

# 4Life Triathlon Club

Swim, bike and run for the whole family



## 4Life Mixing it with Elites

Martin Lel, Tim Don, Oliver Mott, Haile Gebrselassie, just a few of the names rubbing shoulders with 4Lifers in the last few weeks as the season starts to hot up. Dean Hughes, 4Life's Head Coach, took on the world's best runners in heat of London and ensured age-group invitation with a fantastic run of 2:58:24, just over ¾ hour behind the winner, Martin Lel in what has been described as the greatest London Marathon in its 27 year history. As the heat took its toll on the runners Dean managed to keep his cool and technique together ensuring he achieved the qualification mark of sub 3 hours.



David Ohren competed at the British Duathlon Championship at Carsington Water on the edge of the Peak District. Following a hilly 12km semi-off-road run, it was on the bike for a 40km undulating ride through some of Britain's most stunning scenery, before a quick 4km dash up and down the length of Carsington Water's dam.

The race, won by Tim Don, World Triathlon Champion, was David's first of that length and only the third time he has run with 40km plus of bike in his legs. His time of 2:51:56 was well inside his target of 2:55 and more pleasing was his 4km final run in under 19 minutes.

Anne Howick smashed her personal best in the Shakespeare Half Marathon by over 6 minutes to record a storming 1:50:35. The 13 mile course in rural Warwickshire was blessed with a warm but thankfully overcast day. In the Full Marathon, Ian Howick continued his Ironman (3.8km swim, 180km bike, 42.2km run) preparation with a brilliant run completing the two lap course in 3:48:52. Whilst Liz Kearney completed 5 months of dedicated training to better her target time of 4 hours by over seven-and-a-half minutes and her personal best by a massive 25 minutes. A journey that has included the temptations of Easter and Christmas!

Anne-Marie Shaw perpetuated her preparation for the East Leake Triathlon (1<sup>st</sup> July 2007) in the Charnwood Aquathlon at Loughborough University. Anne-Marie completed the splash-and-dash (400m swim/5km run) in a fast time of 34:24 despite falling in transition on the slippery floor.

Finally a word for two 4Lifers who completed their first Triathlon at Southwell (400m swim, 20km bike 5km run), Jez Kearney and Mick Deeny both toiled and sweated their way to completing the hilly triathlon.



4Life Tri Club is a family orientated triathlon club and always welcome new members. A summer camp is planned at the end of July, in Keyworth, for juniors to try out the sport, further details on the website [www.fourlife.com](http://www.fourlife.com)