



The making of a champion

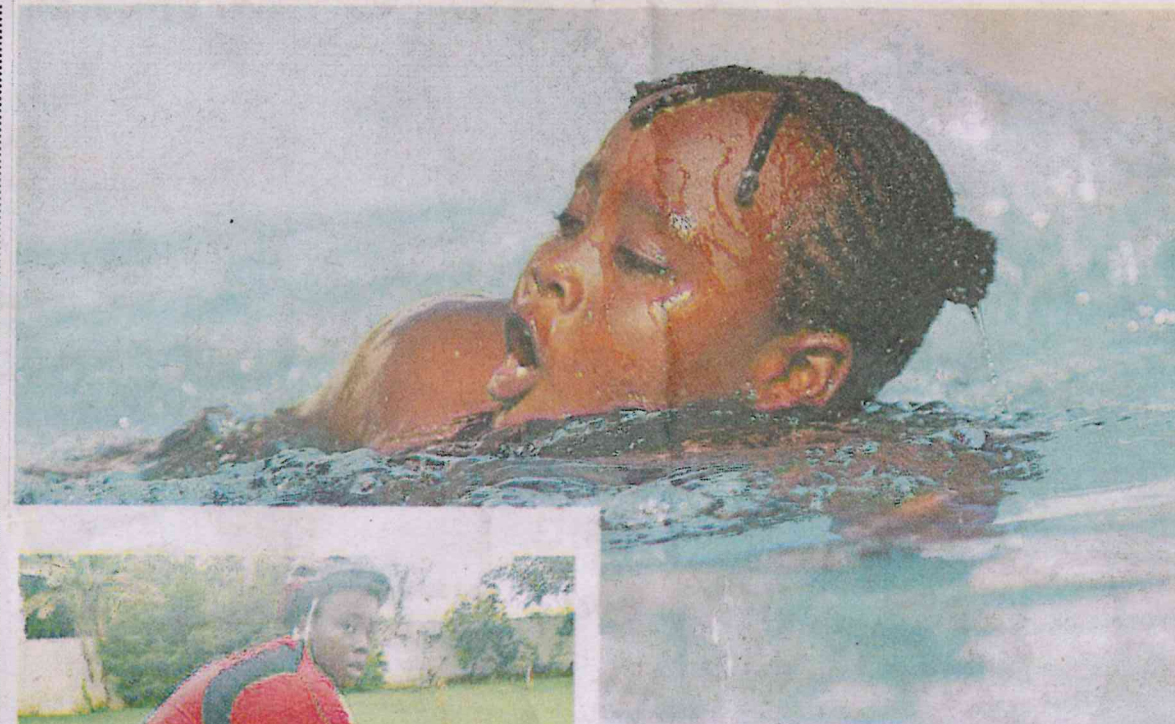
BY ERNEST NDUNDA

Self-discipline, hard work and determination in any sport is paramount. When it comes to the triathlon competition, Josette Njeri, 13, stands out not only as a junior champion but also as a force to reckon with in the future. If you are not aware, a triathlon is a multiple-stage competition involving the completion of three continuous and sequential endurance disciplines. While many variations of the sport exist, triathlon, in its most popular form, involves swimming, cycling, and running in immediate succession over various distances.

Njeri, 13, has been winning trophies and medals in almost all the triathlon competitions she has featured in triathlon sport since she was six-years-old.

“Triathlon is a rapidly-growing sport in the country and I have combined confidence and speed to seriously excel in the sport,” Njeri told Generation Next during an interview held in Mombasa.

“I was introduced to triathlon by Coach Mohammed Salim aged six and have never looked back since. My focus is to be in the national triathlon women team in four years time. I will be at least 17-year-old and ready to try for Olympic qualifying time. As you know, the most formidable Olympians are not made in one day but start training at a tender age before competing on the world stage,” the soft-spoken Year Eight pupil at Aga Khan Academy, Mombasa



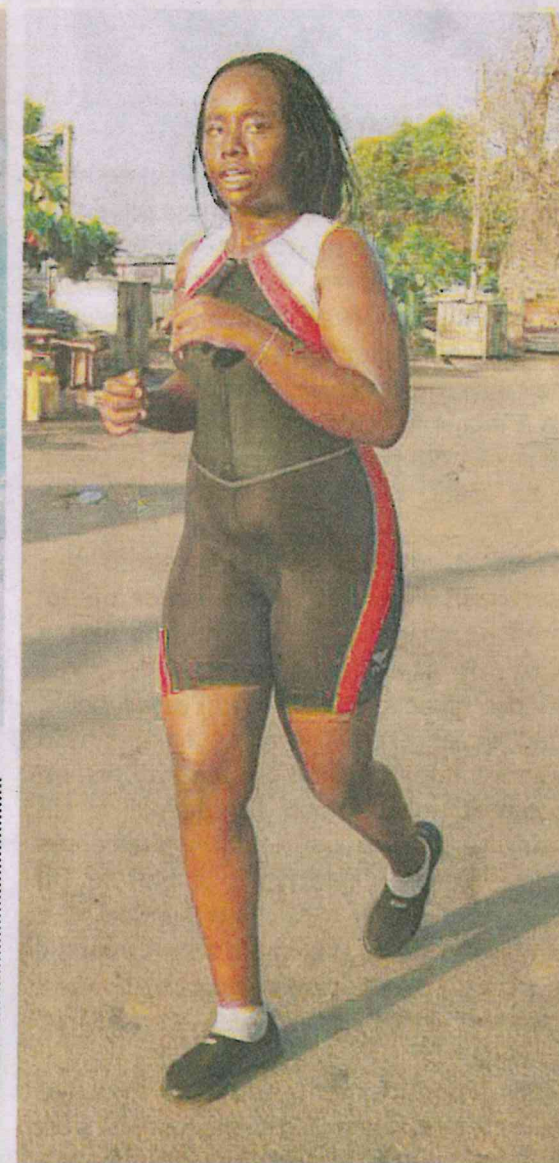
Josette Njeri, a triathlete pictured in the various stages of the discipline. Njeri is well on her way to becoming a world champion.

[PHOTOS: OMONDO ONYANGO/STANDARD]

fraternity by posting good results in her category. The future is bright and her chances of making it big in the sport are high,” Salim expressed.

Njeri currently trains under the tutelage of Coach Fakry Mansoor and Manson Nyangau. Masoor takes Njeri through swimming while Nyangau is in charge of running and cycling.

Triathlon is an endurance sport that places high demands mainly on aerobic and anaerobic capacities for a best possible performance. To develop one’s own performance, it is essential to gain high capacity on every level.



The combined process includes training where swimming, cycling, and running are done within the same training session and demands on physiological attributes of the athletes.

“Triathlon needs patient and a lot of endurance as it is a challenging sport. Njeri has what it takes to be the next Kenyan triathlete queen,” concludes coach Salim.