



## 4Life Triathlon Club

Swim, bike and run for all – Notts Club of the year 2008,  
East Midlands Triathlon Club of the year 2008



### **IRONMAN JEZ KEARNEY GOES LONG AND ELLIE HAS THE WORLD AT HER FEET.**

Jez Kearney, a man who 3 years ago could barely manage a length of front crawl in a swimming pool has completed his 2<sup>nd</sup> Ironman at Bolton. The event started with a swim of 3.8km (2.4 miles) in a reservoir and then progressed to 180km (112 miles) cycling in the Lancashire hills. The event ended with a marathon that finished in front of Bolton town hall. Jez managed to complete this event in just under 16 hours, but as anyone who has done an Ironman will tell you, it is the effort you put in training for six months that enables you to complete such a task.

At the National Biathle Championships at Salford Keys, Ellie White finished 2<sup>nd</sup> in her age group qualifying for the World Biathle Championships In Monaco in September. The Biathle consists of a continuous run – swim - run (like an aquathlon with an extra run at the start) with the swim being open water without wetsuits.

Other performances of note were Sophie Coldwell swimming sub-29 seconds at the ASA National Championships, David Manning-Ohren completing the Newark Half-Marathon in 1:50:30 after cycling there. At Barton Marina James Whitfield came first and Hannah Clay was 4<sup>th</sup>. Finally at Hyde Park in a field packed with international youth athletes, Grace Hobbs finished 6<sup>th</sup> overall and Sam Parker 20<sup>th</sup>. Could we see them at London in 2012 or Chicago 4 years later?

September sees the Vitruvian half-ironman at Rutland Water, Clifton Triathlon, Derby Triathlon and Southwell Triathlon, all packed with 4Life Triathletes.

More details about the club and full training schedules can be found at [www.fourlife.com](http://www.fourlife.com).