon

Caitlin McCluskey was 3rd T2 in the Leighton Buzzard Junior Triathlon, first Year 5 girl in the Bedford Junior Aquathlon, first Year 5 girl in the Cambridge Primary Schools Cross Country and 2nd overall and age group winner in the Staunton Harrold run

Ollie Mills was 2nd Youth in the Discovery Triathlon and 3rd Youth in the Hertfordshire Children's Triathlon at Box End. He was also Cambridgeshire U17 steeplechase champion and went on to represent Cambridgeshire in the Inter-counties championships

In the Clacton Junior Duathlon **Annabelle Scarlata** was first TS, **Tom Cox** and **Emily Gilbert-Woolridge** 3rd T2, **Nathaniel Scarlata** 2nd T3 and **Elizabeth McCluskey** 3rd T3



In the Box End Kids' Sprint Triathlon, **Josh Vail** and **Ollie Mills** were 2nd and 3rd Youths respectively and **Lotte Gilbert-Woolridge** won the TS Duathlon. In the Seniors' Sprint Triathlon there, **Josh Borrett** was 3rd 15-19

In the Clacton Off-road Triathlon **Maxwell Buchanan**, age 14, was first overall beating all seniors and setting a new course record

Elizabeth McCluskey was first T3 in the Basildon Aquathlon, second T3 in the Tri-Epping Aquathlon, third T3 in the Duck 'n' Dash Aquathlon, first 12-13 in the 1 mile Greater Manchester Swim and overall winner of the Staunton Harrold run

In the 1 mile Great East Swim (Alton Water, Ipswich) **Kathryn Bell** was 5th lady, **Liam Bell** 6th man and **Jordan Bradford** 8th man out of 568 finishers in total

Tom Cox was age group winner at the Sunny Hunny Triathlon in Hunstanton and the Bedford Aquathlon

In the Rutland Water Swim, **Nicole Bradford** was 1st 18-19, **Jordan Bradford** 1st 16-17 (both 2km), and **Lilly O'Dell** 2nd 14-15 (500m)

In the Cambridgeshire County Open Water Swimming Championships, **Archie Scott** won 1km gold, **Leo Moore** 2km gold, **Austin Harrop** 2km bronze and **Matthew Monie** 3km silver

Austin Harrop won the 1500m Open Water Swimathon at Jesus Green, beating all adults

In the inter-club 10 mile time trial, **Charlie Knowler** was our fastest rider, beating all adults



2018

In the Cambridgeshire County Cross Country Championships, the following had top ten finishes: **Amy Chalmers** (1st U20), **Diana Chalmers** (3rd U20), **Kathryn Bell** (4th U20), **Sasha Vail** (9th U20), **Beth Irving** (3rd U17), **Tom Blake** (2nd U15), **Lotti Knights** (7th U15), **Jake Borrett** (7th U13) and **Caitlin McCluskey** (7th U11)

The following achieved top ten finishes in the Cambridge Schools Cross Country Championships: **Jake Borrett** (9th junior boy), **Beth Irving** (4th intermediate girl), **Lotti Knights** (6th intermediate girl), **Tom Blake** (3rd intermediate boy) and **Peter Cooke** (7th senior boy)

Caitlin McCluskey was first Year 5 girl in the Cambridge Primary Schools cross country

Tom Blake was 10th intermediate boy in the Anglian Cross Country Championships

In the winter 2017/18 Eastern Region Cyclocross league, **Ruby O'Dell** was 3rd U10, **Orla Kenna** 2nd U12 and **Edie Palfreyman** 5th U12

The following were selected for the national triathlon super series: **Ben & Nick Hall, Peter Cook, Kathryn & Liam Bell, Emma Lewis, Niamh Perry, Josh Borrett and Tom Blake**. At Leeds, **Liam, Emma and Tom** all had top 40 finishes

The following had top ten finishes in the National Duathlon Championships at Bedford: **Lotti Knights** (3rd U20), **Lilly O'Dell** (5th U20), **Sasha Vail** (7th U20), **Tom Blake** (8th U20)

In the Basildon Aquathlon **Ryan Howe** was 3rd TS2 and **Kathryn Bell** 2nd U20

The following were age group winners in our club duathlon: **Arthur Sallows, Caitlyn McCluskey, Adam Johnson, Isabel Mansley, Tom Bullock, Lily Goodwin, Callum Malloy, Beth Irving, Liam Bell and Kathryn Bell**

James Bearpark, Lotti Knights and David Juckes finished 8th team in the adults mixed category at the Eastern Region Triathlon Relays in Bedford

At the East Essex Children's Triathlon we had two first places: **Arthur Sallows** (TStart) and **Beth Irving** (Youth)

Liam Bell won our club swim/run sunset race at Milton, beating all seniors



Jordan and Nicole Bradford were age group winners at Swim Rutland

Lotti Knights won bronze (U 19) in the World Sprint Duathlon in Fyn, Denmark

Arthur Sallows was 1st TStart and **Josh Borrett** 3rd TS3 at the Ipswich Junior Triathlon

At Culford (W Suffolk Junior Triathlon) the following stood on the podium: **Arthur Sallows** (1st TStart), **Callum Malloy** (3rd TS3), **Ben Hall** (3rd Youth), **Lotti Knights** (3rd Youth)

In the Leighton Buzzard Junior Triathlon, **Arthur Sallows** was 2nd TStart, **Elizabeth McCluskey** 3rd TS2, **Holly Webb** 3rd TS3, **Charlie Barnes** 2nd & **David Jukes** 3rd Youth

At Tri Force Essex the following were medallists: **Tim Jukes** (3rd TS1), **Elizabeth McCluskey** (2nd TS2), **Callum Malloy** (2nd TS3), **Josh Vail** (3rd TS3) and **Liam Bell** (1st Youth)

In our Rob Mclean Youth Triathlon, **Arthur Sallows** was 1st TStart, **Liam Bell** 2nd Youth and **Beth Irving** 3rd Youth

In the Framlington Junior Triathlon, **Arthur Sallows** (2nd TStart), **Callum Malloy** (3rd TS3) and **Liam Bell** (2nd Youth) all made the podium, and **Liam Bell**, **Jordan Bradford** and **Charlie Barnes** won the Youth Team Trophy

At Letchworth, **Arthur Sallows** was first TStart in the Duck n Dash Aquathlon

In the Clacton-on-Sea Junior Duathlon, the following were medallists: **Arthur Sallows** (1st TStart), **Elizabeth McCluskey** (3rd TS2), **Tom Bullock** (3rd TS2), **Holly Webb** (3rd TS3) and **Callum Malloy** (2nd TS3)

Ollie Mills was 1st T3 at both the Infinity Aquathlon and the Tri Sport Epping Junior Aquathlon

Ollie Mills finished 2nd T3 and **Ben Hall** 3rd Youth at the Discovery Triathlon

Elizabeth McCluskey was 2nd T2 in the Hoddesdon Triathlon

The following were age group winners in our club time trials:

Swim: **Arthur Sallows**, **Ruby O'Dell**, **Paloma Gordon**, **Tim Jukes**, **Elizabeth McCluskey**, **Ryan Howe**, **Holly Webb**, **Maxwell Buchanan**, **Ollie Mills**, **Leila**



Querns, Ben Hall, Emma Lewis, Jordan Bradford

Bike: Arthur Sallows, Tim Jukes, Paloma Gordon, Ryan Howe, Imogen Johnson, Lily Saxton, Toby Pullen, Orla Kenna, Callum Malloy, Beth Irving, Ben Hall, Joe Kellen

Run: Arthur Sallows, Caitlin McCluskey, Adam Johnson, Isabel Mansley, Ryan Howe, Ollie Mills, Leila Querns, Callum Malloy, Emma Lewis, Liam Bell, Beth Irving

Age group winners in our Cambridge Aquathlon were ***Arthur Sallows, Caitlin McCluskey, Tim Jukes, Elizabeth McCluskey, Ryan Howe, Callum Malloy, Emma Lewis, Liam Bell*** and ***Kathryn Bell***

Our club champions (Walden, Rob Mclean, Aquathlon and time trials) were ***Arthur Sallows, Caitlin McCluskey, Tim Jukes, Elizabeth McCluskey, Ryan Howe, Leila Querns, Callum Malloy, Oliver Mills, Beth Irving*** and ***Liam Bell***

Our best improvers were ***Evie Mills, Sam Kellen, Heather Beale, Harry Williams, Emma Lewis*** and ***Charlie Barnes***

Our Captains Awards went to ***Lotti Knights*** and ***Arthur Sallows***

Lily O'Dell finished 3rd U19 (at age 14) in the Junior Long Course Triathlon at Tenby in Wales. The race had one discipline per day for three days and comprised a 2km sea swim, a 72km hilly bike and a 10km hilly run. ***Lily*** was also 4th 14year old in the National Youth 10mile Time Trial Championships in Norfolk; qualified at Darley Moor for the GB U20 team at the 2019 European Duathlon Championships, Transylvania, Romania; won bronze at Ironkids in Zell-am-See, Austria; was 1st lady in the Rutland Water 500m open water swim; and was first youth girl at the Epping Aquathlon.

Ruby O'Dell was first U9 girl in the Essex Mountain Bike League and second in the Eastern Region Mountain Bike League

At Strathclyde Park, Glasgow, ***Lotti Knights*** (9th), ***Kathryn Bell*** (10th) and ***Liam Bell*** represented Great Britain in the European Sprint Distance Triathlon Championships

In the European Championships in Ibiza, representing Great Britain, ***Lotti Knights*** finished 4th in Aquabike and ***Sasha Vail*** 9th in sprint duathlon

Elizabeth McCluskey won silver in the Eastern Region Open Water 1km Swimming Championships. In the Castle Open Water Swim Series, she was first lady in the 1mile Lough Cutra, Ireland race, 5th lady at Castle Howard (1km) and 6th lady



at Hever Castle (1.9km)

The following achieved top four placings in the Eastern Region League:
Arthur Sallows (1st TS), *Elizabeth McCluskey* (3rd T2), *Liam Bell*, *Charlie Barnes*
and *Dave Jukes* (1st, 3rd and 4th Youth)

Leila Querns and *Charlie Barnes* were elected Dragons Captains for 2018/19
with *Elizabeth McCluskey* and *Max Webb* Crocs Captains



2017

In the Cambridgeshire County Cross Country Championships at St Neots the following gained top ten places: **Kathryn Bell** (5th U17), **Peter Cooke & Christian Kielinger** (9th & 10th U17), **Tilly Borrett** (8th U15), **Emma Lewis & Lily Goodwin** (2nd & 8th U13), **Jake Borrett** (8th U13).

The following raced in the English National Cross Country at Wollaton Park, Nottingham: **Alex Lione, Kathryn Bell, Tilly Borrett, Liam Bell** and **Jake Borrett**

In the Inter-Counties Cross Country Championships at Loughborough the following represented Cambridgeshire: **Amy Chalmers, Alex Lione, Kathryn Bell, Emma Lewis, Lily Goodwin** and **Jake Borrett**

Lotti Knights was second U15 at 3000m and third in long jump at the Cambridgeshire County Athletics Championships; third in the County Combined Events Championships; and represented Cambridgeshire Schools at cross country in the East Anglian and National Championships. Her brother **Ben** won the National Youth Regatta in his Optimist Sailing Dinghy

Peter Cooke was U20 bronze medallist in the European Sprint Duathlon Championships in Soria, Spain. **Peter** also finished second overall in adult sprint triathlons at Chelmsford, Norwich, Kimbolton and Newmarket and was third in St Neots

Lily O'Dell won bronze at Ironkids Zell am See, Austria and had a top 10 finish in Ironkids Maastricht, Holland

Ryan Howe came 1st TS2 and **Beth Irving** 2nd Youth in the East London Children's Duathlon

At the Bedford Aquadrome Duathlon, **Orla Kenna** was 3rd TS1, **Jake Borrett** 3rd TS2, **Lotti Knights** 3rd Youth and **Josh Borrett** 1st Youth, **Sasha Vail** 3rd Junior and **Peter Cooke** 1st Youth and 3rd overall, beaten by just two seniors

At Tri Sport Epping's Junior Aquathlon in Upminster, **Lilly O'Dell** was 3rd TS3 and **Jordan Bradford** 2nd Youth

In the Basildon Aquathlon, **Ryan Howe** was 1st TS2, **Josh Vail** 2nd TS3 and **Emma Lewis** 3rd TS3. **Nicole Bradford**, age 17, was third senior woman

The following were age group winners in our club time trials:

Swim: **Cleo Monie, Isabel Beeson, Evie Mills, Leo Moore, Ryan Howe,**



Archie Scott, Holly Webb, Matthew Monie, Emma Lewis, Josh Vail, Niamh Perry, Holly Rolf, Jordan Bradford and James Bearpark

Bike: Cleo Monie, Orla Kenna, Leo Moore, Tim Juckes, Lina Abouelouafi, Ryan Howe, Lily O'Dell, Max Isaacson, Beth Irving, Lotti Knights, Ben Hall, Sasha Vail, Nick Hall

Run: Cleo Monie, Caitlin McCluskey, George Sallows, Holly Webb, Ryan Howe, Nick Hames, Lily Goodwin, Callum Malloy, Emma Lewis, Josh Vail, Lottie Knights, Beth Irving, Liam Bell, Joseph Kellen, James Bearpark

Overall: Cleo Monie, Orla Kenna, Tim Juckes, Madeline Upton, Ryan Howe, Emma Lewis, Oliver Mills, Lotti Knights, Liam Bell and James Bearpark

Our best improvers were **Cleo Monie, Ganesh Mullaparthi, Lily Goodwin, James Schoenberg, Gemma Donnelly** and **Chris Scott** (swimming); **Emilie McHugh, Max Baird, Tabitha Dunn, Harry Williams, Niamh Perry** and **Max Isaacson** (cycling); **Caitlin McCluskey, Alex Hargraves, Lina Abouelouafi, Josh Brown, Beth Irving** and **Joe Kellen** (running); and **Caitlin McCluskey, Max Webb, Lily O'Dell, Maxwell Buchanan, Lotti Knights** and **Charlie Barnes** (overall)

In the Cambridgeshire County Schools Athletics Championships the following represented Cambridge: **Leila Querns** (2nd, 800m), **Lotti Knights** (3rd in 1500m and 4th in long jump) and **Tilly Borrett** (3rd, 800m)

Tom Blake was 2nd TS3 in the Discovery Open Water Triathlon

Jake Borrett, Emma Lewis and **Sasha Vail** were 2nd TS2, 1st TS3 and 1st Junior respectively in the Infinity Aquathlon

Josh Vail was 2nd TS3 and **Sasha Vail** 1st Junior in the Hoddesdon Junior Triathlon

In the Leighton Buzzard Kids' Triathlon, **Ryan Howe** was 2nd TS2, **Niamh Perry** 1st Youth, and **Beth Irving** 3rd Youth

In the Kimbolton Junior Triathlon, **Matthew Monie** finished 1st TS2, **Oli Mills** 3rd TS3, **Niamh Perry** 1st Youth, **Lotti Knights** 3rd Youth and **Ben Hall** 2nd Youth

The following achieved podium finishes at the Walden Junior Triathlon: **Jake Borrett** (1st TS2), **Emma Lewis** and **Tom Blake** (both 2nd TS3), **Lotti Knights** and **Liam Bell** (2nd & 3rd Youth)

