



4Life Tri Club Newsletter

Youth and Adult Section – June 2010

Welcome

Hello and welcome to the Summer 2010 edition of the club newsletter. The plan is to issue this on a bi-monthly basis to complement and promote the website and leisure centre notice boards. If you have any comments, submissions or suggestions for the next edition (such as a name for the newsletter?), please contact Fiona/Graham. In particular, any photos are welcomed.

Website

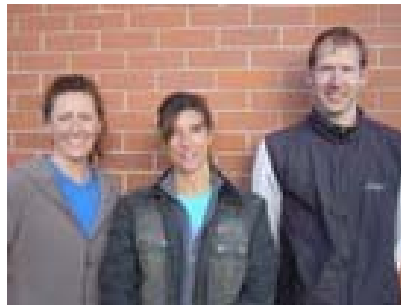
The club website www.fourlife.com is the primary method of communication with and between members, so please check regularly – in particular the Latest News, Forum and Members Area. If you have any useful info or questions, please post them on the Forum. If you're a newbie and need a username/password, please email Claire.

Other useful websites:
www.britishtriathlon.org
www.britishcycling.org.uk
www.hprcrun.co.uk
www.formulaonecc.co.uk

Club Events

To get you into shape for the racing season (and build on the Winter/Spring swimming time trials), bike and run time trials and aquathons (including an open water event at Holme Pierrepont) are scheduled throughout the Summer. Dates, distances and other details are in the Members Area.

Senior Coordinators



Sam Chapman/Anne Howick and David Giles are the (joint) female and male Senior Coordinators. Their role is to encourage and cajole adult and youth members to participate in triathlon events – in particular the Club Championships and National Relays. If you need any support or training advice, Sam, Anne and David are also able to assist. Please just ask.



Training/Coaching

As well as the usual Tuesday run/swim sessions and Sunday bike rides, Friday night open water swim sessions are now being run at Holme Pierrepont. For the early risers, there is also the opportunity for open water swimming and coaching at Market Bosworth on Saturday mornings. See the Members Area for details of dates, pre-requisites and prices. A range of other training materials can be found at the same location. If you need any run-specific training guidance, please get in touch with Graham – always happy to help.

Contacts

Dean Hughes – Head Coach
Tel 07719 386447
dean-hughes@hotmail.co.uk

Chris Dussek – Treasurer
Tel 07795 063349
ch.dussek@btinternet.com

Dave Ohren – Coach/Club League
Tel 07740 452717
david@jendav.wanadoo.co.uk

Claire Adam – Webmaster
clairemadam@yahoo.co.uk

David Giles – Male Senior Coordinator
dedgiles@yahoo.co.uk

Sam Chapman – Female Senior Coordinator
sam_chapman1965@hotmail.co.uk

Debbie Botting – Club Kit
deb.botting@ntlworld.com

Fiona/Graham Moffatt – Press Officer
moff16@ntlworld.com

Fashion Corner

If you haven't already got your free swim cap, please contact Debbie. Club T shirts, vests, polo shirts and hoodies can also be purchased from Debbie. Technical clothing is handled by Dean, who now has some very nice cycling jackets. New tri suits are on order and should be available shortly. Please contact Dean for details. If you compete, please always try and wear club kit. Let's get the club recognised!

Races

A comprehensive triathlon fixture list is available in the Members Area. Have a look through, enter some races, push yourself and put that training into practice. In particular, please remember that this year there is a second East Leake Triathlon on 26th September (www.4lifeeventsuk.co.uk). Put the date in your diary and beat your time from March!

If you are interested in running-specific events, to complement your triathlon racing, fixture lists are published on many local running club websites, e.g. Holme Pierrepont, Formula One (see links above).



Club Championships

The Club Champs comprises four events:

- 3rd May: Mallory Park
- 19th June: Dambuster
- 4th Sept: Vitruvian
- 19th Sept: Southwell

Prizes will be awarded for age group and overall results. Please try and take part in at least one of these triathlons. If you can't make any of these events, please check the other local fixtures and commit to a race. Let's get 4Life in the results listings!

Club League

This year Dave is compiling a club league. Points are awarded for racing, attending training, helping out and, in true Jimmy Saville style, bonus points are awarded at Dave's discretion. Please update the **4Life Triathlon League** thread under **Events** in the Forum with your races results or anything else that you think deserves recognition/points (like writing the newsletter!). Check out the Members Area for the latest standings.

Results

Race results are also displayed on the website. Please check these out to see how your peers/rivals/nemesis are performing. If you compete in a race, celebrate your success and show off! Post it on the Forum and mail the results link to Claire to add to the website. If you take part in an event, that you think would be of interest to others, perhaps write a short race report and mail to Claire for publication.

Since the East Leake Tri, Sam Parker and Graham Moffatt have been in action over sprint distances, duathlon and their first OD tri at the Little Belvoir. Sam Wass, Bettina, Lorna, Charlie and Sophie have raced over the sprint distances, whilst Tony, Claire and Grace have competed at aquathon. Dave has also run a number of races as part of his Outlaw training. A strong 4Life turnout is anticipated at Southwell and the Dambuster.

National Relays

The club relays are fast approaching. For the uninitiated, this is a team event, held at Holme Pierrepont on 21st August, where teams of four use a tagging format to sequentially complete the swim, before moving onto the bike, then run. The emphasis is on fun competition with ample opportunity for rest, spectating and sunbathing between each discipline. Everybody, regardless of ability, is welcome and encouraged to participate. 4Life traditionally has a strong presence at the event, with multiple teams entered covering all the bases – male, female, youth, mixed, experienced, newbies.

Please email Dean or one of the senior coordinators asap if you wish to compete and if you have strong preferences for team mates (these cannot be guaranteed but will be taken into consideration!). There is also a thread on the Forum (**The National Relays – HPP under Events**) to register your interest.

... and finally



If you would like to get involved in coaching, volunteering or helping to run the club, please have a chat to any of the coaches or committee members.

A Summer social event is in the pipeline. Keep your eyes and ears peeled for details.

If you haven't paid your membership, shame on you! Please cough up asap.

Good luck in your Summer racing and training.

Until next time...

4Life Tri Club

Triathlon in South Nottinghamshire

