

4Life Triathlon Club

Swim, bike and run for the whole family



On a cold October morning children and adults gathered for the 2nd Sutton Bonington Duathlon (run/bike/run). The club were well represented in most of the categories. Tom Dussek (8 years) finished 4th in his first ever race. In the 9-10 year olds, 4Life's James Whitfield held off team-mate Nick Hobbs to win the boys race, whilst Rebecca Dussek competing in her first multi-sport event managed 4th in her event.



A clean sweep occurred in the 11-12 age group with Sophie Coldwell, Ellen Hobbs and Holly Unwin finishing 1st, 2nd and 3rd respectively, other great performances were put in by the two Katies, Tudbury and Ohren (5th and 6th). Whilst in the boy's race debutants Nick Hanson and Alfie Shaw earned 6th and 7th. Chloe Kearney won her first gong by finishing 3rd in the 13-14 age-group with Elizabeth Ralston 4th, whilst George and Charlie Howick ended up 3rd and 5th in the boys section.

Our only representative in the youth's section, Jordan Sawicki, ran and biked his heart out and was rewarded with a 3rd place medal.

The adults were split into two groups; novices did 5km/10km/3km whilst the seniors did 5km/20km/5km. 4Life managed to medal in the novices with Tracey Manning, in her first season, storming to 3rd place. Other performances of note were Chris Dussek, father of Tom and Rebecca, and Charlotte Unwin, mother of Holly, both in their first event of this sort. In the seniors Gary Tudbury led the team home in 8th place, whilst Rob Manning (see karate section) managed a sprint finish to complete his first ever run/bike/run.

The British Triathlon Federation National Awards were announced recently and our head coach Dean Hughes was pronounced National Coach of the Year. Currently studying for his level 3, he has been fundamental in ensuring 4Life Tri Club continues to grow from strength-to-strength.

4Life Tri Club is a family orientated triathlon club and always welcomes new members. First sessions are free for adults on a Tuesday at East Leake Leisure Centre. Children train at Keyworth on Thursdays. More details are on the club website www.fourlife.com. A Happy Christmas from all at 4Life, and best wishes for a healthy 2008.