



4Life Tri Club

Triathlon in South Nottinghamshire



BUSY IN ALL SPORTS, EVERYWHERE!

Several outstanding performances have taken place recently in what can only be described as a hectic start to the season. At the British Biathlon Championships, Sophie Coldwell was 2nd with Ellie White 8th and Olivia Mathias 22nd in their respective age-groups. In the Long Distance Open Water Championships, held at Colwick Park, Grace Hobbs finished 2nd. At the Beaver Middle Distance (2km swim/80km bike/20km run) Andy Wallace finished in a time of 5:38:06.

In Milton Keynes David Giles finished 8th overall at the Big Cow Aquathlon and he was back in triathlon action at Southwell to come in the top ten for his age-group at the triathlon held there – he was joined there by George & Anne Howick, Rory Screatton, Bettina Wolf, Kieran Clark and the Towndrow Trio. Further south at the 2012 Olympic Rowing venue at Eton we were represented at the Youth's Drafting Triathlon by Sam Parker, Grace Hobbs, Charlie Howick and Sam Wass.

Locally, David Manning Ohren, Una Lacey, Sam Chapman and Tom Dalziel all ran at the Willoughby 5 Mile Waddle, whilst many of the children ran in the 2km fun run. Una was back in action at the Notts 10 (10 mile run) a few weeks later finishing 31st.

The Rother Valley Triathlon Festival saw Olivia Wallace (3rd), Eleanor Wallace (5th), Emma Cartwright (8th) finish in their respective categories in the open water triathlon. Joe Cartwright also completed the Scootathon. Andy Wallace completed the Rother Valley Triathlon coming 54th overall and 9th in his category.

A Friday open water swimming session at Holme Pierrepont has been added to the training schedule. More details about the club and full training schedules can be found at www.fourlife.com.