



THE SEASON IS UNDERWAY

The third event of the East Midlands Regional Championships held at Lutterworth Leisure Centre on 6th June saw another formidable 4Life turnout. 38 club juniors competed across the five age groups with some impressive results. Xavi Salcedo, Rosanna Barraclough and Tom Dussek all repeated their victories from the previous round in Loughborough to ensure that 4Life are in a strong position to retain the overall series victory.

Earlier in May, the juniors were out in force at the Regional Biathlon Championships in Southwell. Rosanna was again triumphant and, together with fellow 4Lifers Nicole Goulding and brothers Joss and Finn Moffatt, was crowned regional age group champion.

Charlie Howick and Sophie Coldwell, also competed in the National Elite Youth Series at Blenheim Palace on 6th June. Both acquitted themselves well, particularly Sophie who finished 3rd overall.

Charlie warmed up for this event at the Southwell Sprint Triathlon on 30th May where many of the adult members opened their seasons. He was first home for the club in 39th place overall, covering the 400m swim, 20k bike and 5k course inside 58 minutes. David Giles and Charlie's older brother George were hot on his heels, both placing in the top 100 (of 400+ competitors from all corners of the country). Graham Allwood, Tom Dalziel, Nick Rawling, Gary Tudbury, Sam Perkins also put in solid performances for 4Life.

A week earlier Sam Parker (another outstanding talent, aged just 16) and Graham Moffatt (considerably older) made their Olympic-distance debuts at the Little Beaver triathlon held at Belvoir Castle. Despite the atrocious weather conditions, Sam made light work of the 1500m open water swim, 40k bike ride and very hilly 10k run to finish in 2 hours, 26 minutes for 97th place overall and second in his age group. Graham squeezed into the top half of the results, 16 minutes behind Sam.

Elsewhere Una Lacey, competing in her first ever triathlon at the Leicester Flashman, put in a storming performance to take the silver medal in her age group.

If you feel inspired to give tri a try, check out our website: www.fourlife.com. New members are always welcome. Training takes place on Tuesdays at East Leake, Thursdays at Keyworth and Fridays at Holme Pierrepont (open water swimming).