

Junior Clinic Report

In April this year, ironguides coach Jono Rumbelow successfully negotiated a deal with the Eastern Province Triathlon Association (EPTA), to be the Official Coaching Partner of the provincial governing body. This relationship was to assist the juniors (aged 12-19) and development athletes grow within the sport. Last Sunday Jono held his first Junior Clinic, and by all accounts, this was the first formal clinic of its kind to be held in the Eastern Cape Province.

With the fast approaching World Cup Soccer spectacle a mere 26 days away, schools have placed pressure on their pupils with a last minute exam timetable. This meant that attendance was small - 8 kids, 2 development athletes and 3 senior age group athletes made the most of Jono's time.

A big hearty thank you must go Shaun Webb & Tubby Bennett of the Algoa Motor Sport Club. Jono requested permission from them to utilise the go-kart track as the venue for the clinic. With bike handling skills and transition training being the two subjects of the day, the track made for a perfect setting for the participants to practice their newfound skills.

Everyone certainly enjoyed themselves judging from the positive feedback EPTA has received. Parents were encouraged by Jono to play a role in the kids development as he does, and with the likes of the 50-54 Ironman South Africa age group champion Alec Riddle in the crowd, what more could the kids ask for. Alec is a renowned sports champion here in Port Elizabeth and it was wonderful to see his support of both his daughter and Jono at the clinic.

Helping Jono out at the clinic were the Oakley family. Sharon is the Chair of EPTA; while her daughter Nikohla is the secretary and her husband Roger, while being the All Africa Tri Champ in the 50-54 age group, helped the kids in his capacity as an ITU Level 2 referee, to understand the complex rules associated with the transition.

All in all, an awesome clinic, with the next one set for August before the start of the triathlon season.