

ATHLETICS

CHRONICLE SPORT

# James Walton wins International Cap

James Walton of the Triangle Triathlon Club will make his first International Appearance for Triathlon Ireland at a European Cup Race in Holten in Holland next weekend in the multi-disciplined sport.

The race is the highly prestigious "Holten Cup Race". This is a very important fixture and has a history of great compe-

dition over the years.

The local athlete flies out on Thursday morning from Dublin with the rest of the Irish crew.

He says he is really looking forward to the trip.

The event will be over the standard sprint distance - 750 metre open water swim in which wet suits in all likelihood be worn, then a 20K bike ride, followed by a 5K run.

Unusually for Holland, the bike course has a very steep hill in same on the multi lapped course.

The local racer's strength has traditional-

ly been in the swim. His bike riding is now international quality to and he is working hard on his run to bring it up to the standard of the other two.

James has been working hard with Stephen Delaney, the Triathlon Ireland Elite Coach and is concentrating this year on the Sprint distance, which will take him about an hour.

Drafting will be allowed on the bike which means that extra skills will have to be deployed to be able to bike in a pack.

James will be out of the water with the leaders and then perhaps get into a break-away small group that stays away until the run starts.

He has had a great season so far, winning the Liam Ball race in

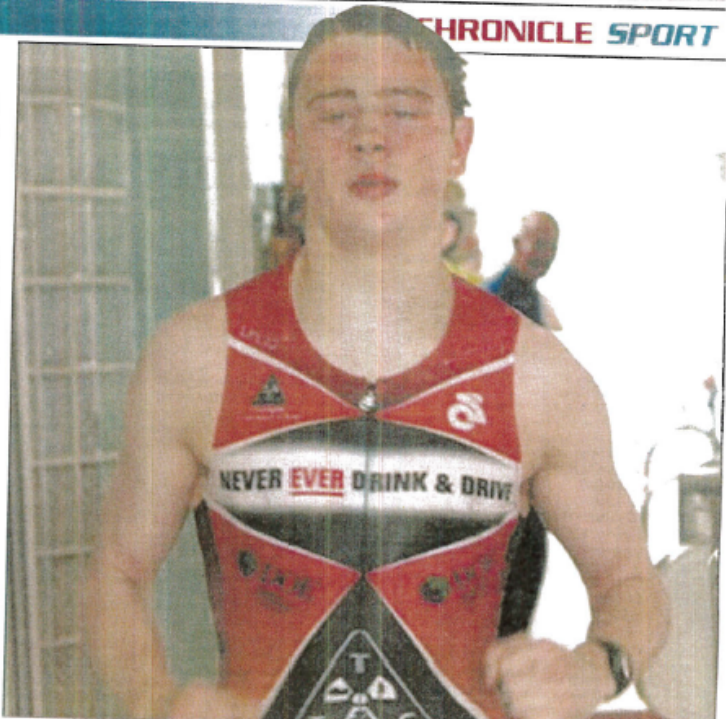
Derry and one week later, taking top spot in his home race in Limavady, both over the sprint distance.

Each time he was against a different set of opponents.

This time however it's serious business when he wears the green of his country.

The Triangle Triathlon Club are delighted for him and are very proud of his achievements to date.

The standard in Triathlon is now such that sheer talent alone will not mean you get to the top. It's a combination of talent and hard work and James, not only has the talent, but puts in the hard yards in many training sessions each week.



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