

lewis hawkins  
age 13  
northwood  
triathlon



# athlete profile

Lewis is now in year 9 at school. In December he won the Hillingdon Schools Cross Country and in June finished 2nd in the Hillingdon Schools 1500m. He is still part of the Mazda London Academy and finished 2nd in the London region thereby qualifying for the IRC's. He has spent the summer training, visiting friends in Norfolk and going to Bournemouth for a week and relaxing for a change.

Lewis, who's sporting hero is fellow triathlete Tim Don, trains every day. This includes swimming 5 times a week, running 3 times, cycling 2 times and also doing core strength work and going on the cross trainer.

He represented London at the IRC Champs in 2008 finishing in 2nd place overall and winning the London Series. He has also had wins at the Hillingdon Duathlon, Thames Turbo Junior Aquathlon and the Hillingdon Borough Schools cross country and 1500m races.

Lewis cycles for the Hillingdon Slipstreamers and runs for Harrow Athletics Club. He is coached by Kevin Draper and Wayne Owide of Jetstream Tri and is looking to help coach others who are interested in triathlon. Until March last year he also swam for Watford Swimming Club but he decided to leave to concentrate his efforts on his front crawl.

He enjoys his sport because he has fun meeting different people and doing well. In his spare time Lewis goes to a youth club once a week, does his homework, plays cricket for Harefield CC, plays computer games with his brother and sees friends.

## key achievements

- Member of the London IRC Team
- Hillingdon Borough Schools year 7 Cross Country – Gold, 1500m - Gold
- Middlesex Cross Country – Bronze
- 2008 Hillingdon Duathlon – Gold
- 2008 IRC's - Silver
- Finished top in the London region in 2008 and third in 2007
- 2009 London Mini Marathon – 30th
- 2009 Hillingdon Duathlon – 3<sup>rd</sup>
- 2009 Hatch End Triathlon – 2nd
- 2009 Crystal Palace Triathlon – 2nd
- 2009 Thames Turbo Aquathlon - Gold
- 2009 Eton Open Water Triathlon – 3rd
- London Youth Games Aquathlon – 4th
- 2009 Upminster Triathlon – 4th
- 2009 Kings Langley Triathlon - Gold
- Finished 13th at Inter-Regional Championships in Wales

## aims

- Win IRC's because it is the biggest race for my age and it would mean that I was ranked number 1 in Britain
- Represent GB at senior level

"I have just spent the money on a new bike it is the Giant SCR C3 which is my first carbon bike and it is great." – Lewis Hawkins



### Did you know?

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