



Southwell Biathlon – 9th May 2010

This event was new to many of the juniors – whilst most are used to triathlon; a biathlon is a separate swim and run; you score points for both depending on your speed, and they are combined to give you an overall score. Of the 76 entrants, 19 were from 4life! The event was part of Pentathlon GB and the top 6 individuals (age 10yrs and above) and top 2 teams would qualify for the National Finals in Liverpool. The lovely sunny day was a nice change from regular showers and grey clouds and we all enjoyed ourselves!

4Life Results:

2001-2003 50m swim 1000m run		1998-1999 50m swim 1000m run		1996-1997 100m swim 1000m run	
Finn Moffatt	1 st	Nicole Goulding	1 st	James Whitfield	2 nd
Alice Gingell	3 rd	Ellie White	5 th	Eleanor Wallace	7 th
Freya White	4 th	Jess Tomlinson	8 th	1989-1991 200m swim 3000m run	
2000 50m swim 1000m run		Rebekah Dussek	9 th	Sam Wass	3 rd
Joss Moffatt	1 st	Olivia Wallace	10 th	Masters Women 100m swim 1000m run	
Will Barker	2 nd	Sophie Beckingham	11 th	Sue Arrowsmith	1 st
Tom Dussek	3 rd	Emma Cartwright	12 th		
Rosanna Barraclough	1 st	Oliver Gingell	4 th		

There were also two 4Life teams competing – Tom Dussek, Joss Moffatt and Will Barker finished 1st and Rebekah Dussek, Sophie Beckingham and Nicole Goulding were 3rd.

Thanks to all the parents and also to Olivia Mathias (injured), Alfie Shaw and Sam Barker for coming to support.

Well done to everyone who raced!

By Rebekah Dussek