



Success in September

4Life juniors made an awesome impression at TFN triathlon with at least one athlete on the podium in all but one age group! With two more races in the East Midlands Series 4Life are still on track for a third club victory; as well as several individual athletes looking for points to enable them to come in the top three in their individual age groups .

These athletes include Chloe Goulding, Peta Jarvis, Tom Dussek, Hannah Clay and Xavi Salcedo, all of whom had fantastic races and collected a full 5000 points for 4life. Also hoping to do well in the series are Lucas Wolf-Pudney, Nicole Goulding, Jess Tomlinson and Will Barker (all second) and Olivia Mathias and Harriet Machin (third). Congratulations to Zoe Jowett for completing her first triathlon!

Many agreed that if you are looking to do a first triathlon, this is definitely the event to go to! The course was fairly flat for both bike and run, and both of those distances are a little shorter than the average children's tri. There was lots of space for spectators including a good view of transition and there were marshals situated all around the course. When you entered registration you were presented with a goodie bag which has always been very good value, and there was even a mini outdoor 'gym' for the kids! To top off a great event there was a pizza van with some delicious pizzas to enjoy after the race – a highly recommended idea!

Also, a week before this event came the Inter-Regional-Champs (IRC'S), in which there were five 4Life athletes competing – Sophie Coldwell, Ellie White, Hannah Clay, Nicole Goulding and Tom Dussek. They all did excellently. Following on from her win at the European Championships in Hungary Sophie was placed second, but scored enough points to win the the Youth British Super Series (this was the deciding race)Ellie and Hannah in the top 10 in their age groups and Nicole and Tom in the top 20! All of this helped the East Midlands regional team to 3rd overall, their highest for some time.

Well done to everyone competing over the two weekends!

By Rebekah Dussek