



Junior Section Newsletter

East Midlands Inter-Club Champions 2010!
Welcome to the latest issue of the 4Life Tri Club Newsletter



**4Life Tri
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Club Kit
Position vacant

Websites:

www.fourlife.com
www.britishtriathlon.org
www.britishcycling.org.uk
www.nottsaaa.org

East Midlands Individual and Inter-club Race Series 2011

The East Midlands British Triathlon Committee have recently published the dates of this years race series.

- 02/05/11 Mallory Park Triathlon (open water swim)
- 22/05/11 Charnwood Junior Triathlon
- 05/06/11 Leicester Junior Triathlon
- 26/06/11 Derby Junior Triathlon
- 03/07/11 Team Cherwell Triathlon (bike on closed road)
- 06/07/11 Pactrac Junior Aquathlon (Wednesday evening)
- 16/07/11 Pactrac Junior Triathlon
- ??/??/11 Erewash Triathlon (TBC)
- 10/09/11 City of Nottingham Children's Triathlon
- 24/09/11 Lincoln Tri Kids Triathlon (bike on closed road)
- 30/10/11 Charnwood Daylight Saving Aquathlon

For those of you who have recently joined the club we do encourage all juniors to compete. Children's events usually involve a pool swim followed by the bike and then run, both on a grass field. Charnwood Triathlon on the 22 May is suitable for all and there will be many first timers competing. The Tuesday and Thursday coaching programme will be focused on race preparation and the children will definatly feel more part of things if they are competing. Details of how to enter and what you need will be sent to you nearer the time.

The children compete in different age groups based upon their age on the 31st December 2011. The standard distances by age group are detailed below. These are the maximum distance by age group and the distances vary especially for the younger age groups:

- Tri Star Start - 8 years. Swim 50m/Bike 800m-1.5km/Run 600m
- Tri Star 1 - 9-10 years. Swim 150m/Bike 2km-4km/Run 1.2km
- Tri Star 2 - 11-12 years. Swim 200m/Bike 4km-6km/Run 1.8km
- Tri Star 3 - 13-14 years. Swim 300m/Bike 6km-8km/Run 2.4km

Thank you

Having done a brilliant job of Club Kit for the last two years Debbie has recently stepped down from this role. On behalf of the club the committee would like to thank her for all the time and effort she has put into doing a great job. You will be missed ☺

Results

Congratulations to everyone who has taken part in the 'SRAM Notts and Derby Cyclo-Cross League'. You all have been fabulous and repeatedly impressed us with your guts and determination (not to mention bike cleaning skills – or is that the parents?!). This was the first year the club has been registered and for many the first year of racing. Having finished the league with three of our riders Peta Jarvis, Xavi Salcedo and Tom Dussek in the top five of their age group and the under 12 boys team (Cameron Reid, Tom Dussek and Robert Towndrow) in second place overall 4Life are already making their mark. Well done to all of you and thank you to Dan and Dean for all the advice and encouragement.

Many of you have also been taking part in cross-country running with particularly notable results from Olivia Mathias: Lincolnshire U13 County Champion; 8th Midlands Finals and Nicole Goulding: Nottinghamshire U13 County Champion: 4th Midlands Final; 12th National Finals. Olivia, Nicole and Hannah Clay, along with four of our older (15+) members have also been accepted onto the East Midlands Regional Triathlon Academy, well done.

In the Nottinghamshire Schools Cross-country League Sam Barker and Joss Moffat both finished third and Ellie White and Nicole Goulding were both on line for first places had the last race not clashed with County Swimming Champs – I hope you made the right choice!?

Membership Annual membership is due at the beginning of April. Details of how to renew will be put on the web-site, thank you.

Club Clothing We would like to see all juniors wearing club colours for training and racing. We currently have green t-shirts, swimming hats and some cycling clothing in stock please email Dean. The tri suit order has been placed so please keep an eye on the web-site for news of their arrival (likely to be end of March).

4Life Academy Following the successful launch of the 4Life Academy earlier this year eight young athletes have been invited to join. Sessions are held once a month and athletes are coached and mentored by our experienced coaching team. A training camp to France has been booked for early May. More information can be found on the members area of our web-site.

Manchester Velodrome Some of us have been talking about a trip to Manchester Velodrome. This will probably end up being in the Easter Holidays. Depending on demand/interest this could be to a Public Track Taster Session or we could make a Private Booking. The minimum age is 9 years, but you must also be able to sit safely on the bikes, the smallest Dolan bike size is 39.5cms. Please can you email Helen to register your interest.

Junior Training Dates for Prestwold and Easter/Summer Camps and Holiday Programmes will be on the web-site very soon.



Club League

This year Dave is once again running a Club League. Points will be won for competing in triathlons and other events as a 4Life competitor. Points can be topped up by marshalling, assisting coaches with time trials etc. It starts 1st March and runs until October, standings will appear on the web-site and various other circulations. Please make sure you post details of events (and results) you take part in on the forum in order to receive your points!

If you have any ideas for our next Newsletter please let me know. Helen☺

Committee

There are several committee roles currently vacant including: Club Chair, Club Secretary, Membership Secretary, Club Kit and Volunteer Co-ordinator. If you would like to give something back to your club then please contact any of the committee.

4Life Tri Club

Triathlon in South Nottinghamshire

