

THE DROP FITNESS

HYROX EMEA Regional Championships

VENUE
London Olympia

DATE
21–22 March 2026

The Drop Fitness had a great weekend at the HYROX EMEA Regional Championships at London Olympia. We want to highlight some exceptional performances from across the weekend.

WORLD RECORD

▼ EMEA REGIONAL CHAMPIONS · WORLD RECORD

Alexandra Hill & Saskia Geddes

Women's Open Doubles · 25–29 Age Group

55:03

FINISH TIME

This was a truly world-class performance. Alexandra and Saskia won the Women's Open Doubles in 55:03, claiming the EMEA Regional Championship title and their flag against the best athletes at the EMEA Championships. But they didn't just win — they did it in a Women's Open Doubles world record time for the 25–29 age group. Regional champions and world record holders in the same race. This is what happens when talent meets hard work, and these two have both in abundance. An incredible achievement — we are absolutely buzzing for them.

■ 2ND PLACE OVERALL

Macauley Geddes, Saskia Geddes, Alexandra Hill & Joshua Henry

Mixed Relay

50:56

FINISH TIME

Another standout moment from the weekend came in the HYROX Mixed Relay category. The brother-and-sister duo Macauley and Saskia Geddes, racing alongside coach Alexandra Hill and teammate Joshua Henry, completed the race in an incredible 50:56, securing 2nd place overall. Their result marked the quickest time The Drop Team have seen on the course so far.

■ 3RD PLACE

Jamie Palmer & Simon Day

Men's Open Doubles · 40–44 Age Group

53:36

FINISH TIME

3rd in age group

Jamie and Simon finished 3rd in the 40–44 age group in a time of 53:36. Simon continues to show what he is made of — adding another flag to his collection, which is never easy no matter how many times you've done it. And for Jamie, this was his first-ever HYROX flag — and what a place to get it. A great result from both, well done.

↑ PERSONAL BEST

Alistair Gordon

Men's Open Solo · 35–39 Age Group

1:04:24

FINISH TIME

36th in age group

Alistair finished in 1:04:24 — a personal best — placing 36th in the 35–39 age group. Alistair felt in control throughout, pacing his runs well and using them as active recovery — which meant he could push harder on the stations. A smart race.

↑ PERSONAL BEST · -6 MINS

Maria McCormack

Women's Open Solo

1:10:00

FINISH TIME

19th in age group

Maria delivered a phenomenal performance in the Women's Open Solo category, achieving a personal best time of 1:10 and placing 19th in her age group. She shaved an impressive six minutes off her previous race in Madrid last November. A testament to consistent training, determination, and focus — an inspiring performance.

MEN'S OPEN SOLO

James Tarrant

Men's Open Solo · 30–34 Age Group

1:04:27

FINISH TIME

69th in age group

James finished in 1:04:27, placing 69th in the 30–34 age group. It wasn't a personal best on the clock — the wall balls were a tough station for him on the day. However, based on how the rest of the race went, James is confident a personal best is coming. Good things ahead.

OTHER TEAM HIGHLIGHTS

Congratulations to all The Drop Fitness athletes who raced at the EMEA Championships — including those taking on their first HYROX and to those who are making a comeback after a while out of the Sport. Your progress and determination embody what our community is all about. We hope you enjoyed the experience, and we look forward to seeing what the rest of this week at Olympia brings!

TIPS FROM THE TEAM

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“Remember, when your mind gives out, you’re only 40% done. Dig a little deeper, trust your training and remember to smile. Racing is the fun part!”

— ALEXANDRA HILL

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“To everyone racing this week — trust your training. You’ve already done the hard part. Now go enjoy it and remember to have fun.”

— JAMES TARRANT

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“Manage the adrenaline, focus on stabilising your heart rate, build into the race, and you will love it!”

— ALISTAIR GORDON

Congratulations to Alexandra, Saskia, Macauley, Jamie, Simon, Alistair, Maria and James. Great performances from everyone who represented The Drop Fitness this weekend.