

My Local HERO 2013

At a glittering awards evening this month, the heroes of South West Hertfordshire will be recognised.

The **My Local Hero Awards 2013**, run by **My News Magazines**, are being held at the Hilton Hotel in Watford and will celebrate the unsung heroes of the communities that the magazines serve.

There are nine award categories – Above and Beyond, Child of Courage, Neighbour of the Year, Outstanding Bravery, Parent of the Year, Sporting Achievement of the Year, Young Achiever, Young Sporting Achiever and the overall **My Local Hero**.

My Ricky News readers were among the hordes of people across the county who nominated people they felt deserve recognition. Meet the Rickmansworth resident who has reached the finals...

Hannah Kitchen

Sporting Achievement of the Year Finalist

Twenty-three-year-old Hannah Kitchen was nominated by local sports coach James Martin.

James coaches youngsters at Watford Harriers and has watched Hannah blossom from an enthusiastic teen to an experienced triathlon competitor.

James says: "I am nominating Hannah as she has come a long way since I first met her at Watford Harriers Athletics Club in 2008. Now aged 23, Hannah has excelled at Aquathlon and Triathlon and now represents Great Britain.

"Hannah has been doing triathlon since the age of 10 and won the London Region Youth Triathlon Series in 2005 and 2006, enabling her to represent the London Region at the National Inter-Regional Championships. She had a brief stint racing at Junior

Elite level in 2007/08 and started age group racing in 2009, she then earned her first GB age group spot in 2010, competing in the European Sprint Triathlon Championships. In April 2012 Hannah went on to win European Gold, again competing in the age group Sprint Triathlon, age 20-24 in Israel."

'Now aged 23, Hannah has excelled at Aquathlon and Triathlon and now represents Great Britain'

This year Hannah won her age group several times to qualify for the ITU World Age Group Aquathlon Championships to be held in Hyde Park in September and for the European Championships to be held in Kitzbuehel, Austria, next year.

Hannah regularly returns to Watford Harriers to inspire the younger athletes.

James added: "Hannah is a real inspiration and has demonstrated that with belief, effort and hard work, you can achieve your goals. By mixing it up with Aquathlon and Triathlon, she has found her strengths and become extremely successful."

by Emily Ansell

