

Junior Crystal Palace Triathletes end of year report 2016

Dear Members old and new, here is a summary of what 2016 meant for CPT juniors. Thank you to Sheila Horsman for providing this information in role as junior coordinator, and in turn for helping to make all of these things happen.

Membership numbers

2016 started with 55 junior members and increased throughout to end with 88.

Membership categories from largest to smallest were;

Tristar 2 boys _ Youth girls _ Tristar 2 girls _Tristar 3 boys _ Youth boys _Tristar 3 girls _ Tristar 1 boys _Tristar 1 girls _Tristart boys_ Tristart girls.

For a second year we have operated a waiting list to control the number of athletes joining, to ensure swim sessions do not become overcrowded and all prospective members are able to swim 200m continuously. Swim try outs have been held on average every three months with new members joining after passing the trials.

Junior training sessions

The training programme for CPT junior athletes continues to evolve and is by far the best on offer by any London Tri club, whilst remaining affordable and excellent value for money. Junior members can now take advantage of a training session every night of the week along with regular weekend sessions.

Average attendance at junior sessions 2015- 2016;

Mon – West Norwood Swim 2015= 17 2016= 17

Tue – Herne Hill Velodrome Bike session 2015= 18 2016= 17

Wed – Crystal Palace Track Run session* 2015= N/A 2016= 10

Thur – West Norwood Swim 2015=15 2016=15

Fri – Trinity school Swim 2015= 16 2016=16

Weekend camps 2015= 16 2016=13

*The junior training programme continues to evolve with the addition of a regular Wednesday night run at Crystal Palace.

Sunday road rides

There are two groups of +14 year olds out on an endurance road ride throughout the winter and spring months. (When you turn 14 years old and you have the permission of the head coach, you are invited to join the adult Sunday road ride session).

Training camps

In addition to regular weekly training, 2 two-day holiday camps were held this year in half terms. Both were attended by over 25 athletes. The training camps include swimming, running, turbo training, transition practice and strength and conditioning.

Open water training camps

The Club and coaches provided open water swim training both at the Tooting Bec lido and Brockwell park lido and at Chipstead Lake, in preparation for the open water races at Jet Stream Triathlon and Steelman Tri at Eton Dorney. Juniors practiced 'sighting' and 'drafting', swimming in wetsuits and trying to take wetsuits off as quickly as possible.

Cycle training camps

Juniors practiced riding on grass prior to the Jetstream Tri (the cycle part is on grass). They practiced 'dead turns' prior to Trinity school Triathlon (the cycle track is a big loop on the local road, where the riders have to slow right down in order to turn safely). They practiced gear changing for our own Crystal Palace Tri, where we have steep inclines up and down.

Congratulations

[Alex Yee](#) continues to go from strength to strength. He is the 2016 world Duathlon Champion, he is 5th Junior Triathlete in the world. He is named British Triathlon's elite Male Duathlete 2016 and he won team Sports Aid one-to-watch trophy 2016. Alex is a role model to us all at Crystal Palace Juniors.

Dan Pinn has assisted with coaching regional training sessions this year and continues to build his experience. Dan won London Region Young Volunteer of the Year and is currently undertaking his level 2 coaching course. Dan has an excellent rapport with juniors of all ages and is certain to become a very good coach.

Junior performance

CPT juniors are, as always great ambassadors for our Club and role models to each other. As testament to the high class coaching and training provision, our juniors continue to fly the CPT flag in the London series events, for both participation and performance.

51 CPT juniors competed in a total of 216 events in the [British Triathlon London region junior series](#). 26 CPT juniors completed the combination of events (2 triathlons, 1 aquathlon, 1 duathlon) to receive a [London series ranking](#). Well done.

Our most prolific junior racers in 2016, with over five races each, are: Elle Horsman (x11), Harry Horsman (x10), Lottie Hull (x10), Madeleine McGuigan (x9), Oskar Murmann (x9), Patrick McGuigan (x9), Christo Chilton (x8), Matthew Maginn (x8), Zac Purnell (x8), Caitlin Chilton (x7), Lola Rafferty (x7), Michael Eagling (x7), Zac Crowther (x7), Alex Chilton (x6), Alexander McGuigan (x6), Daniella Robson (x6), Jessica Robson (x6), Lili Jenkins (x6), Jonnie Miles (x5), Joseph Yee (x5)

CPT Juniors took 35 podium places in 2016: 1st: Alexander McGuigan (x4), Christo Chilton (x5), Michael Eagling (x2), Zac Purnell (x2), Elle Horsman (x1), Reef Boericke (ex- CPT junior) (x1)

2nd: Alexander McGuigan (x1), Christo Chilton (x2), Elle Horsman (x3), Michael Eagling (x3), Otilie Bright (x1), Zac Purnell (x2) 3rd: Christo Chilton (x1), Elle Horsman (x1), Harry Horsman (x5)

In the final London Series Results, Alexander won the Tristart category, Christo won the Tristar 2 category, Elle and Zac won the girls and boys Youth category and Harry was 3rd Youth boys.