In the East Essex Kids' Triathlon the following were on the podium: **Jake Borrett** (2nd T2), **Emma Lewis** and **Josh Vail** (2nd and 3rd T3), and **Ben Hall** (3rd Youth)



At the Norwich Junior Triathlon the following achieved medal positions: **Cleo Monie** (3rd TStart), **Ryan Howe** and **Matthew Monie** (2nd and 3rd TS2), **Tom Blake** (1st TS3), **Niamh Perry** (1st Youth), **Ben Hall** and **Liam Bell** (1st & 2nd Youth)

Tom Blake (1st T3) and **Niamh Perry** (2nd Youth) did us proud in our Rob Mclean Youth Triathlon

Ryan Howe was 3rd T2 and **Niamh Perry** 1st Youth at the West Suffolk Junior Triathlon

Oliver Mills was first T3 and **Jordan Bradford** 2nd Youth in the Tri Sport Epping Junior Triathlon at Upminster

Jake Borrett was second TS2 and **Liam Bell** third Youth in the Ipswich Junior Triathlon

At the Kimbolton Castle Children's Aquathlon, **Ben Knights** was 3rd TS2, **Oli Mills** 3rd TS3 and **Ben Hall** 2nd Youth

At Clacton, **Tom Blake** and **Oli Mills** were 1st and 3rd TS3s in the Children's Duathlon, **Lotti Knights** won the Supersprint Cross Triathlon beating all ladies, **Sasha Vail** won the Sprint Cross Triathlon beating all seniors and **Peter Cooke** was first junior at Sprint distance beating all but two adults

In our Cambridge Aquathlon the following were age-group winners: **Holly Webb**, **Emma Lewis**, **Niamh Perry** and **Liam Bell**

In the Leeds Threadneedle Super-Series Triathlon, **Kathryn Bell** and **Peter Cooke** finished 19th and 28th Juniors and **Niamh Perry** 27th Youth. In the Human Race Super-Series Triathlon, **Jake Borrett** finished 4th T2

In the Eastern Region League our medal finishers were **Ryan Howe** (2nd T2), **Tom Blake** (2nd TS3), **Niamh Perry** (2nd Youth), **Ben Hall** (3rd Youth) and **Sasha Vail** (1st Junior)

Sasha Vail was first U20 in the Kimbolton Castle Sprint Triathlon. **Sasha** beat all ladies up to 30 years of age in the Ely Sprint Triathlon and was first in age group at the Newmarket Sprint Triathlon. She was a member of our senior mixed team which finished second in the Eastern Region Sprint Relay. She also qualified as a Race Official and was voted Young Volunteer of the Year for Eastern Region

In the British Championships at Mallory Park the following represented the



East of England: *Niamh Perry, Josh Borrett, Tom Blake, Emma Lewis, Ryan Howe* and *Jake Borrett*

Josh Borrett won the Redcar Sprint Triathlon (15-16 year age group) and qualified to represent Great Britain in the World Championships in Rotterdam where he finished 5th 16 year old and 55th U20

At Grafham, *Jordan Bradford* and *Lily O'Dell* were 1st and 2nd overall (beating all adults) in the 750m swim, whilst *Nicole Bradford* was 1st U20 in the 5250m swim

In the Great East 2 mile swim *Sasha Vail* finished 2nd in age group.

Lotti Knights (age 14) and *Sasha Vail* (17) qualified at the Bedford Autodrome Duathlon for the GB U20 team for the 2018 European Sprint Distance Duathlon Championships in Ibiza, Spain

Sean Irving cycled from Brighton to Cambridge via Oxford, 200miles in one day because he wanted to

Holly Rolfe and *David Jukes* were elected Dragons Captains for 2017/18 and *Holly Webb* and *Ollie Mills* likewise for our Crocs



2016

In the Cambridgeshire County Cross Country Championships at St Neots, the following gained top ten places: **Diana Chalmers** (3rd U20); **Kathryn Bell & Amy Chalmers** (4th & 6th U17); **Finn Barnes, Daniel Arbide & Peter Cooke** (6th, 8th & 10th U17); **Josh Borrett & Christian Kielinger** (5th & 6th U15); **Lottie Knights, Tilly Borrett & Emma Lewis** (2nd, 5th & 8th U13 and third team); **Jake Borrett, Ryan Howe, Matthew Monie & Adam Bearpark** (4th, 6th, 7th & 8th U11 and second team).

In the County Schools Championships, the following were top ten finishers: **Diana Chalmers & Alice Kindell** (6th & 10th Senior Girls); **Kathryn Bell** (5th Inter Girls); **Daniel Arbide** (4th Inter Boys); **Thomas Blake** (6th Junior Boy); **Lotti Knights & Tilly Borrett** (3rd & 6th Junior Girls); **Emma Lewis & Lily Goodwin** (2nd & 7th Minor Girls). **Emma** and **Lotti** will both represent Cambridgeshire in the National Championships

At the Bedford Autodrome Children's Duathlon, the following gained podium positions: **Tim Jukes** (2nd TStart), **Ryan Howe** (3rd TS1) and **Josh Vail** (3rd TS2)

The following won Roy Burrell sports awards: **Sasha Vail** (Leadership medal and the Greg Alvey award for outstanding contribution to sport); **Sarah Brunton** (triathlon medal); **Kathryn Bell, Peter Cooke & Dan Kerwin** (athletics medals); and **Nicole Bradford** (swimming medal)

In the Basildon Aquathlon, **Tim Jukes** was 2nd TStart, **Ryan Howe** 2nd TS1, **Josh Vail** 1st TS2, **Jake Borrett** 2nd TS2, **Matthew Monie** 3rd TS2, **Emma Lewis** 2nd TS2 and **Josh Borrett** 1st Youth and 3rd overall male.

In the Upminster, Epping Junior Aquathlon, **Ryan Howe** was 1st TS1, **Josh Vail** 1st TS2 and **Jake Borrett** 3rd TS2

In the Infinity Aquathlon at Chelmsford, **Tim Jukes** was 2nd TStart, **Ryan Howe** 1st TS1 and **Jake Borrett** first TS2

In the Walden Junior Triathlon, **Tim Jukes** was 2nd TStart, **Ryan Howe** 1st TS1, **Jake Borrett** and **Josh Vail** 1st and 2nd TS2, **Kathryn Bell, Sasha Vail, Nicholas Hall** and **Ollie Trent** 1st, 2nd, 1st and 2nd Youth

At our Rob Mclean Youth Triathlon, **Tim Jukes** was 2nd TStart, **Jake Borrett** and **Josh Vail** 1st and 3rd TS2, **Emma Lewis** 3rd TS3 and **Kathryn Bell, Sasha Vail** and **Nicholas Hall** 1st, 3rd and 1st Youth

At the West Suffolk Junior Triathlon, **Lily Goodwin** was 2nd TS2, **Holly Rolfe**



3rd TS3 and **Gemma Donnelly** 1st Youth

Ryan Howe finished 1st TS1 and **Joshua Brown** 2nd TS2 in the Hoddesdon Junior Triathlon

Sasha Vail and **Peter Cooke** were 2nd and 5th in age group at the Leeds ITU Sprint Triathlon

Peter Cooke was 1st Youth in the Walden Sprint Triathlon, 4th Youth/Junior in the Bedford Duathlon and 5th overall in the St Neots Sprint Triathlon

In the Basildon Junior Triathlon, **Jake Borrett** and **Josh Vail** were 2nd and 3rd TS2, **Tilly Borrett** 3rd TS3 and **Sasha Vail** 1st Youth

In the Norwich Junior Triathlon, **Ryan Howe** was 3rd TS1, **Josh Vail** 1st, **Matthew Monie** 2nd and **Luke Taylor** 3rd TS2, **Emma Lewis** and **Liam Bell** 2nd and 3rd TS3 and **Ollie Trent** 2nd Youth

At the St Albans Junior Triathlon, **Ryan Howe** was 2nd TS1, **Josh Vail** 1st and **Luke Taylor** 3rd TS2 and **Liam Bell** 3rd TS3

In the Leighton Buzzard Junior Triathlon, **Tim Juckes** was 2nd TStart, **Ryan Howe** 2nd TS1, **Jake Borrett** 1st, **Josh Vail** 2nd and **Matthew Monie** 3rd TS2 and **Sasha Vail** 2nd Youth

Josh Vail won TS2 at the Discovery Open Water Triathlon

At the Upminster Triathlon, **Ryan Howe** was 1st TS1, **Josh Vail** and **Ollie Mills** 1st and 3rd TS2 and **Sasha Vail** 2nd Youth

At the Kimbolton Junior Triathlon, **Ryan Howe** was 1st TS1, **Emma Lewis** and **Lotti Knights** 1st and 3rd TS3

At WiTri, **Ryan Howe** was 1st TS1, **Jake Borrett** and **Josh Vail** 1st and 2nd TS2 and **Tilly Borrett** was 3rd TS3

In the Ipswich Junior Triathlon, **Jake Borrett** and **Josh Vail** were 1st and 3rd TS2, **Tilly Borrett** 3rd TS3 and **Kathryn Bell** 1st Youth

At Clacton, **Lily Goodwin** and **Josh Vail** were both 3rd TS2 and **Liam Bell** was 2nd TS3 in the Children's Off-Road Duathlon while **Sarah Brunton** and **Sasha Vail** were 1st and 2nd Youth in the Supersprint Sea Swim Triathlon and **Peter Cooke** won the Sprint Sea Swim Triathlon



The final Eastern League positions featured **Ryan Howe** (1st TS1), **Josh Vail** and **Jake Borrett** (1st and 2nd TS2) and **Sasha Vail** (3rd Youth)

Our IRC representatives at Strathclyde were **Josh Vail** (15th TS2), **Jake Borrett** (19th TS2), **Tilly Borrett** (28th TS3), **Emma Lewis** (reserve TS3), **Kathryn Bell** (13th Youth), **Josh Borrett** (20th Youth) and **Nick Hall** (37th Youth)

The following were age group winners in our club running time trials: **Cecily Clarke, Tim Juckes, Rhiannon Monie, Connie Goodwin, Max Webb, Ryan Howe, Lily Goodwin, Josh Vail, Lotti Knights, Liam Bell, Gemma Donnelly, Kathryn Bell** and **Peter Cooke**

In our club cycling time trials the following were age group winners: **Cecily Clarke, Tim Juckes, Connie Goodwin, Ryan Howe, Joseph McGonigle, Lily Goodwin, Josh Vail, Oliver Mills, Lottie Knights, Beth Irving, Ben Hall, Kathryn Bell, Sasha Vail** and **Nick Hall**

In our club swimming time trials the following were age group winners: **Tim Juckes, Maddie Upton, Rhiannon Monie, Joseph McGonigle, Ryan Howe, Lily Boo Upton, Matthew Monie, Holly Rolf, Emma Lewis, Ben Hall, Jordan Bradford, Sasha Vail, Kathryn Bell, Ollie Trent** and **Peter Cooke**

Our overall club age-group champions were **Cecily Clarke, Tim Juckes, Connie Goodwin, Ryan Howe, Lily Goodwin, Josh Vail, Emma Lewis, Liam Bell, Kathryn Bell** and **Nick Hall**

Our best improvers were **Rhiannon Monie, Nick Hames, Lily Saxton, Josh Brown, Lottie Knights** and **Jordan Bradford** (swimming); **Evie Mills, Alex Webb, Sally Cottee, Finn Lihoreau, Sasha Vail** and **Nick Hall** (cycling); **Holly Webb, Joseph McGonigle, Tabitha Dunn, Jack Francis, Kathryn Bell** and **Alec Davis** (running); and **Connie Goodwin, Ben Lewis, Gemma Donnelly, Ollie Mills, Beth Irving** and **David Juckes** (overall)

Matthew Monie won TS2 at the Letchworth Duck 'n' Dash Aquathlon

Gemma Donnelly was third Youth in the Ely Kids Auathlon

In the VeloPark Duathlon (Queen Elizabeth Olympic Park), **Ryan Howe** was 2nd TS1, **Josh Vail** and **James Schoenburg** 1st and 2nd TS2 and **Sasha Vail** 1st Youth

Ryan Howe won the Castle Triathlon series for 8 to 10 year olds. He finished 1st at Lough Cutra in Ireland, 1st at Cholmonderley Castle, 2nd at Chantilly in France



and 5th at Hever Castle. **Charlie Knowler** was 3rd TS2 at Lough Cultra

Diana and Amy Chalmers finished 1st and 2nd U19s in the European Sprint Distance Duathlon Championships in Kalkar, Germany. **Amy** teamed up with two of our senior men to win the Eastern Region Mixed Triathlon Relays for our Club

Ben Lewis was 9th in the Challenge Walchsee Junior Aquathlon, Austria

Sean Irving was 3rd and **Alex Leone** 10th (17-19 years) in the TE Eastern Region Triathlon League

The following were elected captains for 2016/17: **Beth Irving** and **Alec Davis** (seniors) and **Lily Goodwin** and **Josh Vail** (juniors)

Our captains' awards, presented by Kathryn Bell and Ollie Chapman, went to **Sasha Vail** and **Ryan Howe**

At our seniors Awards evening, **Sean Irving** was presented with our "Junior of the Year" trophy

Sasha Vail won the "Young Volunteer of the Year" trophy for Cambridgeshire and Peterborough

Sasha Vail and **Sarah Brunton** were awarded their British Triathlon Level 1 Coaching Certificates



2015

In the Cambridgeshire County Cross Country Championships in St Neots the following achieved top ten finishes: **Chris Darling** (3rd U20), **Diana and Amy Chalmers** (3rd and 4th U17), **Finn Barnes** (4th U17), **Kathryn Bell** (4th U15), **Sarah Brunton** (7th U15), **Sorcha Barnes** (10th U17), **Daniel Arbide** (1st U15), **Josh Borrett** (9th U15), **Peter Cooke** (10th U15), **Tilly Borrett** (10th U13), **Lily Goodwin** (2nd U11), **Lily Upton** (6th U11), **Josh Vail** (5th U11), **Jake Borrett** (9th U11). Our U11 girls were 2nd team, U11 boys 3rd and U15 boys 3rd

In the Cambridgeshire Schools Cross Country Championships in Ely the following were top ten finishers: **Amy Chalmers** and **Kathryn Bell** (6th & 9th inter), **Diana Chalmers** (2nd senior), **Josh Borrett** (7th junior), **Daniel Arbide** (2nd inter) and **Sean Irving** (8th senior)

In the British Sprint Distance Duathlon Championships at Clumber Park, **Esme Stewart** (age 15) won the bronze medal in the under 19 age group and qualified to represent GB in both European and World Championships. **Esme** also came second in age group at the Anglian Water Sprint Duathlon, thus qualifying for the GB team in Europe again! **Peter Cooke** was fourth in age group 16-18 at this race. **Esme** was 2nd youth in the Nottingham Sprint Triathlon whilst **Sarah Brunton** was 5th. **Robbie Brunton** was 4th junior

In the European Sprint Distance Duathlon Championships at Alcobendas in Spain, **Amy Chalmers** won gold and **Diana Chalmers** and **Finn Barnes** bronze in the under 20's category

In the European Triathlon Championships in Geneva, Switzerland, **Finn Barnes** and **Esme Stewart** represented Great Britain in the 16 to 19 year category

