

# Triathlon

By Julie Nimmo

On Saturday 6<sup>th</sup> August 2011 I competed in the Scottish National Triathlon Championships at Bellahouston Park in Glasgow. I competed in the 13-14 age group and had to do a 300m swim, a 8k bike and a 2.4k run. I managed to come second which I was very happy with in a time of 32mins 45secs . I was a little nervous going into the race because I hadn't trained in a while because I had been on holiday and been sick but I went through the pain and it paid off. Below are picture of me



receiving my medal and crossing the finishing line

Triathlon is a sport that anyone can do from very young age and it's said to be the fastest growing sport in older people. It is a great sport to be part of.

I originally got into it as I was quite good at running, obviously done a lot of swimming and could go a bike. The Kirkwood family take part in it too and it was through talking to them that I decided to take part. I don't do any special training for it – I just do my normal Gemini training with Grangemouth Swimming Club and do running once a week with Falkirk Victoria Harriers. The bike is the part that I don't practice enough on as I'm not allowed out on the roads myself!

My first competition was 2 years ago at the Scottish Schools Triathlon at Stirling University – I came in First and won my 1<sup>st</sup> National Title and one of 6 National medals.

My best achievement was when I was selected to represent Scotland at the IRC (Inter Regional Counties) competition – this is the equivalent of the British Championships as it was against all counties of England, Wales and Ireland. I started with an open water swim in a lake – my first experience in a wet suit! I came out the water first thinking, where is everyone – I was surprised to be in the lead. I then went onto the

bike for what seemed like a trek up hills, down hills and round tight corners and came off the bike in 3<sup>rd</sup> place. The last part of it was the run where I got the most painful stitch which set me back and I ended up coming in 9<sup>th</sup> which I was amazed with. Scotland game 3<sup>rd</sup> overall out of 19 counties so I got my very first British team medal. It was first time competing at this level and I loved the experience!

There is other parts to the 'Triathlon' sport. There is an Aquathon which is only swimming and running and a Duathlon which is a run, a cycle and a run

If you are interested in competing you can get information from  
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