



COUNTY CHAMPS!

With Christmas and the end of year awards behind them, 4life members are now turning their attention to planning their 2011 campaigns. Entries are filling fast for the local curtain raiser - the East Leake Triathlon on 27th March – a sprint event, ideal for the first timer. The club have also expanded their existing training sessions to add an extra Wednesday night session to ensure that all-important fine-tuning of swim technique in readiness for the forthcoming season.

Members are still actively competing in cycling and running events. The recent Turkey Trot in Keyworth, a sell out attracting 1000 entries, saw a good club turnout for the “last half marathon of the year”. First home for 4Life was Graham Moffatt in 14th place (78 mins). Behind him, Rory Screaton, Graham Allwood, Fiona Moffatt, Dave Manning-Ohren, Una Lacey, Kirsten Walters, John Pavey all put in good performances. However perhaps the most impressive was Sam Perkins, completing his first ever half marathon in a very respectable 2 hours, 12 minutes. Eagle eyed readers will remember Sam as the inspirational member who has lost over 3 stone this year to transform his life through triathlon.

The second weekend in January traditionally sees each English county stage its cross-country championships. 4Life members were out in force, particularly the juniors, who claimed three gold medals. Nicole Goulding and Olivia Matthias were crowned U13 girls champions for Notts and Lincs respectively, whilst Sophie Coldwell won the Notts U17 Girls race. Grace Hobbs also earned a bronze medal in the U17 event, whilst Ellie White just missed out by finishing fourth in the U13 race. Jessica Tomlinson and Peta Jarvis also competed well.

Will Barker, Joss and Finn Moffatt, Tom Dussek, Dexter Lacey and Ben Botting had strong runs in the U11 boys race to help place 4Life fifth in the team event. The U13 boys team achieved the same result thanks to Sam Barker, Joseph Tuffin, Robert Towndrow, Nicholas Hobbs and Jacob Botting. Charlie Howick also finished a fine fifth in the U17 race.

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 most nights at East Leake or Keyworth. For details of the East Leake Triathlon, please visit: <http://www.4lifeeventsuk.co.uk/>