



## A BUSY WEEKEND FOR 4LIFE

Dry but blustery conditions met the 300-plus competitors at the East Leake Triathlon on 28<sup>th</sup> March. The 400m swim, 21km bike and 5km run event was won by Carl Shaw of Loughborough Students in a time of 57mins 15secs. Catherine Pickthall was first lady home in 64mins 48secs.

Event hosts, 4Life Tri Club, fielded over 25 individual and team competitors. First home for the club was junior Sam Parker in a very impressive 61mins 56secs for eighth place overall (and second in his age group). Veteran Graham Moffatt recorded 68mins 27secs for 42<sup>nd</sup> place overall (6<sup>th</sup> in the 40-49 age group). Dave Manning-Ohren, taking a break from his "Outlaw" ironman training, finished just outside the top 50.

Nick Rawling, Lewis Jones and Sam Perkins made impressive debuts in their first triathlon events. They will no doubt be looking to build on these performances when the event returns in September.

In the ladies competition, Claire Adam was the first 4Lifer home in 89mins, 31secs for 33<sup>rd</sup> place. Anne-Marie Shaw, Lorna Jordan-Owers, Tanya McClean, Kate Cobb, Jenny Manning-Ohren and Katie Tudbury also made the top 50 overall, with Katie placing second in the 15-16 age group.

Non-competing senior and junior club members enthusiastically marshalled the event; the juniors also held a cake sale, which together with their sponsored "turbo" cycling event the previous day, raised in excess of £300 for the local "Headway" brain injury charity.

Elsewhere on the same day, 4Life juniors, Charlie Howick and Grace Hobbs were competing in the prestigious British Elite Duathlon Championships, held at nearby Prestwold Hall. Both recorded excellent results to place in the top 10 in their respective events.

If you feel inspired to give tri and try, check out our website: [www.fourlife.com](http://www.fourlife.com). New members are always welcome. Training takes place on Tuesdays and Fridays at East Leake and Thursdays at Keyworth (juniors only).

Entries for the next East Leake Triathlon can be found at:  
<http://www.4lifeeventsuk.co.uk/>

To learn more about Headway, please visit:  
<http://www.headway.org.uk/home.aspx>