Junior Section Newsletter

East Midlands Inter-Club Champions 2010

4Life Tri
Issue 7
July 2011

Welcome to the latest issue of the 4Life Tri Club Junior Newsletter. This will hopefully keep you informed as to what's been going on within the club as well as letting you know about future opportunities.

Racing News

So far four out of eleven of the events in the East Midlands series have taken place. We are currently leading the Inter-Club Championship. Well done in particular to Lucas Wolf-Pudney, Chloe Goulding, Xavi Salcedo, Peta Jarvis, Tom Dussek, Ellie White, Nicole Goulding and Emma Beckwith for winning their age group on one or more occasion.

A number of our juniors have also taken part in some of the West Midland's triathlons, Notts summer mountain bike races, closed circuit bike races as well as running and swimming events. Sam and Will Barker and Hannah Clay ran in the Great Manchester Run coming first, second and eighth respectively in their age groups. Sophie Beckingham and Tom Dussek were fastest girl and boy overall at Rother Valley Open Water Children's Triathlon.

If you haven't yet entered; Pactrac Junior Triathlon (Saturday 16 July) and Erewash Triathlon (Saturday 13th August) are still taking entries and Lincoln Children's Triathlon (Saturday 24th September) hasn't yet opened. These events are all suitable for first time triathletes as well as experienced athletes. There are links from the calendar on our website www.fourlife.com to the relevant websites where you can find entry details.

There are also many opportunities for bike racing over the next few months, including the IKEA Criterium Road Races on Sunday 10th July and a three race MTB/Cyclo-cross series taking place at Abbey Road School in West Bridgford on Wednesday evenings (20th July, 3rd and 10th August). Again these events are suitable for all – entry is usually just £1, payable on the evening. The SRAM Notts and Derby Cyclo-cross League kicks off again on Saturday 10th September with racing taking place most Saturdays through to the beginning of February.

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Committee

Many thanks to all of you who came along to the club AGM.
Our committee is now thriving with lots of new faces and ideas. We are still keen to hear from anyone who would like to get more involved; particularly if you have experience of graphic design or media or would like to organise some social events. We have begun to look at the SWOT analysis and will keep you posted.

Weekend Away Several of the lads and dads had a great weekend away in Norfolk which we may repeat later in the year. Some of us have also been to Manchester Velodrome which we will definitely doing again – keep an eye on the forum for details.

Junior Social If anyone would like to organise, or maybe host, a junior social over the summer please let Helen know.

Membership Annual membership is now overdue. It can be done at www.entrycentral.com, thank you.

Club Clothing. The long awaited tri suits finally arrived and it's been great to see so many of the juniors racing in them. We will be placing another order shortly so please email Dean if you would like to place an order. We currently have green t-shirts, swimming hats and some cycling clothing in stock. If you would like to order a grey hoodie please contact Anne Howick. For those of you planning to take part in cyclo-cross now is the time to be thinking about club kit if you haven't already.

Club League

Don't forget Dave is once again running a Club League. Points can 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!

Useful Websites:
www.fourlife.com
www.britishtriathlon.org
www.britishcycling.org.uk
www.nottsaaa.org

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

Summer Holidays.

During the summer holidays our regular Tuesday and Thursday junior training sessions stop and are replaced by summer camps, club aquathlons, open water swimming, British Cycling sessions and lots more. More information will be put on the website but dates already confirmed are: Tri Camps at Keyworth Leisure Centre – 28th July, 3rd & 4th August and British Cycling Days at Prestwold (road coaching/racing) August 29th and Shipley Park (cyclo cross coaching) August 30th - 2nd September.

On Sunday 24th July The Outlaw Triathlon, comprising of a 2.4mile swim, 112mile bike and 26.2mile run is taking place at Holme Pierrepont Nottingham. The 2.4mile swim takes place in the regatta lake before the competitors head out on the bike; returning to the Water Sports Centre for transition and multiple run laps. We are running a drinks station and looking for volunteers, so if you are free and would like to get involved please let Helen know. Dave is racing so it's a great opportunity to support him too. Many of us are also planning to camp at HPP for the weekend – all welcome☺

4Life Academy Update Over the Easter Holidays, five 4Life Academy athletes – Sam Parker, Emma Beckwith, Ellen Hobbs, Hannah Clay and James Whitfield went to Annecy, France for a training camp to help prepare for the season ahead. A great experience for all athletes including, swimming in crystal clear lakes, running through mountainous trails and **3 stages of the Tour de France** were completed - 'Col de la Forcalz', 'Courcheval Altiport', and the week culminated in the Annecy Lake Team Time Trial - mega! See more pics and full report on the website. Another trip is planned for 2012 in April/May.

Academy coaches will be inviting a selection of younger athletes to join the monthly sessions and have the opportunity to be mentored and coached additional to the clubs weekly sessions by the most experienced coaching team in the region.

Keep checking the website for a Talent ID day – pre Regionall Academy trials.