



SPRING IS IN THE AIR

With the start of the triathlon season just around the corner, 4Life members have been sharpening their running skills in readiness:

After being crowned Notts under 17 cross-country champion in January, Sophie Coldwell qualified for the "Inter-Counties" season finale in Birmingham. Sophie, a member of the British triathlon squad, finished a magnificent third in her age group in this national competition. Nicole Goulding and Olivia Matthias also made the top 50 in the under 13 race.

A large junior contingent took part in the Rushcliffe 2k Fun Run on 6th March in Ruddington. Joseph Tuffin romped to victory with Xavi Salcedo, Joss Moffatt and Finn Moffatt also finishing in the top 10 of the 130 competitors. In the 10k event, veteran Graham Moffatt finished second overall with junior George Howick not far behind in 10th place and Mike Jones also making the top 30 of the 771 runners.

The previous day, many members had also taken part in the Thrussington "Fun Run" – a short cross county event including numerous river crossing and hay bale hurdles. Will Barker finished third in the under 12 race with Xavi Salcedo and Joss Moffatt also in the top 10. Will's brother Sam went one better in the under 17 race, missing victory by just 4 seconds. Graham Moffatt won the adult race with Helen Dussek placing 4th lady and 19th overall of 68 runners. Graham and sons Joss and Finn also won the family team event. Meanwhile, as part of her London Marathon training, mum Fiona was competing in the 29.4 mile ultra race from Cotgrave to Grantham. Fiona finished 7th lady and 38th overall.

However, trumping all of the above was Pat Cooke Rogers who bravely attempted the 300 mile Yukon Artic Ultra in Canada. Unfortunately, Pat had to abandon after 178 miles, though she still raised over £500 for the Derbyshire, Leicestershire and Rutland Air Ambulance and is training for the 2013 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/>