

lara nyman  
age 17  
pinner  
triathlon



# athlete profile

Lara first got involved with the sport when a local triathlon called the 'Hatch End Triathlon' was staged 2 minutes from where she lived. She thought she would be fun to give it go, so she did and ended up winning it. She then found out that there was a series and having enjoyed competing in triathlons decided to give the series a go.

Lara trains for over 16 hours a week in the pool, gym and on the road. She says that she enjoys the thrill of winning and succeeding in her sport and in her free time likes to go out with her mates. Having overcome injury in 2008 and plagued by illness throughout 2009, Lara's race preparations have been hampered and she was unable to participate at many events. She demonstrated she is on her way to fitness in the second of only three qualifying events for the European Age Group Championships next year, which was held in Bedford.

A former GB open water swimming champion and duathlete, Lara had a quick swim emerging in second position. However, Lara's lack of fitness was more telling on the 25km non-drafting, cycling discipline where she lost her original advantage to faster cyclists. A good 5km run saw her take fifth place in the field and Silver in the U20 category in a race which boasted over 270 athletes on the start line.

Lara's aim is to podium in Ireland at the European Championships and thereby gain automatic selection for the World Championships. Her attention now turns to a full season of training in all three triathlon disciplines in order to bring home a European medal next July.

## key achievements

- Qualified for the 2010 European Triathlon Championships
- 2008 British National Junior Triathlon Club Relays – Gold
- 2008 Mazda Youth Blenheim Triathlon – Silver
- 2008 Annual Pissarro Great River Swim - Gold
- BTF National Youth Duathlon champion in 2007
- 2006 ASA National Open Water 13-14 years winner

## aims

- Medal at the European Championships 2010
- Qualify for the World Championships
- Modern Pentathlon Association of GB trials
- Win the Olympic Games

“ My SportsAid award will help because the money will go towards funding me. Triathlon is an expensive sport. There is the cost of kit, the travelling to and from competitions, the expense of having to stay overnight and the maintenance of myself i.e. physiotherapy and osteopath when I obtain any injuries or problems.” – Lara Nyman



### Did you know?

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