At the St Neots Triathlon, **Amy Chalmers** and **Esme Stewart** were respectively 4th and 6th 15-19 and qualified to represent Great Britain in 2016

In the St Neots Supersprint Triathlon Series Race 1, **Sorcha Barnes** was first U19 and first lady whilst **Vicky Ewers** was second U19 and third lady. **Vicky** was second and first U19 in Races 2 & 3. **Nicole Bradford** was third U19 at Sprint Distance in Race 3

Sean Irving completed the Newmarket 100mile cycling sportif averaging 19mph, was 3rd Youth in the Gosfield Lake Sprint Triathlon, 1st U20 in the West Suffolk Triathlon and a member of the winning mixed team in the Chariots of Fire relays in Cambridge. He was also first junior man in the TE Eastern Region Triathlon League

Sasha Vail, age 15, completed a marathon over five days and raised over £300 for the homeless; won the Velopark Youth Spring Duathlon; and



was 2nd in age group and 5th overall in the ITU London Triathlon Super Sprint

At the Hoddesdon Duathlon, **Matthew Monie** finished 3rd TS1, **Emma Lewis** 1st TS2, **Christian Kielinger** 3rd TS3 and **Peter Cooke** and **Daniel Kerwen** 1st and 2nd Youth

In the Grafham Water Sprint Triathlon (English Championship), **Finn Barnes** won Youth gold and **Amy Chalmers** Youth silver

The following gained podium positions at the Basildon Aquathlon: **Jake Borrett** (1st) and **Ryan Howe** (2nd) TS1, **Josh Vail** (2nd) and **Emma Lewis** (3rd) TS2, **Josh Borrett** (1st) TS3

In the Upminster Aquathlon, **Jake Borrett** was 1st TS1, **Josh Vail** 3rd TS2 and **Josh Borrett** 1st TS3

At the Grafham Open-Water Aquathlon, **Jake Borrett** and **Ryan Howe** were 1st and 2nd TS; **Josh Vail** was 1st TS2; and **Josh & Tilly Borrett** were 1st and 3rd TS3. In the Youth Super-Sprint Triathlon, **Nicole Bradford** was second, **Sasha Vail** 3rd and **Ollie Trent** 3rd

In the Walden Junior Triathlon, the following achieved podium positions: **Jake Borrett** (1st) and **Matthew Monie** (3rd) TS1, **Emma Lewis** (3rd) TS2, **Tilly Borrett** (3rd) TS3, **Josh Borrett** (1st) TS3, **Kathryn Bell** (1st) and **Esme Stewart** (3rd) Youth

The following were medallists in the Norwich Junior Triathlon: **Jake Borrett** and **Ryan Howe** were 1st and 3rd TS1; **Josh Vail** and **Emma Lewis** 1st and 2nd TS2; **Tilly Borrett**, **Liam Bell** and **Ollie Chapman** 2nd, 2nd and 3rd TS3; and **Nick Hall**, **Nicole Bradford** and **Sasha Vail** 1st, 1st and 3rd Youth

The following were medallists in the East Essex Kids' Triathlon at Basildon: **Jake Borrett** and **Ryan Howe** were 1st and 3rd TS1; **Josh Borrett** was first TS3; and **Daniel Arbide** and **Kathryn Bell** were 1st and 2nd Youth

In the West Suffolk Junior Triathlon, **Luke Hales** was 3rd TS, **Ryan Howe** 3rd TS1, **Emma Lewis** 3rd TS2, **Josh Vail** and **Thomas Blake** 1st and 2nd TS2, **Tilly Borrett** 3rd TS3, **Christian Kielinger** 1st TS3, **Sarah Brunton** and **Nicole Bradford** 2nd and 3rd Youth and **Ollie Trent** 2nd Youth



At the Upminster Kids' Triathlon, **Jake Borrett** and **Ryan Howe** were 1st and 3rd TS1, **Josh Vail** 2nd TS2, **Josh & Tilly Borrett** 1st and 3rd TS3, **Sarah Brunton** and **Nicole Bradford** 1st and 2nd Youth and **Ollie Trent** 2nd Youth

Amy Chalmers and **Kathryn Bell** competed in the British Triathlon elite youth Super Series

Sarah Brunton and **Sorcha Barnes** won gold and silver, and **Alex Leone** and **David Lee** silver and bronze, in the Eastern Region Youth Championships at Kimbolton

Kathryn Bell was first female overall in the Eton Super Sprint

At the Tri Force Junior Triathlon, **Ryan Howe** was 1st TS1, **Christian Kielinger** and **Liam Bell** 1st and 3rd TS3, **Kathryn Bell** and **Sarah Brunton** 1st and 3rd Youth and **Ollie Trent** 2nd Youth

At the Leighton Buzzard Kids' Tri, **Matthew Monie** and **Ryan Howe** were 1st and 2nd TS1 and **Josh Vail** was 1st TS2

In the Discovery Open-Water Triathlon, **Ryan Howe** finished 1st TS1, **Emma Lewis** 3rd TS2, **Josh Vail** 3rd TS2, **Liam Bell** 3rd TS3, and **Kathryn Bell** and **Ollie Trent** both won their Youth sections

In the WiTri Kids Triathlon, **Ryan Howe** was second TS1 and **Sarah Brunton** and **Daniel Arbide** were both Youth winners

At the Framlington, Ipswich Junior Tri, **Jake Borrett** and **Matthew Monie** were 1st and 3rd TS1, **Emma Lewis** and **Josh Vail** were both 2nd TS2, **Josh Borrett** and **Tilly Borrett** were 1st and 3rd TS3, and **Kathryn Bell** and **Nicole Bradford** were 1st and 3rd Youth

In our Rob Mclean Youth Triathlon, the following achieved podium finishes: **Jake Borrett** and **Matthew Monie** 1st and 3rd TS1, **Josh Vail** 2nd TS2, **Tilly Borrett** 3rd TS3, **Josh Borrett** 1st TS3, **Amy Chalmers** and **Kathryn Bell** 1st and 3rd Youth, and **Daniel Arbide** and **Ollie Trent** 1st and 3rd Youth

In the Clacton Duathlon, **Josh Vail** and **Max Isaacson** were 2nd & 3rd TS2, **Christian Kielinger** 3rd TS3. In the Youth Super-Sprint Triathlon, **Sarah Brunton** and **Sasha Vail** were 1st and 3rd

Overall, the following achieved top ten positions in the Eastern Region League: **Jake Borrett**, **Ryan Howe** and **Matthew Monie** 1st, 3rd and 10th TS1; **Josh Vail** and **Thomas Blake** 1st and 6th TS2; **Josh Borrett**, **Christian Kielinger**, **Liam Bell** and **Jordan Bradford** 1st, 3rd, 5th and 9th TS3; **Ollie Trent** 1st Youth; and **Sarah Brunton**, **Nicole Bradford**, **Sasha Vail** and **Kathryn Bell** 2nd, 3rd, 4th and 9th Youth

Ryan Howe and **Nick Hames** were first and second in the Ely Children's Aquathlon

Finn Barnes won the 5km Kevin Henry races at Newmarket and Haverhill beating all adult runners

Sarah Brunton was 1st female in the Xterra UK triathlon; 1st youth and



second female in the Fritton Sprint Duathlon; and 8th U16 in the National Cyclocross final

Robbie Brunton was 3rd U19 in the Norwich Sprint Triathlon; 2nd Junior Man in the TE Eastern Region Triathlon League; Cambridgeshire County swimming champion (U17); 1st junior & 3rd overall in the Eastern Region Cross Triathlon League; and 2nd junior (3rd overall) in the Clacton Sprint Triathlon

Matthew Monie was first TS1 at the Letchworth Duck and Dash Aquathlon

The following TS2s & 3s are members of the Regional Academy and represented Eastern England in the Inter-Regional Triathlon Championships at Mallory Park, Leicestershire: **Emma Lewis, Tilly Borrett, Josh Borrett and Josh Vail. Amy Chalmers, Sorcha Barnes, Kathryn Bell and Sarah Brunton** raced there in the Youth Super Series

Peter Cooke finished 6th U19 in the Brownlee Triathlon in Yorkshire and also finished 6th in his first 10k road race, at Abington, in 35.57

Christian Kielinger finished 6th in the Hever Castle Open Water Triathlon

In the Clacton Sprint Triathlon, **Abi Horne** was first female and **Robbie Brunton** 3rd male. **Sarah Brunton** was 3rd in the supersprint Triathlon

In our club swimming time trials the following were age group winners: **Luke Hales, Matthew Monie, Holly Webb, Luke Taylor, Emma Lewis, Daisy Lihoreau, Jordan Bradford, Nicole Bradford, Ollie Trent & Nick Hall**

In our club cycling time trials the following were age group winners: **Luke Hales, Holly Webb, Matthew Monie, Nathaniel Scarlata, Max Isaacson, Lily Goodwin, Thomas Blake, Lotti Knights, Christian Kielinger, Sasha Vail & Ivor Crooks**

In our club running time trials the following were age group winners: **Luke Hales, Holly Webb, Ryan Howe, Matthew Monie, Josh Vail, Emma Lewis, Lotti Knights, Heather Beal, Ollie Chapman, Christian Kielinger, Sarah Brunton, Kathryn Bell & Peter Cooke**

Our Club champions were **Luke Hales** (TriStart), **Holly Webb** and **Matthew Monie** (TS1), **Emma Lewis** and **Josh Vail** (TS2), **Heather Beal** and **Christian Kielinger** (TS3), **Kathryn Bell** and **Ollie Trent** (Youth), and **Robbie Brunton** (Junior)

Kathryn Bell and **Sarah Brunton** received their County Colours for athletics

The following were elected Club Captains for 2015/16: **Kathryn Bell** and **Oliver Trent** (seniors) and **Emma Lewis** and **Max Isaacson** (juniors)



2014

In the Cambridgeshire County Cross Country Championships in St Neots, **Georgina Schwiening** was first U20W and second woman overall, **Alice Sharpe** was third U20 W, **Chris Darling** was first U20M, **Diana Chalmers** 3rd U17W, **Kathryn Bell** 8th U15G, **Daniel Arbide** 6th U15B, **Peter Cooke** 10th U15B, **Sorcha Barnes** 8th U13G, **Emma Lewis** 2nd U11G, **Lily Goodwin** 3rd U11G, **Lily Upton** 9th U11G and **Josh Vail** 10th U11B. Our U11 girls' team was 1st and our U11 boys team 3rd

Esme Stuart and **Finn Barnes** were both senior winners in the Fritton Lake Winter Duathlon Series. **Finn** also won outright the Brownlee Triathlon South, where **Esme** was third lady

Sarah

Brunton was U14 East and South East England Cyclocross Champion 2013/14

In the Nottingham Sprint Distance Triathlon, **Finn Barnes** was 1st Youth m and **Amy Chalmers** and **Esme Stewart** 1st and 2nd Youth f

Josh Vail finished second U9 in the Ryston Runners winter cross country league

At the British Elite Duathlon Championships in Corby, **Finn Barnes** was 4th Youth (15 & 16), **Amy Chalmers** 15th Youth and **Diana Chalmers** 10th Junior (17 & 18)

Robbie Brunton

represented the Great Britain U20s in the World Sprint Distance Triathlon and Aquathlon Championships in Edmonton, Canada. **Robbie** also won the Eastern Region Triathlon and Aquathlon Championships

In the European Duathlon Championships in Horst, Holland, **Diana Chalmers** and **Finn Barnes** won the f and m 16 to 19 age groups to become European Champions. **Dan Poulter** finished 7th in the same age group. **Sorcha Barnes** won the youth race there with **Amy Chalmers** and **Scott Thomas** also competing for GB

In the Basildon Aquathlon, **Josh Vail** was 1st TS1 and **Esme Stewart** 2nd Youth

In the Upminster Aquathlon, **Josh Vail** was 1st TS1 and **Robbie Brunton** 2nd Youth

In the East Essex Kids' Triathlon, **Josh Vail** and **Jake Borrett** were 1st and 3rd TS1, **Josh Borrett** and **Kathryn Bell** 1st and 2nd TS3 and **Vicky Ewers** 2nd Youth



In the Upminster Junior Triathlon, the following were medallists: **Josh Vail** (1st TS1), **Sorcha Barnes** and **Sarah Brunton** (1st and 2nd TS3), **Josh Borrett** (3rd TS3), **Abi Horne** (3rd Youth), **Rob Brunton** and **Alex Leone** (1st and 3rd Youth)

In the Norwich Kids' Triathlon, **Jake Borrett** was 3rd TS1, **Tilly Borrett** 3rd TS2 and **Kathryn Bell** 3rd TS3

In our Rob Mclean Youth Triathlon, **Josh Vail** was 1st TS1, **Kathryn Bell** 1st TS3, **Peter Cooke** and **Josh Borrett** 2nd and 3rd TS3, **Finn Barnes** and **Robbie Brunton** 1st and 2nd Youth, and **Esme Stewart** and **Amy Chalmers** 1st and 2nd Youth

At the Fritton Lake Open Water Aquathlon (Eastern Region Championships), **Josh Vail** and **Finn Lihoreau** were 1st and 2nd TS1, **Sarah Brunton** 2nd TS3, and **Robbie Brunton** and **Amy Chalmers** both 1st Youth

In the Tri Force Junior Triathlon, **Ryan Howe** was 2nd TS, **Josh Vail** 1st TS1, **Jordan Bradford** 2nd TS2, **Kathryn Bell** and **Nicole Bradford** 1st and 3rd TS3, **Peter Cooke** and **Josh Borrett** 2nd and 3rd TS3, and **Amy Chalmers** and **Alice Kindell** 3rd Youth

At the Kimbolton Kids' Tri, **Ryan Howe** was 3rd TS, **Josh Vail** 2nd TS1, **Liam Bell** 3rd TS2, **Sorcha Barnes** 2nd TS3, **Josh Borrett** 3rd TS3, **Amy Chalmers** 1st Youth and **Scott Thomas** 3rd Youth. In the Kimbolton Adults' Sprint Triathlon, **David Lee** was first U19 and 3rd overall and **Alex Leone** was 3rd U19 and 22nd overall

In the Ipswich Triathlon Championships, **Ryan Howe** was 2nd TS, **Josh Borrett** 1st TS3 and Eastern Region Triathlon Champion, **Sorcha Barnes** 2nd TS3, **Robbie Brunton** 1st Youth and Eastern Region Triathlon Champion and **Alice Kindell** 2nd Youth

In the Clacton Children's Duathlon, **Josh Vail** was 2nd TS1, **Liam Bell** 3rd TS2, **Tilly Borrett** 2nd TS2, **Kathryn Bell** 1st TS3, **Sorcha Barnes** 2nd TS3 and **Peter Cooke** 1st TS3

Finn Barnes was first Youth and second overall and **Amy Chalmers** was second f Youth and third f overall in the English Sprint Distance Aquathlon Championships at St Neots. Also at St Neots, the following were medallists: **Ryan Howe** 1st TS, **Josh Vail**, **Finn Lihoreau** & **Oliver Mills** 1st, 2nd & 3rd TS1, **Josh Borrett** and **Peter Cooke** 2nd & 3rd TS3 and **Kathryn Bell** 3rd TS3

In our annual challenge match at Walden, the following achieved first three placings: **Ryan Howes** (3rd Tristar); **Josh Vail**, **Finn Lihoreau** and **Lily Boo Upton** (2nd, 3rd and 3rd TS1); **Tilly Borrett** and **Liam Bell** (both 2nd TS2); **Kathryn Bell**, **Sorcha Barnes**,



Sarah Brunton, Peter Cook and Ed Bullock (1st, 2nd, 3rd, 2nd, 3rd TS3 resp.); **Amy Chalmers, Esme Stewart, Alex Lione and David Lee** (1st, 2nd, 2nd and 3rd Youth resp.) and **Adam Gough** (2nd Junior)

Chris Darling, age 19, completed his first Marathon at Milton Keynes in 2.51.48 (10th overall). He was also a member of an eight man team completing the Endure 24 hour cross country race in Reading, contributing 35 miles in a record 230 miles total. He also won outright the 5km Kevin Henry race in Newmarket

Charlotte Burton was age group winner in the Newmarket Sprint Triathlon

Sasha and Josh Vail were both age group winners in the QE Velodrome Duathlon at the Stratford Olympic Park

Sophie Lankford won the Bedford Classic cycling road race, was second in the Phil Corley memorial race, won the Lotus League round of the Eastern Women's Championship and gained her Cat 2 Licence. She raced against professionals in the British Time Trials Championships.

