



DAMBUSTERS!

The Dambuster is one of the highlights of the UK triathlon season. Held at Rutland Water, the Olympic distance event attracts around 1000 entrants; the faster ones aiming to secure a coveted World Championships qualifying place.

4Life Triathlon Club fielded a strong turnout, with 15 members toeing the line. The team of David Giles (1500m swim), Dean Hughes (25 mile bike) and Graham Moffatt (9.7k run) stormed to victory in the relay event, placing a respectable 25th overall in a time of 2 hrs, 6 mins – just eight minutes behind the individual winner. The two other 4Life teams also performed strongly to finish third and seventh in the relay event.

Individually, Lewis Jones and George Howick raced well to complete their first Olympic distance event, with George finishing fourth in the 17-19 age group. However both were overshadowed by seasoned campaigner Rory Screaton, who returned a solid 2 hrs, 33 mins for 339th place. Amongst the ladies, Una Lacey, Sam Chapman and Lorna Jordan-Owers were closely bunched following the swim and bike. However Una demonstrated her strong running ability on the last leg to take the club honours on her debut at this distance.

The juniors continue to perform superbly in the East Midlands Regional Championships. Recent events at Derby and Lincoln have seen a strong 4Life presence with victories for, amongst others, Xavi Salcedo, Tom Dussek and Hannah Clay ensuring that the club stay on track to retain the regional title.

Elsewhere, juniors Joss Moffatt, Sam Barker and Tom Dussek travelled to Liverpool to compete in the National Biathlon Championships. The trio performed magnificently to place 12th, 15th and 20th respectively and collect the silver medal in the team event.

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).