



4Life Tri Club

Triathlon in South Nottinghamshire



4LIFE GO WEST! Well, Derby.

This year's Junior Derby Triathlon had a lot of 4life competitors, all of which performed admirably well! Special congratulations to Oliver Gingell, Archie Beardsley and Joe Pavey, who were all taking part in their first ever triathlon. We also had many 1st, 2nd and 3rd places throughout the different age-group categories.

1st : Sophie Coldwell, Ellie White, James Whitfield.

2nd :Olivia Wallace, Hannah Clay.

3rd : Archie Beardsley, Tom Dussek.

The rain came just as the youngest competitors were on the course but this did not dampen their spirit. Many adults came to watch the event a lot of them cycling there and back as part of their training.

The seniors have also been busy, Will Gamble completed his first Olympic distance triathlon (1.5km swim, 40km bike, 10km run) at Rutland Water, also competing were Rory Screaton, Andy Wallace and David Manning-Ohren. David Giles managed third place in his age-group at the Market Bosworth sprint triathlon (750m swim, 20km bike, 5km run).

August sees athletes competing in Ironman UK (2nd) and the biggest game of triathlon tag (the National Relays) at Holme Pierrepont on the 22nd. Spectators are welcome and it is free of charge, there is also a standard triathlon the day after so you could come along and see what all the fuss is about.

More details about the club and full training schedules can be found at www.fourlife.com.