In our club swimming time trials the following were age group winners: **Ryan Howe, Josh Vail, Lily Boo Upton, Henry Newell, Emma Lewis, Nicole Bradford, Peter Cooke, Amy Chalmers, Robbie Brunton**

In our club cycling time trials the following were age group winners: **Ryan Howe, Lily Goodwin, Max Kellen, Tilly Borrett, Liam Bell, Sorcha Barnes, Ivor Crooks, Alice Kindell, Finn Barnes, Diana Chalmers and Daniel Poulter**

In our club running time trials the following were age group winners: **Ryan Howe, Leila Querns, Lara Collingwood, Josh Vail, Heather Beal, Liam Bell, Kathryn Bell, Peter Cooke, Joseph Snaith, Esme Stewart, Daniel Arbide, Alex Lione, Nicole Bradford, Amy Chalmers, Sean Irving, Diana Chalmers**

In our club duathlon the following were age group winners: **Ryan Howe, Leila Querns, Josh Vail, Heather Beal, Liam Bell, Sorcha Barnes, Joseph Snaith, Esme Stewart, Bobbie Brunton, Diana Chalmers**

Finn Barnes was 1st U18 and 3rd overall in the Girton 5k. He was second U17 in the Youth Super Sprint at the London Triathlon

In the Inter-Regional Championships in Nottingham, **Finn Barnes** became National Youth Champion and the following also represented Eastern Region: **Robbie Brunton, Kathryn Bell, Peter Cooke and Josh Borrett**



2013

In the Cambridgeshire County Cross Country Championships in St Neots, our U15 boys team finished third and individual top ten finishers were as follows: **Tilly Borrett** (6th u11 girl), **Josh Vail** (9th u11boy), **Sarah Brunton** (7th u13 girl), Kathryn **Bell** (9th u13 girl), **Peter Cooke** (6th u13 boy), **Finn Barnes** (1st u15 boy), **Sophie Jones** (3rd u17 woman), **Josh Sambrook** (3rd u17 man), **George Schwiening** (1st u20 woman) and **Chris Darling** (1st u20 man)

George Schwiening was second Junior Woman in the European Elite Duathlon Championships in Horst, Holland. She won the World Elite Junior Duathlon title in Ottawa, Canada. She also helped our senior ladies team become National Triathlon Relay Champions in Nottingham (see Senior Roll of Honour), and she won the Living Sports “Young Sports Performer of the Year” award

Dan Thorby and **Adam Tapley** represented Great Britain in the World Triathlon Championships in Hyde Park, London. **Dan** finished 21st eighteen year old at standard distance and **Adam** finished 54th nineteen year old

Alice Sharpe was third in the British Junior Elite Super Series (third at Liverpool, third at Blenheim and eighth at Eton Dorney)

We had three first places in the Basildon Aquathlon: **Jake Borrett** (Tristart), **Josh Borrett** (TS2) and **Amy Chalmers** (TS3) and four in the Epping Junior Aquathlon: **Jake Borrett** (Tristart), **Josh Borrett** (TS2), **Amy Chalmers** (TS3) and **Finn Barnes** (Youth)

Podium positions in the St Felix Junior Triathlon were as follows: **Jake Borrett** (2nd Tristart), **Josh Vail** and **Finn Lihoreau** (1st and 2nd TS1), **Daisy Lihoreau** and **Tilley Borrett** (2nd and 3rd TS2 girls), **Josh Borrett** (1st TS2 boy), **Amy Chalmers**, **Sarah Brunton** and **Kathryn Bell** (1st, 2nd and 3rd TS3 girls), **Ed Bullock** (1st TS3 boy), **Alice Kindell** and **Finn Barnes** (both 1st Youth)

In the Basildon Triathlon we had the following medallists: **Jake Borrett** (1st Tristart), **Daisy Lihoreau** and **Tilley Borrett** (2nd and 3rd TS2 girls), **Josh Borrett** (1st TS2 boy), **Amy Chalmers** (1st TS3 girl), **Peter Cook** (3rd TS3 boy), **Finn Barnes** and **Dan Poulter** (1st and 3rd Youth)

In the Norwich Junior Triathlon, the following achieved top three positions: **Jake Borrett** (2nd Tristart), **Josh Vail** (2nd TS1), **Josh Borrett** (2nd TS2), **Amy Chalmers** (2nd TS3), **Finn Barnes** and **Dan Poulter** (1st and 3rd)



Youth)

In our Rob Mclean Youth Triathlon, **Holly Webb** was 1st Tristart, **Jake Borrett** 2nd Tristart, **Josh Vail** 2nd TS1, **Daisy Lihoreau** and **Josh Borrett** both 3rd TS2, **Sarah Brunton** and **Peter Cooke** both 3rd TS3 and **Finn Barnes** and **Dan Poulter** 1st and 2nd Youth

The following excelled in the Upminster Junior Triathlon: **Jake Borrett** (1st Tristart), **Josh Vail** (2nd TS1), **Josh and Tilly Borrett** (both 2nd TS2), **Sorcha Barnes, Nicole Bradford and Kathy Bell** (1st, 2nd and 3rd TS3), **Ed Bullock** (1st TS3) and **Dan Poulter** (1st TS3)

In the Kimbolton Kids Triathlon, **Jake Borrett** was 1st Tristart, **Josh Borrett** 3rd TS2, **Amy Chalmers** and **Sarah Brunton** 1st and 3rd TS3, **Scott Thomas** 3rd TS3 and **Dan Poulter** and **Robbie Brunton** 1st and 2nd Youth

At the Norwich Junior Open Water Aquathlon, **Josh Vail** and **Finn Lihoreau** were 1st and 3rd TS1, **Josh Borrett** and **Daisy Lihoreau** 2nd and 3rd TS2, **Amy Chalmers** 2nd TS3 and **Rob Brunton** 1st Youth

At the Ipswich Junior Triathlon, **Jake Borrett** and **Holly Webb** were 1st and 2nd Tristarts, **Josh Borrett, Daisy Lihoreau** and **Tilly Borrett** were 2nd, 2nd and 3rd TS2, **Amy Chalmers** 2nd TS3 and **Finn Barnes** 1st Youth

In the Clacton Children's Duathlon, **Josh Vail** finished 2nd TS1, **Tilly Borrett and Daisy Lihoreau** 1st and 2nd TS2, **Sorcha Barnes and Kathryn Bell** 1st and 2nd TS3 and **Finn Barnes and Robbie Brunton** 1st and 3rd Youth

In the Eastern Region Children's League, **Jake Borrett** finished 2nd TStart; **Holly Webb** 7th Tristart; **Josh Vail, Finn Lihoreau, Jonny Horne, Jack Leone and Owen Thomas** 2nd, 3rd, 7th, 8th and 9th TS1; **Mia O'Brien** and **Tabatha Dunne** 5th and 9th TS1; **Josh Borrett, Jordan Bradford and Liam Bell** 1st, 4th and 7th TS2; **Tilly Borrett and Daisy Lihoreau** 3rd and 4th TS2; **Ed Bullock, Scott Thomas, Jake O'Brien and Peter Cooke** 3rd, 5th, 7th and 8th TS3; **Amy Chalmers, Sarah Brunton, Kathryn Bell, Sorcha Barnes, Nicole Bradford and Vicky Ewers** 1st, 3rd, 4th, 5th, 7th and 10th TS3; **Finn Barnes, Dan Poulter, Robbie Brunton and David Lee** 1st, 2nd, 3rd and 6th Youth; and **Alice Kindell** 10th Youth

Our club again won the triathlon challenge match against Walden Junior Tri with the following in medal positions: **Holly Webb** (1st TriStart girl), **Jake Borrett** (1st TriStart boy), **Emma Lewis** (2nd TS1 girl), **Finn Lihoreau** (2nd TS1 boy), **Molly Barios, Daisy Lihoreau and Tilly Borrett**



(1st, 2nd and 3rd TS2 girls), **Josh Borrett** (1st TS2 boy), **Amy Chalmers, Esme Stewart and Sarah Brunton** (1st, 2nd and 3rd TS3 girls), **Peter Cooke and Edward Bullock** (1st and 3rd TS3 boys), **Diana Chalmers and Alice Kindell** (1st and 2nd Youth girls), **Finn Barnes, Dan Poulter and Adam Gough** (1st, 2nd and 3rd Youth boys) and **Charlotte Burton and Aliya Cambray** (1st and 2nd Junior girls)

Diana and Amy Chalmers became Cambridgeshire U17 and U15 champions respectively at 3000m running

Josh Vail was under 9's champion in the Ryston Winter Grand Prix cross-country series (2012/13) winning 4 of the 6 races

In our club running time trials the following were age group winners: **Holly Webb, Jake Borrett, Emma Lewis, Josh Vail, Molly Barios, Oliver Chapman, Amy Chalmers, Peter Cooke, Diana Chalmers and Finn Barnes**

The following were age group winners in our club swimming time trials: **Holly Webb, Emma Lewis, Finn Lihoreau, Molly Barios, Jordan Bradford, Amy Chalmers/Nicole Bradford, Ed Bullock/Daniel Arbide, Graciela Neimbro, Rob Brunton and Aliya Cambray**

In our cycling time trials the following were winners: **Holly Webb, Jake Borrett, Emma Lewis, Josh Vail/Finn Lihoreau, Daisy Lihoreau, Jordan Bradford, Nicole Bradford and Esme Stewart, Ivor Crooks, Alice Kindell and Finn Barnes**

Megan Simpson won gold and silver medals in the Suffolk County Swimming Development Championships. **Charlotte Simpson** also won two races.

Kathryn Bell was second under 15 in the Great Scottish Swim, Loch Lomond and second under 15 in the Castle Howard Kids' Triathlon

Club Champions were as follows:

Youth: 1st **Alice Kindell and Finn Barnes**, 2nd **Dan Poulter**, 3rd **Robbie Brunton**

TS3: 1st **Amy Chalmers and Peter Cooke**, 2nd **Sarah Brunton and Scott Thomas**, 3rd **Esme Stuart and Ivor Crooks**

TS2: 1st **Daisy Lihoreau and Jordan Bradford**, 2nd **Molly Barios and Joe Comyn**, 3rd **Ellie Horne and Alec Davies**

TS1: 1st **Emma Lewis and Josh Vail**, 2nd **Hannah Davis and Finn Lihoreau**, 3rd **Isabel Juckes and Jonny Horne**



TriStart: 1st **Holly Webb and Jake Borrett**

Best improvers were as follows:

Overall: **Alice Kendall and Finn Barnes** (Dragons), **Sorcha Barnes and Harry Connor** (Crocs), **Tilly Borrett and Joe Kellen** (Caimen)

Swimming: **Abi Horne and Ivor Crooks, Adara Fernandez and David Jukes, Fenella Leonard and Jack Leone**

Cycling: **Nicole Bradford and Alex Leone, Sasha Vail and Jack Bevis, Hannah Davis and Max Kellen**

Running: **Vicky Ewers and Sean Irving, Kathryn Bell and Nick Hall, Tabitha Dunn and Oliver Chapman**

Amy Chalmers, Daisy Lihoreau and Josh Borrett competed for Eastern England in the Inter-Regional Championships

George Schwiening, Adam Tapley, James Tapley, Alice Sharpe, Amy Chalmers, Robbie Brunton and Finn Barnes were members of the Eastern Regional Academy

Robbie Brunton was first Youth and second overall in the Chelmsford Super Tri and **Sarah Brunton** was first T3 girl in the Lincoln Duathlon

Cambridge Aquathlon age group winners were **Diana Chalmers and Dan Poulter, Amy Chalmers and Peter Cooke, Joe Kellen, Emma Lewis and Josh Vail and Holly Webb**

Josh Sambrook celebrated his 18th birthday by completing the Berlin Marathon in 3hrs 6min 2sec. He was 4th under 20

Finn Barnes was fastest man (adult) in the Clacton Sprint Triathlon. He won the Fritton Lake off- road Duathlon (first adult man)

Esme Stewart was first youth and second lady in the Fritton Lake off-road Duathlon

Diana Chalmers entered her first Duathlon at Althorpe, won her age group (5th female overall) and gained a place in the Great Britain age group team for the 2014 European Championships

Sophie Lankford won the Welwyn Cycling Track League for women and finished 25th in the Westminster Women's Road Race Grand Prix

Emma Lewis finished second Year 5 girl in the South Cambridgeshire



Primary Schools Cross Country

Diana Chalmers, Finn Barnes and Dan Poulter were selected to represent Great Britain under 20's in the 2014 European Duathlon Championships in Horst, Holland

Megan Simpson composed and recorded a song in aid of homeless people in Cambridge

The following were elected Club Captains 2013/14: ***Esme Stuart*** and ***Robbie Brunton*** (seniors) and ***Ellie Horne*** and ***Liam Bell*** (juniors)



2012

In the Cambridgeshire Cross Country Championships at St Neots our under 13 boys team finished third. Top ten finishers were as follows: **Ellie Horne** (10th u11 girl), **Sarah Brunton** (7th u13 girl), **Finn Barnes** (1st u13 boy), **Peter Cooke** (6th u13 boy), **James Tapley** (7th u15 boy), **George Schwiening** (1st u17 lady), **Sophie Jones** (6th u17 lady), **Chris Darling** (2nd u17 man), **Alice Sharpe** (1st u20 lady) and **Sophie Darling** (2nd u20 lady)

George Schwiening finished 11th under 17 in the South of England Cross Country Championships and 14th in the English Cross Country Championships. **Sarah Brunton** was 19th under 13 girl in the Anglian Schools Cross Country. **Finn Barnes** was 17th under 13 boy in the English Cross Country Championships and won the Ryston Runners under 13 Cross Country series

George Schwiening was a member of British Triathlon's Elite Duathlon Development Squad; was British Junior (under 17) Champion in the National Elite Duathlon Championships in Loughborough where she also finished third lady; was second junior woman in the European Elite Duathlon Championships in Horst, Holland; and was second junior woman in the World Duathlon Championships in Nancy, France

