



THE  
BRITISH  
SCHOOL  
IN TOKYO

## The 33rd Nissan Cup Triathlon Relay

Sean:

This year, we participated in the annual 33rd Nissan Cup for triathlon in the men's relay. Ryan Fenwick was our swimmer, Arno Van Cauteren did the cycling and Sean Freeman was running. There were many reasons as to why we wanted to take part in this year's triathlon, including that it is a tradition of Year 10 to enter every year and we wanted to challenge ourselves. Our goal as a team was to finish 1st in the relay, which we managed to do. The line-up of competitors this year was also very strong and so we set ourselves the added challenge of winning 1st place overall. Having this goal inspired us to train harder as a team and made taking part in the race a lot of fun.

I had trained for my part in the race (running) by attending the Wednesday morning triathlon club at school. Coach Jotaki has really helped me with my running as I was able to greatly improve my running form before the race. I felt that the improvements in my running form helped a lot during the race, as my legs were less painful and I could run more efficiently than I used to. Outside of triathlon club I also trained hard in my own time. I regularly sprinted up the hills around my house, trying to remember and keep good form so that I became used to running long distances and was less likely to get injured.

Because each of us had different roles within the team, this also meant that we followed different training regimes. Ryan usually swims everyday and so he used his usual daily practice as a way to train for his part in the triathlon. There were slight changes that he made to his training, such as increasing the distances, in order to prepare him for the triathlon. 3 weeks before the race Ryan began to swim much longer distances.



## Arno:

I had trained for the cycling by training on rollers a couple of times a week. I motivated myself by remembering that our team was aiming to get back to back victories in the relay race, which meant I had to win too. I also participated in the BST triathlon club, led by coach Jotaki on a Sunday and Wednesday. I specifically practiced riding 20 km, and how to pace it, as riding in a triathlon is completely different to Road cycling, for example pacing and distance and the fact that you can not cooperate with other cyclists in a triathlon.

We each faced different challenges throughout the race. Ryan's biggest obstacle were the waves themselves. The harsh wind had caused more violent waves on the day of the triathlon, making it feel as if moving



**“ I used all my energy to somehow lose the competitors coming up behind me ”**

forwards was difficult. Even the life boats crashed into him as the wind was so severe, thus preventing him from moving forward as quickly as he wanted to. The salt water and strong waves, combined by the severe gales of wind caused it to be a much more difficult trial than it should have been for Ryan.

I also had a hard time dealing with the wind, as there were two long stretches of road with a strong head-wind. The wind was unrelenting on the day, so much so that the long roads felt as though they took forever to cycle, and felt a lot longer than it should have. I also felt a lot of pressure to finish 1st and give Sean a slight lead. Ryan had managed to finish 1st which gave me a 1st place to start, and I didn't want to be overtaken. I used all my energy to somehow shrug the people behind off and put 15 seconds between them and me. Despite this I was actually pretty disappointed after the race, as I felt I could've done even better with my transition and my cycling against the headwind. But thanks to the support of the people who came to watch and my teammates, I went home with a medal and a sense of accomplishment and pride.



We have learned that there are many external conditions that affect the way we perform and the result on the day of the race. From the winds that affected swimming and cycling, to maybe even the rainy conditions Sean faced on the way, there are always things that you can't predict. All we can do is to train as best we can, support each other as a team throughout and then do our best on the day, no matter the conditions. We have learned so much about ourselves competing in the triathlon and about each other as a team, and we are looking forward to accomplishing even more together.

### **Sean:**

Although Ryan and Arno both had to deal with the wind, I didn't really feel as though the wind was slowing me down. In fact the weather was cool and the wind felt very comfortable for me, as my body temperature didn't rise quickly or overheat

I also didn't suffer from dehydration because the sun wasn't strong. The conditions on the day may have been challenging for swimmers and cyclists, but for runners I think you could call it ideal. This allowed me to run through the course without any problems.

This victory has made us want to take part in the triathlon again as winning overall is our next goal and we are hoping to win the whole tournament next time. We are motivated to go for it again next year and maybe win back-to-back titles! We would also like to challenge anyone to do this triathlon and race with us!

### **Writers & Triathletes:**

**Arno Van Cauteren**  
**Ryan Fenwick**  
**Sean Freeman**

