



## **Pactrac Junior Triathlon 2011!**

Despite the cold and rainy conditions that would have put off many adult athletes, all the 4Life juniors gave their best performances at Pactrac Triathlon, with ten athletes hitting the podium after some exciting racing!

The athletes who missed out on the podium were generally pleased with their performances, with lots of juniors recording personal best times and positions. Everyone that raced was admired by coaches and parents alike.

Harriet Machin was delighted with her first Tristart win, with Chloe Goulding just behind her in second. Lucas Wolf-Pudney added another first place trophy to his collection too. Peta Jarvis and Xavi Salcedo finished an excellent first place in Tristar1 as well, showing that there are no shortage of talented young athletes at the club. Ellie White (Tristar2) made it a fifth first place for the club that day, and her victory was made extra special because it was her birthday! Tom Dussek came second with Will Barker in third. Our last podium finishers of the day were Tristar3's Hannah Clay who recorded her first victory of the year, and Nicole Goulding in second place. Well done to all of the podium finishers!

Apart from the rain, most people enjoyed the day as there was a clearly marked course with a walk-through for anyone that wanted some advice, no shortage of marshalls and a great racing atmosphere!

Everyone can now have a relaxing summer holiday but as there are still at least three triathlons to go before the end of the season (Erewash, Lincoln and Nottingham) plus the IRC'S, in which Tom, Ellie, Nicole and Hannah have been picked to compete, everyone will be training hard after the holidays!

Well done to everyone that raced and thanks to the willing parents who drove for over an hour and then stood out in the rain! By Rebekah Dussek