James Tapley was first under 16 in the March Hare cycle race at Hogg Hill

Sarah Brunton completed the 5km Swimathon in 1 hour 20mins

Our Club won the triathlon challenge match against Walden Juniors with the following in medal positions: **Finn Lihoreau, Josh Vail and Jonny Horne** (1st, 2nd and 3rd Tristart boys); **Felicity Borrett** (2nd TS1 girl); **David Jukes** (3rd TS1 boy); **Sarah Brunton, Kathryn Bell and Nicole Bradford** (1st, 2nd and 3rd TS2 girls); **Peter Cooke, Edward Bullock and Nick Hall** (1st, 2nd and 3rd TS2 boys); **Esme Stewart and Vicky Ewers** (1st and 3rd TS3 girls); **Finn Barnes** (1st TS3 boy); **Sophie Jones, Louisa O'Grady and Aliya Cambray** (1st, 2nd and 3rd TS Youth girls); **James Tapley and Jamie Green** (1st and 3rd Youth boys); and Charlotte Burton (1st Junior girl)

The following achieved top three placings in the Basildon Aquathlon: **Finn Barnes** 1st Tri Star 3 boy, **Sarah Brunton** 1st Tri Star 2 girl, **Edward Bullock** 2nd Tri Star 2 boy, **Felicity Borrett** 3rd Tri Star 1 girl and **Finn Lihoreau** 1st Tri Start boy

Finn Barnes was first Tri Star 3 in the Upminster Aquathlon, the Norwich Aquathlon and the Sevenoaks Aquathlon. He was also first TS3 in the Mark Tanton



Triathlon, first in the Superflytri at Rugby and fourth in the Eton Dorney Triathlon. In the Castle Tri Series under 16 category, he was 2nd at Lough Cutra in Galway, 2nd at Cholmondeley Castle and 1st at Hever Castle

Kathryn Bell was 1st TS2 in the Hever Castle Triathlon and **Sorcha Barnes** was 2nd TS2 in the Cholmondeley Castle Triathlon

In our club 2km running race the following were age group winners: **Charlotte Burton, James Tapley, Fiona Bushfield, Finn Barnes, Esme Stewart, Peter Cooke, Sarah Brunton, Ben Rutherford, Felicity Borrett and Finn Lihoreau**

In the St Felix Junior Triathlon the following were medallists: **Sophie Jones** (2nd Youth girl), **Dan Poulter** (2nd Youth boy), **Finn Barnes** (1st TS3 boy), **Sarah Brunton and Kathryn Bell** (1st and 3rd TS2 girls), **Peter Cooke and Josh Borrett** (1st and 3rd TS2 boys), **Finn Lihoreau and Jonny Horne** (1st and 3rd Tristart boys)

In the North Norfolk Junior Triathlon the following won first three places: **Dan Poulter** (2nd Youth), **Finn Barnes** (1st TS3 boy), **Amy Chalmers** (2nd TS3 girl), **Sarah Brunton, Nicole Bradford and Sorcha Barnes** (1st, 2nd and 3rd TS2 girls), **Tilly Borrett** (3rd TS1 girl) and **Josh Vail** (1st Tristart boy).

In the Upminster Junior Triathlon the following were medallists: **James Tapley** (1st Youth), **Finn Barnes** (1st TS3 boy), **Nicole Bradford** (2nd TS2 girl) and **Josh Vail** (1st Tristart boy)

In the Clacton Duathlon, **Kathryn Bell** was 1st TS2, **Daisy Lihoreau** 3rd TS2, **Josh Borrett** 1st TS2 and **Tilly Borrett** 3rd TS1

In the Ipswich Triathlon, **Dan Poulter** was 3rd Youth, **Finn Barnes** 1st TS3, **Sarah Brunton** 2nd TS2, **Sorcha Barnes** 3rd TS2, **Ed Bullock** 2nd TS2, **Tilly Borrett** 3rd TS1, **Mia O'Brien** 1st Tristart and **Finn Lihoreau** 1st Tristart

In the Tri Force Triathlon, **Dan Poulter** was 2nd Youth, **Robbie Brunton** 3rd TS3, **Sarah Brunton** 3rd TS2, **Kathryn Bell** 3rd TS2, **Tilly Borrett** 2nd TS1, **Mia O'Brien** 2nd Tristart and **Jonny Horne** 2nd Tristart

Finn Barnes was first TS3, **Sarah Brunton** second TS2 and **Jordan Bradford** second TS1 in the Tri Sport Epping Aquathlon

In the East Essex Kids Triathlon, the following were top three finishers: **Finn Barnes** (2nd TS3 boy), **Sarah Brunton** (2nd TS2 girl), **Peter Cooke and Edward Bullock** (1st and 3rd TS2 boys), **Mia O'Brien** (1st Tristart girl) and **Finn Lihoreau and Josh Vail** (1st and 2nd Tristart boys)



In the New Hall Junior Triathlon, **Sophie Jones** was 2nd Youth, **Robbie Brunton** 3rd TS3, **Sarah Brunton** 2nd TS2, **Peter Cooke** 2nd TS2, **Mia O'Brien** 1st Tristart, **Finn Lihoreau** 1st Tristart and **Josh Vail** 2nd Tristart

In our Rob Mclean Youth Triathlon, **Sophie Jones** was 3rd Youth, **Finn Barnes** 1st TS3 boy, **Nicole Bradford** 3rd TS2 girl, **Peter Cooke and Edward Bullock** 1st and 3rd TS2 boys, **Tilly Borrett** 2nd TS1 girl, **Jordan Bradford** 3rd TS1 boy, **Mia O'Brien** 3rd Tristart girl and **Finn Lihoreau, Josh Vail and Tom Brown** 1st, 2nd and 3rd Tristart boys

In the Eastern Region League, the following were medallists: **Dan Poulter** (2nd Youth), **Finn Barnes** (1st TS3), **Sarah Brunton** (2nd TS2), **Peter Cooke** (2nd TS2), **Ed Bullock** (3rd TS2), **Tilly Borrett** (3rd TS1), **Mia O'Brien** (1st Tristart), **Finn Lihoreau** (1st Tristart), **Jonny Horne** (3rd Tristart)

Our Club Champions were as follows:

Youth: 1st **Louisa O'Grady**, 2nd **Aliya Cambray**, 3rd **Camilia O'Grady**
1st **Dan Poulter**, 2nd **Jamie Green**

TS3: 1st **Esma Stewart**, 2nd **Abi Horne**, 3rd **Alice Kindell**

1st **Finn Barnes**, 2nd **Robbie Brunton**, 3rd **Will Holmes**

TS2: 1st **Nicole Bradford**, 2nd **Sarah Brunton**, 3rd **Kathryn Bell**

1st **Peter Cooke**, 2nd **Ed Bullock**, 3rd **Josh Borrett**

TS1: 1st **Elena Gough**, 2nd **Izzy Jukes**, 3rd **Meta Hovius**

1st **Jordan Bradford**, 2nd **David Jukes**, 3rd **Liam Bell**

Tristart: 1st **Mia O'Brien**

1st **Finn Lihoreau**, 2nd **Josh Vail**, 3rd **Jonny Horne**

No less than five club members represented Eastern England in the region's 14 person squad for the Inter-Regional Championships: **Sarah Brunton** (16th) and **Peter Cooke** (15th) in TS2, **Finn Barnes** (5th in TS3), and **Sophie Jones** (25th) and **James Tapley** (13th) in Youth

In the Pastrac Duathlon, **Jamie Green** was 1st Youth, **Finn Barnes** 1st TS3 and **Josh Vail** 1st Tristart

Ellie and Jonny Horne won the under 11 girls and under 8 boys categories respectively in the Willingham Fun Run (4.5 miles)

Ben Snaith won gold medals in the 100m and 400m at the Schools Games in the new Olympic Stadium

Charlotte Harrison was Eastern Region youth 5km swim champion



Anna Rehfish became British women's pistol shooting champion and carried the Olympic torch

Adam Tapley, age 16, swam 400m in 4min 22sec, 200m in 2min 1sec and 100m in 55sec

Best improvers were elected as follows:

Overall: **Esme Stewart and Dan Poulter** (crops), **Sasha Vail and Jonny Horne** (caimens)

Swimming: **Alice Kindell and Arcadio Fernandez, Sorcha Barnes and Josh Vail**

Cycling: **Aliya Cambray and Marcus Lankford, Nicole Bradford and Ivor Crooks**

Running: **Fiona Bushfield and Will Holmes, Kathryn Bell and Jordan Bradford/ Finn Lihoreau**

The following were elected Club captains for 2012/13: **Abi Horne, Finn Barnes, Daisy Lihoreau and Jordan Bradford**

Becky Eggar, age 18, finished third in The Brutal Half Iron Distance Triathlon in Snowdonia, Wales. (Her mum, Helen, won it!)

Ben Snaith ran 400m in 47.9 sec, the fastest for his age in GB

Adam Tapley, Dan Thorby and Zuhair Crossley cycled from Land's End to John O'Groats

Alice Sharp finished fourth junior female in the British Triathlon Super Sprint Series (third in both the Nuffield Triathlon and the Milton Keynes Aquathlon)



2011

In the Cambridgeshire Cross Country Championships at St Neots, our under 11 boys team came 2nd, under 13 girls 2nd and under 13 boys third. **Sarah Brunton** was 1st under 11 girl and **Nicole Bradford** 7th. **Peter Cooke** and **Ben Pratley** were 2nd and 3rd under 11 boys. **Finn Barnes**, **Robbie Sewell** and **Jamie Green** were 3rd, 7th and 10th under 13 boys. **Josh Sambrook** was 6th under 15 boy. **George Schwiening**, **Alice Sharpe** and **Hattie Algar** were 1st, 4th and 7th under 17 women. **Chris Darling** was 5th under 17 man

In the English Schools Cross Country championships, **George Schwiening** (27th), **Alice Sharpe** and **Hattie Algar** all represented Cambridgeshire

Adam Tapley, age 15, swam 400m in 4min 37sec. He also won a category 4 cycling race at the San Fairy Ann Spring Circuit, and was age-group winner in the Newmarket Triathlon

George Schwiening was second in the Anglian Schools Cross Country Championships in Corby and competed in the Nationals (24th); was second lady in the Monster Duathlon; cycled from Land's End to John O'Groats; was a member of our Club senior ladies teams which won the Hereward Running Relays and the Eastern Region Triathlon Relays; finished second junior in the Elite National Duathlon Championships; represented Great Britain in the European Junior Duathlon Championships in Limerick, Ireland where she finished fourth; was fourth in the World Junior Duathlon Championships in Giron, Spain; won a World Duathlon silver medal in the GB Senior Mixed Relay team in Giron; and won her leg in the Hereward Relay, helping our ladies team retain their trophy. **George** was runner-up Cambridgeshire Young Sportsman of the Year (Living Sport and Cambridge News) – all sports

Charlotte Harrison, age 15, won two golds, five silvers and a bronze in the Cambridgeshire Swimming Championships. **Sophie Lankford**, also 15, won 3 golds, a silver and a bronze. **Charlotte** also became the Cambridgeshire ladies 5km Open Water Swimming champion and was second in Eastern Region

Nicole Jordan swam 400m in 5min 30sec, aged 11

Finn Barnes won the Tri Star 3 age group in the Castle Triathlon Series with victories at Hever Castle, Castle Howard and Chateau de Chantilly. **Finn** also won his age group in the Worcester Duathlon and the Sevenoaks Aquathlon



Kathryn Bell was third in age group at the Hever Castle Triathlon

James Tapley was second under 14 in the Eastern Cyclo Cross League; won the Lee Valley Youth CC Winter Series at Redbridge; 7th in the National Youth Circuit Race Championships; fifth in the Inter Regional Triathlon Championships at Hetton Lyons Country Park; and won (Tri Star 3) the Eastern Region Triathlon League

Elena Gough won British Cycling's Eastern region Youth Road Race series for girls under ten

Our Club won the triathlon challenge match against Walden juniors with medal performances from the following: **Charlotte Simpson** (3rd Tri Star girl), **Jordan Bradford** (2nd Tri Star 1 boy), **Nicole Bradford** and **Kerry Delaney** (1st and 2nd Tri Star 2 girls), **Peter Cooke** (2nd Tri Star 2 boy), **Catriona Delaney** (2nd Tri Star 3 girl), **James Tapley** and **Finn Barnes** (1st and 2nd Tri Star 3 boys), **Sophie Jones**, **Charlotte Harrison** and **Annabelle Graham** (1st, 2nd and 3rd Youth girls) and **Josh Sambrook** (2nd Youth boy). In our Aquathlon with Walden, **Daisy Lihoreau** (Tri Star 1), **Josh Borrett** (Tri Star 1), **Sarah Brunton** (Tri Star 2), **Scott Thomas** (Tri Star 2), **Robert Brunton** (Tri Star 3) and **Sophie Lankford** (Youth) all took first places

At the Melbourn Charity Triathlon for beginners, **David Jukes** won his age-group and **Emily and Alex Leone** were both second in theirs

Connor Delaney won the Fritton Lake Super Sprint Triathlon and the Hever Castle Triathlon

Charlotte Harrison, **Sophie Jones**, **George Schwiening**, **Alice Sharpe**, **Connor Delaney** and **Adam Tapley** all took part in the British Triathlon Youth and Junior Elite Super Series, results being as follows:

Junior: **George** was 4th overall in the series (7th in the Loughborough National Duathlon Championships, 5th in the Strathclyde Triathlon, 6th in the Porthcawl Triathlon, 10th in the Blenheim National Triathlon Championships and 3rd in the Hetton Lyons Triathlon. **Alice** finished 8th overall (18th at Loughborough, 5th at Porthcawl, 12th at Blenheim and 6th at the IRC in Hetton Lyons). **Adam** was 30th at Hetton Lyons.

