

Stapley on podium in his first youth race

TOM STAPLEY earned a podium place in his first youth category race at the Bowood Triathlon earlier this month.

The youth age group is for 15-16 year olds and this is Stapley's first year in the category, so he was expecting the competition to be much tougher than the previous Tristar 3.

Bowood Hall is a National Trust property near Bath and a beautiful and safe setting to race.

The swim was 400m in a lake followed by a gruelling 800m run uphill on grass to transition.

Stapley's swim times with Beau Sejour Barracudas have improved a lot over the past year and he was expecting to do well in the swim.

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He had a good start and swam hard from the gun and was surprised to come out of the water first by 20m, which he maintained into transition.

Following a quick transition, he was onto the 10km four-lap closed road circuit first on his bike.

With five boys close behind, it was expected that they would all team up to catch the Sarnian, but he had a great bike split and extended his lead by a few seconds.

Stapley left transition for the 2.5km run with a good 30-second lead, which would be tough to hang

onto with the fast runners behind him.

Putting in a massive effort, Stapley was still winning with 350m to go to the finish, but just got caught by one boy and held off another for a fantastic second-placed finish in his first youth race.

This result, along with his good showings in local Tri club adult races, has encouraged Stapley to try for selection in the National Super Series in 2018 in which only the fastest 60 boys in each age group nationally are selected to race.

Tom Stapley is first to exit the water in the Bowood Triathlon youth category race. (18845548)

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