



4Life Tri Club

Triathlon in South Nottinghamshire



Prestwold Hall Duathlon – 2009

Athletes gathered from 4life at the Prestwold Duathlon on Sunday April 26th. It was a cool yet windy day but despite that - whether they came first or last - everyone did their best. A highlight of the day was meeting Olympic Triathlete Tim Don; many of us got his autograph!



James Whitfield led throughout to convincingly win the Tristar2 category and Tom Dussek (who struggled on the run but overtook many other competitors with a blistering bike ride) and Ellie White, both came 3rd in their respective Tristar1 categories.

Several other people from 4life took part. Well done to: George and Charlie Howick, Sam Wass, Sam Parker, Liam Doyle, Grace Hobbs, Hannah Clay, Rebekah Dussek, Eleanor and Olivia Wallace and Will Ashpole.

The event was well organised and if it does take place again next year, I recommend it to everyone!



Race Reporter: Rebekah Dussek