Youth: **Sophie** was 22nd overall (17th at Blenheim, 14th in the Hyde Park Aquathlon and 28th at Hetton Lyons). **Charlotte** was 25th overall (15th at Hyde Park, 19th at Blenheim and 31st at Hetton Lyons). **Connor** finished 16th overall (8th at Loughborough, 10th at Strathclyde, 9th at Blenheim, 18th at Porthcawl, 18th at Hyde Park and 20th at Hetton Lyons)

In the Eastern Region Series, top three performances came from the following:



Hockley Aquathlon: **Jordan Bradford** (3rd Tri Star 1), **Sarah Brunton** (3rd Tri Star 2)

East Essex Kids' Triathlon: **Catriona Delaney** (3rd Tri Star 3), **James Tapley** (2nd Tri Star 3)

New Hall Junior Triathlon: **Peter Cooke** (3rd Tri Star 2), **James Tapley** (1st Tri Star 3), **Charlotte Harrison** (2nd Youth), **Sophie Jones** (3rd Youth), **Jacob Nethercott** (3rd Youth), **Adam Tapley** (1st Junior)

Holmwood House Junior Triathlon: **Elena Gough** (3rd Tri Star 1), **James Tapley** (3rd Tri Star 3)

Tri Sport Epping: **Sarah Brunton** (2nd Tri Star 2), **Robert Brunton** (3rd Tri Star 3)

Rob Mclean Youth Triathlon: **Joshua Gray** (2nd Tri Star 1), **Catriona Delaney** (3rd Tri Star 3), **James Tapley** (1st Tri Star 3), **Charlotte Harrison** (2nd Youth), **Sophie Jones** (3rd Youth), **Josh Sambrook** (1st Youth), **Jacob Nethercott** (2nd Youth)

Tri Force Triathlon: **Peter Cooke** (3rd Tri Star 2), **James Tapley** (1st Tri Star 3), **Finn Barnes** (3rd Tri Star 3), **Nicholas Christensen** (3rd Youth)

North Norfolk Junior Triathlon: **Ellie Horne** (3rd Tri Star 1), **Sarah Brunton** (2nd Tri Star 2), **Peter Cooke** (2nd Tri Star 2), **Finn Barnes** (1st Tri Star 3), **James Tapley** (2nd Tri Star 3)

Norwich Junior Triathlon: **Sarah Brunton** (2nd Tri Star 2), **James Tapley** (1st Tri Star 3), **Finn Barnes** (3rd Tri Star 3)

Ipswich Junior Triathlon: **Elena Gough** (1st Tri Star 1), **Tilly Borrett** (2nd Tri Star 1), **Scott Thomas** (2nd Tri Star 2), **Catriona Delaney** (3rd Tri Star 3), **James Tapley** (1st Tri Star 3), **Sophie Jones** (1st Youth), **Charlotte Harrison** (2nd Youth)

St Felix Junior Triathlon: **Ellie Horne** (3rd Tri Star 1), **James Tapley** (1st Tri Star 3), **Sophie Jones** (2nd Youth)

Clacton Children's Duathlon: **Finn Barnes** (1st Tri Star 3), **Charlie Smith** (3rd Tri Star 3)

As a result of these performances the following gained top ten finishes in the Eastern Region League:

Tri Star 1: 4th **Elena Gough**, 8th **Ellie Horne**, 6th **Jordan Bradford**

Tri Star 2: 5th **Sarah Brunton**, 7th **Nicole Bradford**, 8th **Kerry Delaney**, 4th **Peter Cooke**

Tri Star 3: 5th **Catriona Delaney**, 1st **James Tapley**, 4th **Finn Barnes**, 9th **Robert Brunton**, 10th **Adam Gough**

Youth: 5th **Sophie Jones**, 8th **Charlotte Harrison**, 10th **Annabelle Graham**, 6th **Jacob Nethercott**

In the Inter-Regional Triathlon Championships at Hetton Lyons Country Park, Tyne and Wear, the following represented Eastern region: **James Tapley** (5th Tri Star 3), **Sophie Jones**, **Charlotte Harrison** and **Connor Delaney**

In our Club Championships, the following were medallists:



Tri Start: 1st **Isobel Jukes**, 2nd **Charlotte Simpson**
Tri Star 1: 1st **Daisy Lihoreau**, 2nd **Ellie Horne**, 3rd **Tilly Borrett**. 1st **Jordan Bradford**, 2nd **David Jukes**, 3rd **Ben Hall**
Tri Star 2: 1st **Sarah Brunton**, 2nd **Nicole Bradford**, 3rd **Esme Stewart**. 1st **Peter Cooke**, 2nd **Scott Thomas**, 3rd **Edward Bullock**
Tri Star 3: 1st **Catriona Delaney**, 2nd **Louisa O'Grady**, 3rd **Molly Tooher-Rudd**. 1st **James Tapley**, 2nd **Finn Barnes**, 3rd **Robbie Brunton**
Youth: 1st **Charlotte Harrison**, 2nd **Camilia O'Grady**, 3rd **Sophie Jones**. 1st **Jacob Nethercott**, 2nd **Josh Sambrook**, 3rd **Nicholas Christensen**

In the Kevin Henry Juniors 2km road race, **James Tapley**, **Finn Barnes** and **Charlie Smith** were first, second and third boys, and **Sarah Brunton** was second girl. In our own 2km race, **Finn Barnes**, **James Tapley** and **Peter Cooke** took first, second and third boys places, whilst **Sarah Brunton**, **Kathryn Bell** and **Nicole Bradford** were first second and third girls

In the Walden Off-road Duathlon, **Finn Barnes** was second Tri Star 3 and **Charlotte Burton** and **Aliya Cambray** were first and second Youths respectively

Hattie Algar became Girls Open Tetrathlon champion for East Anglia and qualified for the National Championships where she finished 9th

Charlie Smith was signed by Ipswich Town FC as a member of their Under 13 academy

Dan Thorby won his age group in the Fritton Lakes, Walden and Culford Triathlons

In the New Year's Eve 10km road race at Ely, **Chris Darling** was third junior man

Our best improvers were **Sarah Brunton**, **Peter Cooke**, **Charlotte Harrison** and **James Tapley**, and our club captains for 2011/12 were **Nicole Bradford**, **Peter Cooke**, **Sophie Jones** and **Dan Poulter**



2010

In the Cambridgeshire Cross Country Championships at St Neots the following achieved top 10 placings:

Peter Cooke, 4th u11 boy
Ben Pratley, 5th u11 boy
Sarah Brunton, 5th u11 girl
James Tapley, 2nd u13 boy
Robert Sewell, 8th u13 boy
Adam Tapley, 7th u15 boy
Chris Darling, 10th u15 boy
George Schwiening, 1st u15 girl
Hattie Algar, 8th u15 girl
Will Adams, 10th u17 boy
Ruth Flory, 5th u17 girl
Alice Sharpe, 6th u17 girl
Sophie Darling, 4th u20 f
Nick Burch, 4th u20 m

In the Cambridgeshire Schools Cross Country Championships, *Clare Wilson* and *Harriet Walker* were 3rd and 10th junior girls respectively, *Ben Snaith* and *Josh Sambrook* 3rd and 8th junior boys, *George Schwiening*, *Alice Sharpe* and *Hattie Algar* 1st, 5th and 8th inter girls, and *Sophie Darling* was 6th senior girl

George Schwiening went on to win the Anglian Schools event and came 18th in the National Cross Country Championships. *George* also won (first lady) the Sawston Fun Run and several 5k road races; became National Schools cycling time trial and circuit race champion; won (first lady) the Mallory Park Triathlon and the Market Bosworth Duathlon; and was invited to join one of British Triathlon's talent camps

Will Adams finished 9th senior in the Wellingborough multi-terrain race and was first in age group B in the Newmarket triathlon

Ben Snaith finished 2nd junior in the Lode Muddy Marvel cross country

Finn Barnes was 1st u13 in the Ampthill Trophy cross country and *Sorcha Barnes* was 4th u11

Sarah (10) and *Rob* (11) *Brunton* completed the 5km Swimathon in 1hr 40min and 1hr 30min respectively



In the National Elite Youth Duathlon Championships at Loughborough, **George Schwiening** was 2nd, **Alice Sharpe** 8th and **Adam Tapley** 15th

In our first club running race, **George Schwiening** came 2nd in the ladies 5km and the following were age group winners in the 2km junior race: **Elena Gough, Polly Smith, Emily Tinkler, Peter Cooke, Finn Barnes, James Tapley and Izaak Higginbottom**

In the second race, **George** again finished second in the ladies 5km and the following were age group winners in the 2km junior race: **Sorcha Barnes, Polly Smith, Catriona Delaney, Annabelle Graham, Jordan Bradford, Finn Barnes, James Tapley and Izaak Higginbottom**

In our third 2km race, **Sorcha Barnes, Polly Smith, Catriona Delaney, Sophie Jones, Peter Cooke, Finn Barnes, James Tapley and Izaak Higginbottom** were all age group winners

In our triathlon against Walden, the following were age group medallists: **Elena Gough (1st), Jordan Bradford (1st), Ben Hall (3rd), Sarah Brunton (1st), Kerry Delaney (2nd), Nick Hall (3rd), Esme Stewart (1st), Abi Horne (3rd), Finn Barnes (2nd), Sophie Jones (1st), Catriona Delaney (2nd), Annabelle Graham (3rd), James Tapley (1st), David Wright (2nd), Amy Seaman (1st), Anna Rehfish (2nd), Connor Delaney (1st), Zuhair Crossley (2nd) and Adam Tapley (3rd)**

In our aquathlon against Walden, the following were age group medallists: **Kate Baldwin (2nd), Jordan Bradford (1st), William Davies (2nd), Ben Hall (3rd), Sarah Brunton (1st), Kerry Delaney (2nd), Nicole Bradford (3rd), Peter Cooke (1st), Nicolas Hall (2nd), Joel Thompson (3rd), Abi Horne (2nd), Finn Barnes (1st), Robbie Brunton (2nd), Tom Proctor (3rd), Catriona Delaney (1st), Annabelle Graham (2nd), James Tapley (1st), Tom Stead (2nd), Charlotte Harrison (1st), Adam Tapley (1st), Zuhair Crossley (2nd) and Daniel Thorby (3rd)**

In the Hockley Aquathlon the following medalled:

Girls 8: **Elena Gough** 2nd

Boys 8: **Jordan Bradford** 3rd

Girls 9/10 **Nicole Bradford** 2nd

Youth f: **George Schwiening** 1st (and 1st lady)

The following were medallists in the Rob Mclean Youth Triathlon:

Girls 8: **Elena Gough** 2nd

Boys 8: **Jordan Bradford** 2nd

Girls 9/10: **Sarah Brunton** 3rd



Girls 13/14: **Sophie Jones** 3rd
Boys 13/14: **James Tapley** 3rd
Youth f: **George Schwiening** 1st
Alice Sharpe 2nd
Youth m: **Adam Tapley** 1st
Connor Delaney 2nd

In the Upminster Junior Triathlon the following were medallists:

Boys 8: **Jordan Bradford** 2nd
Girls 9/10: **Sarah Brunton** 2nd
Boys 13/14: **James Tapley** 1st
Youth m: **Zuhair Crossley** 3rd

The following were medallists in the East Essex Junior Triathlon:

Girls 8: **Elena Gough** 1st
Boys 8: **Jordan Bradford** 2nd
Girls 9/10: **Sarah Brunton** 2nd
Girls 13/14: **Catriona Delaney** 2nd
Youth f: **Anna Rehfish** 3rd
Youth m: **Dan Thorby** 3rd

In the New Hall Junior Triathlon the following were medallists:

Girls 8: **Elena Gough** 2nd
Girls 9/10: **Sarah Brunton** 2nd
Girls 13/14: **Catriona Delaney** 2nd

The following were medallists in the North Norfolk Junior Triathlon:

Girls 8: **Elena Gough** 1st
Girls 9/10: **Nicole Bradford** 3rd
Girls 13/14: **Sophie Jones** 1st
Boys 13/14: **James Tapley** 3rd
Youth m: **Adam Tapley** 1st
Zuhair Crossley 2nd
Ryan Chamberlain-Cox 3rd

In the Holmwood House Junior Triathlon the following were medallists:

Girls 8: **Elena Gough** 1st
Boys 8: **Jordan Bradford** 2nd



Girls 9/10: **Sarah Brunton** 2nd
Kerry Delaney 3rd
Girls 13/14: **Catriona Delaney** 3rd

In the Tri Force Junior Triathlon the following were medallists:

Girls 8: **Elena Gough** 1st
Girls 9/10: **Sarah Brunton** 3rd
Boys 11/12: **Finn Barnes** 3rd
Girls 13/14: **Catriona Delaney** 2nd
Youth f: **Charlotte Harrison** 1st
Youth m: **Adam Tapley** 1st
Zuhair Crossley 3rd

The following medalled in the Ipswich Junior Triathlon:

Girls 8: **Elena Gough** 1st
Boys 8: **Jordan Bradford** 3rd
Girls 9/10: **Sarah Brunton** 2nd
Boys 11/12: **Finn Barnes** 3rd
Girls 13/14: **Catriona Delaney** 2nd
Youth m: **Adam Tapley** 1st
Connor Delaney 2nd
Zuhair Crossley 3rd

The following were medallists in the Norwich Junior Triathlon:

Girls 8: **Elena Gough** 2nd
Girls 9/10: **Sarah Brunton** 2nd
Girls 13/14: **Catriona Delaney** 3rd
Youth f: **Charlotte Harrison** 1st
Youth m: **Adam Tapley** 1st
Dan Thorby 2nd
Jonathan Richardson 3rd

In the Clacton Duathlon the following medalled:

Boys 11/12: **Finn Barnes** 1st
Boys 3/14: **Tom Stead** 1st
Girls 9/10: **Sorcha Barnes** 3rd

The following achieved top ten finishes in the Eastern Region League (best five races counted):



Girls 8: **Elena Gough** 1st
Boys 8: **Jordan Bradford** 2nd
Ben Hall 5th
Girls 9/10: **Sarah Brunton** 2nd
Kerry Delaney 4th
Nicole Bradford 5th
Boys 9/10: **Nick Hall** 7th
Girls 11/12: **Anna Sambrook** 9th
Boys 11/12: **Finn Barnes** 3rd
Rob Brunton 5th
Jake O'Brien 7th
Girls 13/14: **Catriona Delaney** 2nd
Sophie Jones 7th
Annabelle Graham 10th
Boys 13/14: **James Tapley** 6th
Tom Stead 8th
Adam Gough 10th
Youth f: **George Schwiening** 4th
Anna Rehfish 5th
Amy Seaman 10th
Youth m: **Adam Tapley** 1st
Zuhair Crossley 3rd
Ryan Chamberlain-Cox 4th
Dan Thorby 6th
Josh Sambrook 7th
Connor Delaney 9th

In the Inter-Regional Triathlon Championships at Bryn Bach Park, Tredegar, Wales, the following represented Eastern Region: **George Schwiening, Alice Sharpe, Adam Tapley and Connor Delaney**

Our club junior championships consisted of several races. The following took top three places:

Girls 8: **Elena Gough** 1st
Boys 8: **Jordan Bradford** 1st
Ben Hall 2nd
Girls 9/10: **Sarah Brunton** 1st
Nicole Bradford 2nd
Kerry Delaney 3rd
Boys 9/10: **Peter Cooke** 1st
Nick Hall 2nd



Joel Thompson 3rd
Girls 11/12: *Abi Horne* 1st
Vicky Ewers 2nd
Esme Stuart 3rd
Boys 11/12: *Rob Brunton* 1st
Finn Barnes 2nd
Miro Hovius 3rd
Girls 13/14: *Annabelle Graham* 1st
Sophie Jones 2nd
Catriona Delaney 3rd
Boys 13/14: *James Tapley* 1st
Tom Stead 2nd
Dan Poulter 3rd
Youth f: *Amy Seaman* 1st
Charlotte Harrison 2nd
Anna Rehfisch 3rd
Youth m: *Adam Tapley* 1st
Dan Thorby 2nd
Ryan Chamberlain-Cox 3rd

Connor Delaney finished 7th (senior man) in the Bedford Traktors Sprint Triathlon

In the Fritton Super Sprint Triathlon, *Alice Sharpe* was 2nd lady, and *Connor Delaney* and *Will Adams* 2nd and 3rd senior men respectively

In the Melbourn Beginners Triathlon, the following won medals:

Girls 8: *Elena Gough* 1st
Girls 9/10: *Nicole Bradford* 1st
Girls 11/12: *Abi Horne* 1st
Boys 11/12: *Finn Barnes* 1st
Jake O'Brien 3rd

Charlotte Harrison (15) swam the 400m time trial in 4min 55sec

Catriona Delaney and *Jacob Nethercott* were elected Captains



2009

In the Cambridgeshire Cross Country Championships at St Neots, the following achieved top ten placings:

Robert Brunton, 1st u11 boy
Tom Nethercott, 2nd u11 boy
Sarah Brunton, 8th u11 girl
Anna Sambrook, 10th u11 girl
Claire Wilson, 6th u13 girl
Sophie Jones, 8th u13 girl
Ben Snaith, 4th u13 boy
Josh Sambrook, 6th u13 boy
Jacob Nethercott, 10th u13 boy
Georgina Schwiening, 1st u15 girl
Ruth Flory, 2nd u15 girl
Adam Tapley, 5th u15 boy
Sophie Darling, 6th u17 girl
Ben, Josh and Jacob were the first u13 team

In the South Cambs Schools Cross Country Championships, **Georgina Schwiening** won her age group and **Adam Tapley** and **Alice Sharpe** were both second in theirs.

