



4Life Tri Club

Triathlon in South Nottinghamshire



## Lincoln Triathlon 26<sup>th</sup> September 2009

Bringing the triathlon season to a close, the 4life juniors once again performed to their usual high standard bringing home several podium finishes and a lot of happy smiles! It was a lovely day for a race – the sun was shining and there was a big field for everyone to relax on.

Unlike most children's events (which take place on grass) the bike was held on a closed tarmac circuit and the run on a running track. The event also began with the youths instead of the Tristarts.

The Thursday juniors had put in a couple of weeks hard preparation for the race, riding and running on a hard court instead of the grass. They'd finished off doing a mini triathlon, which included practising the long run from the swim transition to the bike transition.

Hannah Clay and Sophie Coldwell received first place in their age categories, a result of the training they had put in over the last few months. Ellie White and James Whitfield came second, and Archie Beardsley and Rebekah Dussek third.



Race Reporter: Rebekah Dussek