



Rother Valley Triathlon June 2011

Just five 4Life juniors were among the ninety seven children who took part in Rother Valley Children's Triathlon on Saturday 11th June all finished well, with lots of smiling!

After another early morning start, the enjoyment of the day began when we all received a buff in our goodie bags, chosen specifically for our gender. Mum and Tom checked out the bike course (a 4km lap of the lake on a mixture of sandstone and tarmac) and then it was off to transition to get on our wetsuits where we discovered a spacious transition with racks and lots of marshalls to help out with any questions we had.

The first 4Lifers to enter the lake were Sophie and I, competing in the 12-15 girls in the second wave of the day. I led for most of the swim, just being overtaken at the end and Sophie was not far behind in about fifth.

Five minutes later, Tom, Joss and Finn entered the lake. Although they were competing in the under 12 boys they had to do the same distance – 150m swim, 4k bike and 1.2k run. Tom was the first 4Life athlete out of the water (in second place) and then came Joss and Finn. After a swift transition Tom was first out on the bike; holding onto his lead with John Webster (Matlock CC) chasing him all the way.

Whilst this was happening Sophie and I were on the 4k bike loop. Sophie was now in second place and I was in fourth. By the time we came into transition Sophie was only about five seconds behind the leader who had overtaken me on the swim. But this girl would eventually finish second . . . because Sophie stormed past her on the run and although the girl fought back Sophie recorded her first ever triathlon win! I was a couple of minutes behind in fourth.

It was not long before the first boys started to come into sight, with Tom still in front of John as they headed out onto the run. Tom ran well to hang onto the first place with Joss and Finn both performing well too to finish about fifth and ninth.

Of course the day could not be complete without a visit to the café!

After our experiences today I think everyone from 4Life would recommend the event. Finn, Joss, Tom, Sophie and I all agreed that the event was very well run competitor wise and there was excellent marshalling, a good course and fantastic support from everyone throughout the day.

Well done to everyone who raced!

By Rebekah Dussek