In the County Schools Cross Country Championships, **Claire Wilson** was 3rd minor girl, **Adam Tapley** 2nd junior boy, **Ruth Flory** and **Alice Sharpe** 1st and 9th inter girls, and **Sophie Darling** 5th senior girl

Georgina Schwiening, **Alice Sharpe** and **Adam Tapley** represented Eastern England in the National Schools Cross Country Championships. They also qualified to represent Cambridgeshire in the Inter-Counties Cross Country Championships along with **Josh Sambrook**, **Ben Snaith**, **Sophie Jones** and **Claire Wilson**

Adam Tapley won Cambridgeshire Athletics Association County Colours

Hattie Algar and **Adam Tapley** received South Cambs DC elite athlete awards

George Schwiening won the Frostbite Friendly League Cross Country at Ramsey and was named Junior Female runner of the 2008/09 winter series; won the Girton 5km run (ladies), the Histon Fun Run and the Sawston Fun Run; was unbeaten in seven Spring Circuit Cycle Races at Hog Hill, Redbridge and 13th in the National Youth Circuit Race (Tour of Blackpool); swam 1500m in 22.07.48; ran 1500m in 5.08.30 (1st u15 girl, E Anglia League, Colchester); was 15th youth girl in the Eton Triathlon,



6th at Blenheim, and 5th in London; finished first youth girl in the Eastern Region Triathlon League and third in the National Championships at Bryn Bach Parc

Adam Tapley won his age group and was second overall in the Histon Fun Run. He also represented Anglian schools in swimming.

In the Melbourn Triathlon for beginners, **Elena Gough** was first 7 year old girl, **Peter Cooke** first 9 year old boy, **Jake O'Brien** second 10 year old boy, **David Read** third 10 year old boy, **Larry Read** second 12 year old boy and **Amy Seaman** first 14 year old

In the Cambridge Sport Lakes' Schools Duathlon at Milton Country Park the following were age group winners: **Jennifer Turner, Thomas Proctor, Adam Gough, James Tapley, Ruth Flory, Kate Collins and Dewi Pilsworth**

In the Rayleigh Children's Aquathlon the following won medals:

Girls 9/10: **Sarah Brunton** 2nd
Boys 11/12: **Adam Gough** 2nd
Boys 13/14: **Josh Sambrook** 3rd

In the Holmwood House Junior Triathlon the following won medals:

Girls 11/12: **Catriona Delaney** 3rd
Boys 11/12: **James Tapley** 2nd
Boys 13/14: **Connor Delaney** 1st

In the North Norfolk Junior Triathlon, the following won medals:

Girls 11/12: **Catriona Delaney** 2nd
Boys 11/12: **Adam Gough** 1st
Boys 13/14: **Connor Delaney** 1st
Jonathan Richardson 3rd
Youth: **Chris Brasnett** 1st
Dewi Pilsworth 2nd

In the East Essex Children's Triathlon, the following won medals:

Girls 11/12: **Catriona Delaney** 1st
Boys 11/12: **James Tapley** 1st
Girls 13/14: **Sophie Jones** 3rd
Boys 13/14: **Connor Delaney** 1st
Youth f: **George Schwiening** 1st



Alice Sharpe 2nd
Youth m: *Adam Tapley* 1st

In the Rob McLean Youth Triathlon, the following won medals:

Girls 8: *Maisey Snaith* 3rd
Boys 8: *Ben Pratley* 1st
Joshua Gray 3rd
Boys 9/10: *Thomas Procter* 3rd
Girls 11/12: *Catriona Delaney* 1st
Boys 11/12: *James Tapley* 1st
Girls 13/14: *Hattie Algar* 3rd
Boys 13/14: *Connor Delaney* 1st
Ben Snaith 3rd
Youth f: *George Schwiening* 1st
Alice Sharpe 2nd
Youth m: *Adam Tapley* 2nd
Will Adams 3rd

In the Norwich Junior Triathlon the following won medals:

Boys 11/12: *James Tapley* 1st
Girls 13/14: *Sophie Jones* 2nd
Boys 13/14: *Connor Delaney* 1st
Youth f: *Ruth Flory* 1st
Youth m: *Adam Tapley* 1st

In the Upminster Junior Triathlon the following won medals:

Girls 11/12: *Catriona Delaney* 1st
Boys 11/12: *James Tapley* 2nd
Adam Gough 3rd
Boys 13/14: *Connor Delaney* 1st

Tri Force Essex medallists:

Girls 11/12: *Catriona Delaney* 2nd
Boys 11/12: *James Tapley* 1st
Girls 13/14: *Sophie Jones* 2nd
Boys 13/14: *Connor Delaney* 1st
Youth f: *George Schwiening* 1st
Ruth Flory 2nd
Youth m: *Adam Tapley* 2nd



Culford Triathlon:

Youth f: **Becky Eggar** 1st
Youth m: **Will Adams** 2nd

Ipswich Junior Triathlon medallists:

Girls 11/12: **Catriona Delaney** 1st
Boys 11/12: **James Tapley** 1st
Adam Gough 3rd
Girls 13/14: **Annabelle Graham** 2nd
Boys 13/14: **Connor Delaney** 1st
Youth: **Adam Tapley** 1st
Will Adams 3rd

Clacton Children's Duathlon medallists:

Girls 9/10: **Sarah Brunton** 3rd
Boys 11/12: **Adam Gough** 2nd
Boys 13/14: **Josh Sambrook** 1st

New Hall Children's Triathlon:

Girls 9/10: **Kerry Delaney** 3rd
Girls 11/12: **Catriona Delaney** 1st
Boys 11/12: **James Tapley** 2nd
Boys 13/14: **Josh Sambrook** 2nd
Youth f: **George Schwiening** 1st
Ruth Flory 3rd
Youth m: **Adam Tapley** 1st
Christopher Bax 3rd

Costa Junior Aquathlon:

Girls 9/10: **Anna Sambrook** 2nd

Norwich Junior Aquathlon:

Boys 13/14: **Connor Delaney** 1st
Youth f: **George Schwiening** 1st
Youth m: **Adam Tapley** 1st



Top ten finishers in the Eastern Region Triathlon League were as follows:

Tristar 1 (9/10) girls: **Sarah Brunton 6th**, **Kerry Delaney 7th**
Tristar 2 (11/12) girls: **Catriona Delaney 1st**, **Anna Sambrook 9th**
 boys: **James Tapley 1st**, **Adam Gough 4th**, **Robert Brunton 7th**
Tristar 3 (13/14) girls: **Sophie Jones 6th**
 boys: **Connor Delaney 1st**, **Josh Sambrook 4th**, **James Ives 8th**,
Jonathan Richardson 10th
Youth f: **George Schwiening 1st**, **Ruth Flory 2nd**, **Alice Sharpe 4th**, **Becky Eggar 7th**
Youth m: **Adam Tapley 2nd**, **Will Adams 4th**, **Zuhair Crossley 5th**, **Dewi Pilsworth 6th**,
Dan Thorby 7th

Our CTC triathlon series winners and runners up were as follows:

Tristar 1: **Keri Delaney and Sarah Brunton; Nick Hall and Jake O'Brien**
Tristar 2: **Catriona Delaney and Anna Sambrook; Adam Gough and James Tapley**
Tristar 3: **Sophie Jones and Annabelle Graham; Connor Delaney and Josh Sambrook**
Youth: **George Schwiening and Ruth Flory; Adam Tapley and Will Adams**

Alice Sharpe finished 2nd woman in the Bedford Super Sprint triathlon

The following joined, by invitation, **Tim Williams'** Cambridge Triathlon Academy:
Gabe Lowrie, Harriet Brettle, Vasudev Zaver, George Schwiening, Alice Sharpe, Adam Tapley and Connor Delaney

Catriona Delaney and James Tapley were selected for the Regional Tristar Academy

Connor Delaney competed in the National Swim Relays. His pb's are 59.33sec for 100m free and 2.09.29 for 200m free. **Connor** was second in the 1mile open water swim race for adults at Bedford and won our Club open water swim race, beating all of our seniors

In our Chivers run series, **George Schwiening** finished second lady overall in the 5km series, whilst **Dan Thorby, Will Adams and Chris Darling** were the first three youths in the men's 5km races. In the 2km races, the following were all age group winners:

Race 1: **Jennifer Turner and Robert Herne, Jemma Laver and Tom Nethercott, Catriona and Conner Delaney, Ruth Flory and Adam Tapley**
Race 2: **Jennifer Turner and Robert Herne, Emily Daws and Adam Gough, Rhiannon McCaffery and Ben Snaith, and Ruth Flory**
Race 3: **Jennifer Turner, Anna Sambrook and Adam Gough, Claire Wilson and Ben Snaith, Paige Slade and Zuhair Crossley**



CTC fielded half of the Eastern Region bronze medal team of fourteen for the Inter Regional (National) Triathlon Championships at Bryn Bach Park in Wales: **James and Adam Tapley, Catriona and Connor Delaney, George Schwiening, Alice Sharpe and Will Adams. Vasudev Zaver** also qualified but was injured

Matt Cook did 12 bike races in Holland, his best finish being 5th. He won the Eastern Junior Cyclo-Cross League, winning every event and normally finishing in the top 5 overall against the seniors

Catriona Delaney won the Bedford Schools Triathlon (swim, row, run) beating the other 56 competitors, boys and girls

Hattie Algar won the Pony Club area tetrathlon (running, shooting, swimming and pony riding)

Robert and Sarah Brunton completed the 5km Swimathon in 1hr 35min and 2hrs 20min respectively. **Robert** won his age group in the Cambs County Swimming Championships for 200m free; was third in the Eastern Region Championships at 200m fly; and won all 13 City of Cambridge Swimming Club events for the 10 & unders including three records. **Sarah** was 9 & under champion for 50m breast stroke, also in record time

George Schwiening was first u16 f in the first two Frostbite League Cross Country races

Ben Snaith was second u15 in the Ampthill cross country

Annabelle Graham and Josh Sambrook were elected Captains

Gabe Lowry was elected Club Junior of the Year

Ruth Flory was honoured for outstanding effort and **Catriona Delaney** and **Dewi Pilsworth** for improvement

2008



In the Vancouver World Triathlon Championships, **Greg Billington** was 24th in the junior elite race competing for the USA

Sophie Jones was under 12 winner of the County Schools Cross Country Championships. **Adam Tapley** was 7th in the under 12's and represented Cambridgeshire in the National Championships in Liverpool

James Tapley was under 11 winner in the County Cross Country Championships. **Adam Gough** was 6th. **Anna Sambrook** was 10th under 11 girl. **Sophie Jones** was 6th and **George Schwiening** 7th in the under 13 girls. **Adam Tapley** was 6th Under 13 boy. **George** and **Adam** went on to represent Cambridgeshire in the Inter-Counties Championships in Nottingham

George Schwiening won the Lode 1.5 mile mud run and the S Cambs District Cross Country at Royston Heath. **Josh Sambrook** was fourth in the Lode mud run

Chelsea McKenzie won age group 15/16 in the Bedford Sprint Triathlon. **Gabe Lowrie** was age group winner and 14th overall in the same race

Chelsea McKenzie (10th) and **Vasudev Zaver** both raced as elite youths in the Blenheim Triathlon

Sarah Brunton was age group winner of the first Hong Kong Aquathon

Sarah and Robert Brunton both won their age groups in the Norwich Aquathlon

In the East Essex Junior Triathlon the following won medals:

8 years: **Kerry Delaney** 1st

11 & 12 years: **Molly McKenzie** 1st, **James Tapley** 3rd

13 & 14 years: **George Schwiening** 2nd, **Alice Sharpe** 3rd, **Adam Tapley** 1st

15 & 16 years: **Katrina Entwistle** 1st, **Matt Cook** 1st, **Will Adams** 2nd

Fritton Lake Aquathlon:

13 & 14 years: **Adam Tapley** 1st

North Norfolk Junior Triathlon:

11 & 12 years: **Molly McKenzie** 1st, **James Tapley** 1st

13 & 14 years: **George Schwiening** 1st, **Alice Sharpe** 2nd, **Adam Tapley** 1st

15 & 16 years: **Chelsea McKenzie** 1st, **Katrina Entwistle** 2nd, **Will Adams** 2nd



Rob Mclean Cambridge Triathlon:

8 years: **Kerry Delaney** 1st, **Miro Hovius** 3rd
11 & 12 years: **Molly McKenzie** 1st, **Sophie Jones** 3rd, **James Tapley** 3rd
13 & 14 years: **Alice Sharpe** 1st, **George Schwiening** 2nd, **Adam Tapley** 1st, **Connor Delaney** 2nd
15 & 16 years: **Chelsea McKenzie** 1st, **Vasudev Zaver** 1st, **Matt Cook** 2nd, **Will Adams** 3rd

Rayleigh Children's Aquathlon:

8 years: **Kerry Delaney** 1st
11 & 12 years: **Molly McKenzie** 1st
13 & 14 years: **George Schwiening** 1st, **Alice Sharpe** 2nd
15 & 16 years: **Chelsea McKenzie** 2nd

Holmwood House Junior Triathlon:

13 & 14 years: **George Schwiening** 1st, **Alice Sharpe** 2nd, **Adam Tapley** 1st

Norwich Junior Triathlon:

8 years: **Kerry Delaney** 1st
11 & 12 years: **Molly McKenzie** 1st, **Sophie Jones** 2nd
13 & 14 years: **Connor Delaney** 2nd, **George Schwiening** 1st, **Alice Sharpe** 2nd, **Adam Tapley** 1st, **Connor Delaney** 2nd
15 & 16 years: **Chelsea McKenzie** 1st, **Katrina Entwistle** 2nd

Tri Force Triathlon:

8 years: **Kerry Delaney** 1st
13 & 14 years: **George Schwiening** 1st, **Adam Tapley** 3rd
15 & 16 years: **Katrina Entwistle** 2nd

Upminster Triathlon:

8 years: **Sarah Brunton** 1st
11 & 12 years: **Molly McKenzie** 1st, **James Tapley** 3rd
13 & 14 years: **Adam Tapley** 2nd, **Connor Delaney** 3rd
15 & 16 years: **Katrina Entwistle** 3rd

Ipswich Triathlon:



George Schwiening won our three-race 5km ladies run series at Chivers. **Sophie Darling** was third and **Sam Eggar** fourth. **Will Adams** was first under 16 in the men's series. In the 2km races the following achieved top three places:

Race 1: **Sophie Jones, Jennifer Turner, Tom Nethercott, James Tapley** and **Adam Tapley** were all age group winners, whilst **James Ives** was second and **Ben Snaith** third.

