

Charles Booth

Craven Energy Juniors



Charles's year with Craven Energy Juniors.

Charles really became a member of Craven Energy by luck more than anything else. I had seen an advert in the Craven Herald saying that CE were running junior training on a Thursday at the MUGA [at Skipton Pool], all children welcome, so along he went.

He just loved it from day one and when training moved to a Saturday morning he was willing to forgo his football in order to focus on tri-training. What a great choice that was, his enthusiasm still grows.

In his first full season he entered various events including the Ripon, Newby Hall, and York tri with the season finishing with him completing the Skipton junior tri in September. He also did 2 aquathlons in amongst. He just gained in confidence through the season, and learned all sorts of tips along the way. As the year progressed he acquired a tri suit, belt, and a 'new to us' cross bike.

What does the training involve? He swims every Saturday morning at the pool followed immediately by a different tri-skills focus session outdoors, and he does track training on Tuesday evening in Keighley. He really enjoyed the organised weekly open water swimming at Raygill, getting used to swimming in a wetsuit - luckily for the parents the weather was very kind to us!

We are all just delighted by the coaching from Stuart, Carol, and Simon. I am sure there will be plenty more to mention so thank you to all involved.

The culmination of all of these combined efforts resulted in Charles becoming Craven Energy Triathlon Junior Champion 2014.