



4Life Tri Club

Triathlon in South Nottinghamshire



1 DAY, 2 MARATHONS, 3 ATHLETES, 4LIFE

On the same day in April, Dean Hughes competed in the London Marathon, whilst David and Jennifer Manning-Ohren also went long at Stratford-Upon-Avon in the Shakespeare Marathon. All three athletes set personal bests getting their reward for a hard winter's training schedule.

On the multi-sport front the Regional Triathlon Championships were held at Mallory Park, well they should have been! A cold spell of weather meant that the triathlon (swim/bike/run) became a duathlon (run/bike/run). Despite this, Charlie Howick and Sam Wass both made the most of the draft-legal race by drafting off each other in the Youth category. Sophie Coldwell took second place for the Tristar3 girls: a fantastic performance. Another commanding performance saw James Whitfield win the Tristar2 category and Tom Dussek came third in Tristar1, having dominated the whole bike leg.

In swimming, Sophie Coldwell achieved a national time for 50m freestyle. 28.87 seconds for swimming 1 length of a 50m pool, a fantastic achievement. This swim earned her a 6th place in the final of 14/15 yrs girls (she was the fastest 14 year old) in the Youth Midland Championships. Sophie has now qualified to swim in the Youth National Championships in Sheffield at the end of July.