Race 2: **Sophie Jones, Jennifer Turner, Chris Darling, Zuhair Crossley** and **James Tapley** all won their age groups; **Becky Eggar** and **James Ives** got second places; and **Paige Slade** and **Ben Snaith** got thirds

Race 3: **Alice Sharpe, Hattie Algar, Jennifer Turner, Adam Tapley, Zuhair Crossley** and **James Tapley** all won; **Becky Eggar, Anna Sambrook, Chris Darling** and **Adam Gough** all achieved seconds; and **Sophie Jones, Ben Snaith** and **Henry Collins** won thirds

Sophie Jones was first and **Camilla Norris** tenth Year 7 girl in the Eastern Region Schools Aquathlon Championships, Saffron Walden. **George Schwiening** was second and **Hattie Algar** tenth Year 8 girl. **Alice Sharpe** was fourth Year 9 girl, **Katrina Entwistle** fifth Year 10 and **Sophie Darling** second Year 11. In the boys' championships **Josh Sambrook** was eighth Year 7, **Adam Tapley** third Year 8, **Connor Delaney** fourth Year 8, **James Ives** fourteenth Year 8 and **Will Adams** seventh Year 9

In the Cambridge Schools Triathlon, the following were age-group medallists:

8 years: **Jennifer Turner** 1st

9 & 10 years: **Adam Gough** 1st

11 & 12 years: **Catriona Delaney** 1st

13 & 14 years: **Hattie Algar** 1st, **Connor Delaney** 1st, **Ben Snaith** 2nd

15 & 16 years: **Will Adams** 1st, **Matt Cook** 2nd

Hattie Algar finished second in the Eastern Region Junior Tetrathlon (swimming, shooting, running and riding)

Katrina Entwistle, Chelsea McKenzie, Tim Dwyer and **Gabe Lowrie** represented the Club in the National Relay Championships at Holme Pierrepont as our youth team. **Chris Johnston** raced as a senior

George Schwiening holds the Cambridgeshire Athletic Association Championships 3000m record for under 15 girls. She was 7th U15 in the Eastern Athletics Association Champs at 1500m

In the Frostbite Friendly League **George Schwiening** finished first lady in the cross countries at St Neots, Bushfield and Huntingdon



Alice Sharpe was 3rd in the 1500m at the Cambridgeshire Schools Athletics Championships

Jacob and Tom Nethercott cycled from Lands End to John O'Groats with their parents

Our Captains were **George Schwiening and Adam Tapley**. **George and Adam** were also our best improvers

Tim Williams instigated the Eastern Region Talent Academy for youth and junior triathletes. **Alice Sharpe, Georgina Schwiening and Adam Tapley** were accepted into the academy

Georgina Schwiening also gained a place in the Essex University Triathlon Academy, and was the first under 17 to complete their endurance test run

Julie Tapley won the trophy for outstanding effort for her endeavours on behalf of the juniors



2007

Greg Billington won the US and Canadian National Junior Championships. Representing the US in the World Junior Championships in Hamburg he finished 12th

Sophie Jones and **James Tapley** were under 11 winners in the County Cross Country Championships. **Emma Brown** was under 17 winner and **Adam Tapley** was 8th in the under 13 race. All four qualified for the Inter-Counties Championships, with **Alice Sharpe** and **Tommy Johnston** as first reserves

Sophie Jones won the Royston Fun Run and a relay gold medal in the Bedfordshire County Swimming championships on the same day

Harriet Brettle, age 15, swam 17min 17sec for 1500m

Samantha Eggar won her age group and **Gabe Lowrie** was second in his at the Culford Triathlon

Sam Eggar and **Tim Dwyer** also completed the Roade Triathlon

Jonny Richardson was first U13 in the St Ives 3km road race.

Alice Sharpe, Vasudev Zaver, Molly McKenzie, Sophie Jones and Connor Delaney all represented Eastern England in the Inter-Regional (National) Triathlon Championships, Glasgow

James Tapley won the U11 section of the Histon Fun Run for the second successive year and **Adam Tapley** was second U15

Cambridge Junior Tri medallists:

8 years: **Esme Stuart** 2nd, **Jennifer Turner** 3rd
9 & 10 years: **Catriona Delaney** 3rd, **James Tapley** 1st, **Adam Gough** 3rd
11 & 12 years: **Molly McKenzie** 2nd, **Sophie Jones** 3rd, **Connor Delaney** 3rd
13 & 14 years: **Alice Sharpe** 2nd, **Chelsea McKenzie** 3rd, **Vasudev Zaver** 3rd
15 & 16 years: **Samantha Eggar** 1st, **Matt Cook** 3rd

Norwich Triathlon medallists:

9 & 10 years: **Mya Zaver** 3rd, **James Tapley** 1st, **Adam Gough** 3rd
11 & 12 years: **Molly McKenzie** 1st, **Sophie Jones** 2nd
13 & 14 years: **Alice Sharpe** 2nd, **Chelsea McKenzie** 3rd, **Vasudev Zaver** 1st, **Tommy Johnston** 3rd



11 & 12 years: ***Hattie Algar*** 1st
13 & 14 years: ***Katrina Entwistle*** 1st
15 & 16 years: ***Sophie Darling*** 1st, ***Adam Scott*** 2nd

Tom Adams won the trophy for outstanding effort



2006

Rosie Clarke was 6th in the World Under 23 Triathlon Championships, Lausanne, Switzerland; won the women's Elite Sprint Triathlon at Blenheim ; was 5th in the women's Elite Olympic Triathlon at Windsor; was 12th in the European Under 23 Triathlon Championships in Rijeka, Croatia; and won the Cambridgeshire County Cross Country Championships

Greg Billington was 2nd in the US National Junior Triathlon Championships; represented the USA in the World Youth Triathlon Championships in Lausanne; and won the World Youth Aquathlon Championships in Lausanne. He also won the under 17 British Inter-Counties Cross Country Championships

Harriet Brettle was invited to join the World Class Triathlon Development Squad. She swam 17min 43.76sec for 1500m in the Bedfordshire County Championships – a County senior and Eastern Region junior record.

Gabe Lowrie (10th), **Josh Pettican**, **Tommy Johnston** and **Alice Sharpe** represented the East of England in the Inter-Regional (National) Junior Championships, Glasgow

Lauren Rossier was 2nd lady in the Saffron Walden Triathlon

Tommy Johnston won the Willingham Fun Run, 11 and under

Sam Eggar and **Chris Johnston** featured in the Cambridge Sport Lakes Trust's film promoting their proposed project

Alice Sharpe, age 11, won the ladies section of the Cottenham Fun Run

Alice Sharpe and **Tim Dwyer** qualified to represent S. Cambs Schools in the County Cross Country Championships

Sophie Jones, age 10, won the under 15 section of the Royston Fun Run. She also won the under 11 section of the Cambridgeshire County Cross Country Championships

Adam Tapley won the under 12 section of the Impington Fun Run

Sophie Jones was first under 11 girl and **James Tapley** second under 11 boy in the St Neots 3km fun run

Josh Pettican was 6th in the National Youth Triathlon, Llanelli



James Tapley won the U11 section of the Histon Fun Run

The following had top three finishes in Eastern Region Junior Triathlons:

Rayleigh:

9/10 girls: **Sophie Jones** 2nd
9/10 boys: **James Tapley** 1st
11/12 girls: **Alice Sharpe** 3rd
11/12 boys: **Tommy Johnston** 3rd

Rob Mclean Cambridge:

9/10 girls: **Sophie Jones** 2nd
11/12 girls: **Alice Sharpe** 1st
11/12 boys: **Tommy Johnston** 2nd, **Ryan Waters** 3rd
13/14 boys: **Vazudev Zaver** 3rd

Norwich:

9/10 girls: **Sophie Jones** 3rd
9/10 boys: **James Tapley** 3rd
11/12 girls: **Alice Sharpe** 3rd
11/12 boys: **Tommy Johnston** 3rd

Upminster

11/12 girls: **Alice Sharpe** 2nd
11/12 boys: **Tommy Johnston** 3rd

Ipswich

9/10 boys: **James Tapley** 3rd
11/12 boys: **Adam Tapley** 1st
13/14 girls: **Sam Eggar** 2nd
13/14 boys: **Tim Dwyer** 2nd, **Vasudev Zaver** 3rd

The following had top ten finishes in the Eastern Region BTA Championships:

Girls 9/10: **Sophie Jones** 2nd, **Rebecca Sharpe** 5th
Boys 9/10: **Adam Gough** 3rd
Girls 11/12: **Alice Sharpe** 1st
Boys 11/12: **William Kingsmill** 3rd
Girls 13/14: **Alice Bentley** 8th
Boys 13/14: **Tim Dwyer** 2nd

The following had top three placings in Eastern Region Duathlons:



East Anglia:

9/10 girls: **Sophie Jones** 2nd
9/10 boys: **Adam Gough** 3rd
11/12 girls: **Alice Sharpe** 2nd

Rayleigh

9/10 boys: **James Tapley** 3rd
11/12 girls: **Alice Sharpe** 3rd
11/12 boys: **Tommy Johnston** 3rd

Rob Mclean Cambridge

9/10 girls: **Sophie Jones** 3rd
11/12 girls: **Alice Sharpe** 1st
11/12 boys: **Tommy Johnston** 2nd, **Ryan Waters** 3rd
13/14 boys: **Vasudev Zaver** 3rd

Norwich

9/10 boys: **James Tapley** 3rd
11/12 girls: **Alice Sharpe** 2nd
11/12 boys: **Ryan Waters** 2nd, **Adam Tapley** 3rd
13/14 boys: **Tim Dwyer** 3rd

Upminster

9/10 boys: **Lewis Hawkins** 1st
11/12 girls: **Alice Sharpe** 2nd
11/12 boys: **Tommy Johnston** 3rd

Ipswich

9/10 boys: **James Tapley** 3rd
11/12 boys: **Adam Tapley** 2nd
13/14 boys: **Tim Dwyer** 2nd, **Vasudev Zaver** 3rd

Will Adams was under-14 Eastern Region cyclo-cross and road racing champion

Club Captains were **Katrina Entwistle** and **Adam Scott**





2005

Rosie Clarke was a member of British Triathlon's World Class Potential Squad of 23. She finished 9th overall (first Brit) in the European Junior Duathlon Championships in Hungary; won the National Junior Triathlon Championships (Llanelli); won the National Junior Elite Duathlon Championships (Milton Keynes); won bronze in the Junior European Triathlon Championships in Alexandroupolis, Greece; and won the County Cross Country Championships.

James Tapley was under 8 winner in both the Norwich Junior Triathlon and our Rob Mclean Triathlon

Adam Tapley set the Cambs Schools Year 5 age group record for the 600m run

Rebecca Eggar was 2nd in age group at the Junior Ironman Sprint races at Sherborne

Mark Matthews was 4th in age group C at the National Sprint Distance Championships in Redditch

Eastern Region Triathlon Championships top 10 age group performances:

Girls 8 years: **Anna Sales** 3rd

Boys 8 years: **James Tapley** 1st, **Edwin Watson-Miller** 6th, **Andrew Stemp** 7th,

Henry Kingsmill 10th

Girls 9/10: **Sophie Jones** 7th

Boys 9/10: **Lewis Hawkins** 4th

Girls 11/12: **Rebecca Eggar** 4th

Boys 11/12: **Tommy Johnston** 2nd, **Will Adams** 4th, **Ryan Waters** 7th, **Sam**

Cranwell 9th

Girls 13/14: **Samantha Eggar** 4th, **Bethan Waters** 5th, **Harriet Lee** 9th,

Boys 13/14: **Chris Johnston** 5th

Youth m: **Richard Sales** 3rd (1st at Upminster), **Gabe Lowrie** 7th, **Josh Pettican**

9th

Eastern Region Aquathlon Series:

Youth: **Greg Billington** 3rd (1st at Epping), **Gabe Lowrie** 7th



2004

Will and Rosie Clarke were both on the World Class Potential Programme

Will Clarke was 4th in the Cambridgeshire Cross Country Championships and 15th in the under-twenties at the Inter-Counties Championship in Nottingham; won the National Junior Triathlon in Llanelli; won the Goodwood Junior Duathlon; won bronze in the World Junior Triathlon Championships in Madeira; won silver in the World Junior Duathlon in Geel, Belgium; won the Elite National Sprint Championship (Llanelli) for Senior Men!; won silver in the European Sprint Championships; and was 220 Magazine's 2004 Youth Triathlete of the Year runner-up

Rosie Clarke was 12th in the under-seventeens at the Inter-Counties Championships in Nottingham and 9th in the English Schools Championships in Maidstone; won the national Junior Triathlon in Llanelli; won the Goodwood Junior Duathlon; finished 10th in the World Junior Triathlon (Sprint) Championships in Madeira; finished 4th in the World Junior Duathlon in Geel Belgium; won the Junior Elite Triathlon in Llanelli; and came 19th in the European Triathlon Sprint Championships

Lauren Rosier was 4th in the National Youth (Sprint) Championships at Eton

In the Rob McLean Junior Triathlon, *Sophie Jones* was third 8 year old, *Thomas Johnston* second 9-10, *Hugh Thompson* third 9-10, *Rebecca Eggar* third 9-10, *Joshua Pettican* first 13-14, *Sam Palmer* second 13-14 and *Richard Sales* third 13-14.

Sophie Jones, age 8, won the junior Royston 3km Fun Run



2003

Will Clark was 7th in the European Junior Sprint Championships (Hungary); 2nd in the National Junior Sprint Championships; 3rd in the World Junior Championships (Switzerland); 7th in the World Junior Triathlon Championships (New Zealand); won the National Youth Aquathlon Championships; won the Great Wales Junior Sprint Championships; was 2nd Junior Elite in the London Triathlon; won a British World Class Start Programme award; and won Young Sports Personality of the Year (BBC Radio Cambridgeshire)

Rosie Clarke was 2nd in the National Junior Sprint Championships; represented GB in the European Junior Sprint Championships (Hungary) having won the Junior Selection race (Eton); won the National Youth Aquathlon Championships; was 2nd in the Great Wales Junior Sprint Championships; represented GB in the World Duathlon Championships (Switzerland); was 1st Junior Elite in the London triathlon; and won a British World Class Start Programme award

Mark Matthews was 5th in the National Youth Duathlon Championships

Carly Wilson & Joshua Pettican won the girls 13-14 and boys 13-14 races respectively in the Rob McLean Cambridge Junior Triathlon



2002

Will Clarke represented GB in European Youth Relays, Graz, Austria and finished 7th in the World Junior Duathlon Championships, Georgia, USA

Will and *Rosie Clarke* were Cambridgeshire County Youth Cross Country Champions

2001

Will Clarke was a member of the National Development Squad

Will Clarke represented GB in the European Youth Relays, Poland

2000 to 1995 inclusive

None

1994

Kelly Newark represented GB in the European Duathlon Championships (Youth) in Finland; was 6th overall and won age group C (GB Junior Champion) in the National Olympic Distance Championships, Wakefield; and represented GB in the World Olympic Distance Championships in Wellington, New Zealand

1993



Kelly Newark represented GB in the Manchester World Olympic Distance Championships (age groups C). She also represented GB in European Duathlon Championships (Germany) and was 6th in age group in the World Duathlon Championships (Dallas, Texas)