Additional top series rankings;

Tristart boys' category, Joel Chilton 5th. Tristar 1 girls, Nell Lavington-Owen 15th. Tristar 1 boys, Patrick McGuigan 8th. Tristar2 girls, Lili Jenkins 7th, Madeleine McGuigan 9th. Tristar 2 boys, Zachary Crowther 9th. Tristar 3 girls, Lottie Hull 4th. Tristar 3 boys, Matthew Maginn 5th, Alex Chilton 7th and Oskar Murmann 9th. Youth girls, Otilie Bright 5th, Summer Eaglestone 10th. Youth boys, Joseph Yee 11th.

Inter-regional championships (IRC)

At the end of the London series race season, the top 4 ranked Tristar 2 and T3 athletes from each region are selected to represent their region at the [IRC](#).

This year CPT had two athletes selected to represent London at the IRC's, which was part of the U20s Festival held at Strathclyde Country Park. Christo Chilton T2 and Lottie Hull T3 were part of a team of three boys and three girls, in each category.

Inter-regional Duathlon (IRD)

At the end of the London series race season, the top 5 Tristar 1's, 2's, 3's and Youth category athletes from the South East region and the London region are selected to represent their region at the [IRD](#). This event is only between the two regions.

The third Inter Regional Duathlon took place at the Stratford Olympic Park in October 2016 and each region fielded a team of 60 athletes. CPT athletes made up 11 of the total team of Tristar 1 through to Youths with Patrick, Madeleine, Christo, Lottie, Matthew M, Oskar, Elle, Otilie, Zac Purnell, Harry and Joseph Yee all competing. The South East won again but London put up a good fight and there were lots of outstanding performances.

London Region Training Squad (LRTS)

This year 10 CPT athletes were invited to join the [LRTS](#), a group of 55 of the region's best athletes between the ages of 11 and 19. Alexander McGuigan, Joseph Yee and Matthew Maginn, selected for the first time.

We have also had many of our juniors competing for their Boroughs in the London Mini Marathon and London Youth Games.

Elite performance

From Youth category onwards, the fastest qualifying athletes can race in the [British Triathlon super series](#), which takes the athletes all around the U.K, competing at a national level. In 2016 Alex, Dan and Michael Eagling once again competed in the super series competition, Ingmar Gunn competed for the first time. Alex Yee won the junior men's category and Dan came 26th. Michael came 14th and Ingmar came 50th in youth boys category.

Michael Eagling has once again been selected onto the [British Triathlon London Academy](#).

End of year awards night and Xmas party

Congratulations to everyone who was presented with an award for their triathlon achievements in 2016 at the annual Christmas and awards party on Sunday 11 December. A full list of awards can be found on the [Awards page](#).

There was a great atmosphere with all juniors and parents coming together. There was a bucking Broncho and a selfie-corner. Jeremy and Alison Purnell served us hot chocolate with marshmallow and mulled wine. Sacha and Klaus Murmann organised and ran a wonderful raffle with top prizes with Jon Horsman calling numbers and suggesting the Rose wine to each winner, and Daniella Robson finally choosing it. There was buffet food and home-made cakes, including Madeline McGuigan's delicious apple cake. You can see on the website how beautifully decorated the room was by Catherine Jenkins.

Appreciations and fund raising.

Our thanks go to John Hull who once again behind the scenes has organised new membership; swim try outs and maintains a database of members and attendance for juniors.

Sponsorship, funding and helpers Thanks go to Crystal Palace Physio Group (formerly CP Sports Injury Clinic) for their generous donation of funds raised massaging at the CT Tri. If you get a chance this year get an after race massage they are very good for recovery.

The London Borough of Lewisham has also been a very generous donator, all of which enable us to go that extra mile putting on training sessions and buying extra resources.

Thank you to our star baker Sandy Eagling, along with helpers Sacha, Liz and Gail have raised £365 baking and selling cakes at Herne Hill Velodrome during the summer.

Thank you to Martin McGuigan for organising second-hand kit sales helping to distribute decent second hand equipment, clear old club kit and raise funds for the club.

Thank you to Michelle for organising hire and distribution of junior wetsuits. Last year we purchased a few more Zone 3 wetsuits with funds raised and junior hire of the Club wetsuits helped to fund the annual awards.

Thank you to Gail Chilton and her family Trevor, Alex, Caitlin, Christo and Joel. They have collected, counted and submitted thousands of Sainsbury's Active kids' vouchers from Club members, rewarding the club with strength and conditioning equipment.

Thanks to the huge amount of parents and supporters who marshalled at the Crystal Palace Tri this year, this is the clubs main event to raise club funds and volunteers are crucial to its success. Parents had a lot of fun helping; they get an up close spectating position, get to know other parents and members and are rewarded with food and drink. Thank you to all our parents for chipping in with activities and jobs throughout the year to help the Club function and move forward, for which everyone is very grateful for. Thank you parents for bringing your athletes to training sessions, through all weathers rain or shine and through all of life's ups and down's. It wouldn't happen without you.

Looking forward to seeing you all this year,

Anna Moorhouse

CPT Junior coordinator

2017