

# Castle Triathlon Series 2015 Lough Cutra Triathlon

## *Triathlon Ireland Sanctioned Event*

(200m lake swim – 4k off road bike – 2k run)

Toby YEMM, Hythe Aqua Swimming Club Member travelled to Ireland for the first race of the 2015 series during half term in May hoping to beat the 4<sup>th</sup> place he achieved there last year at this Triathlon Ireland Sanctioned Event.

Toby had an excellent swim leading the boys out of the lake despite the shivering 13 degree water temperature!!



After a swift transition he followed up with good bike and a great run maintaining his lead all the way and finishing in a brilliant time of 29:16

**WINNER 2015**

**LOUGH CUTRA  
TRIATHLON**

**TOBY YEMM**

**Hythe Aqua**

Toby has started this year in great form taking 6<sup>th</sup> place at the Modern Pentathlon Nationals in Solihull (swim, run, shoot) after achieving 2<sup>nd</sup> place at the regionals, Winning the East Kent Hunt Pony Club Triathlon, Winning both Deal Triathlon Clubs' Duathlons to-date and taking a 5<sup>th</sup> place at the Hedgehog Triathlon East Grinstead.

